

**46th Annual**  
**Ontario Masters Athletics**  
**Indoor Track & Field Championships**  
 Toronto Track & Field Centre  
 York University, Toronto  
**Sunday, February 28, 2016**

*Ontario Masters Athletics, Athletics Ontario, Athletics Canada, or USATF membership required*  
*No qualifying standards for entry*

- Age Classes:** Men and Women, five year age groups from 30-34 to 90+ (as of Feb 28th)
- Fees:** \$30 for the first event. An additional \$5 for each extra event.  
 Entries must be received online. Late fee registration may be available.
- Awards:** Ontario Masters Championship medals to the first three Ontario athletes in each age group.  
 Non-Ontario in the top-three will receive a duplicate medal.
- Facilities:** 200m five lane banked rubberized track and jumping surfaces.  
 Small pins or flats only. Athletes and officials must not wear street shoes in the fieldhouse.  
 Change & Shower rooms with lockers.
- Hosted by:** Ontario Masters Athletics  
 Non-Ontario and Americans and other visitors to Canada are most welcome and eligible for duplicate medals.

**Tentative Schedule of Events**

Facility opens at 8:00am

	<b><u>Straight</u></b>	<b><u>Oval</u></b>	<b><u>Field</u></b>
<b>9:00am</b>		Mile Steeplechase	
<b>9:30am</b>		3000m Racewalk	Shot Put
<b>10:00am</b>	60m		<i>Hugh Miller Memorial</i> Pole Vault
<b>10:30am</b>		1500m	High Jump
<b>11:10am</b>		400m	
<b>11:50am</b>		4X800m Relay**	
<b>Noon</b>	<i>(the fieldhouse is restricted during the Weight Throw)</i>		Weight Throw
<b>1:00pm</b>	60m Hurdles*		Long Jump
<b>1:15pm</b>		3000m	Triple Jump <i>(following the LJ)</i>
<b>2:10pm</b>		200m	
<b>2:30pm</b>		800m	
		200m Finals (where required)	
		4X200m Relay**	
		4X400m Relay	

- Notes;**
- \*Check in for Hurdles required by Noon.
  - \*\* There is no charge for the Relays, and no awards. Sign up on the day at Registration
  - Women's heats run first. - Younger groups will normally follow older groups.
  - 60m is a Final unless there are more than 8 in an age -group where a Semi will be required
  - 200m is a Final unless there are more than 5 in an age group. Timed finals in the 400m and longer events.
  - Pin spikes only—5mm maximum. High Jumpers may wear 9mm spikes.
  - If a competitor has clashing events, the straight takes precedence over the oval event, and the oval takes precedence over the field events. Officials will not hold up events.
  - All implements must be weighed in, marked and deemed safe for use.
  - Once an implement is entered into competition, it must remain at the event site until the officials release it.
  - Please direct any appeals to the Meet Director and not the officials.
  - The equipment in some events may not meet WMA standards (eg. There are no 27" hurdles available)

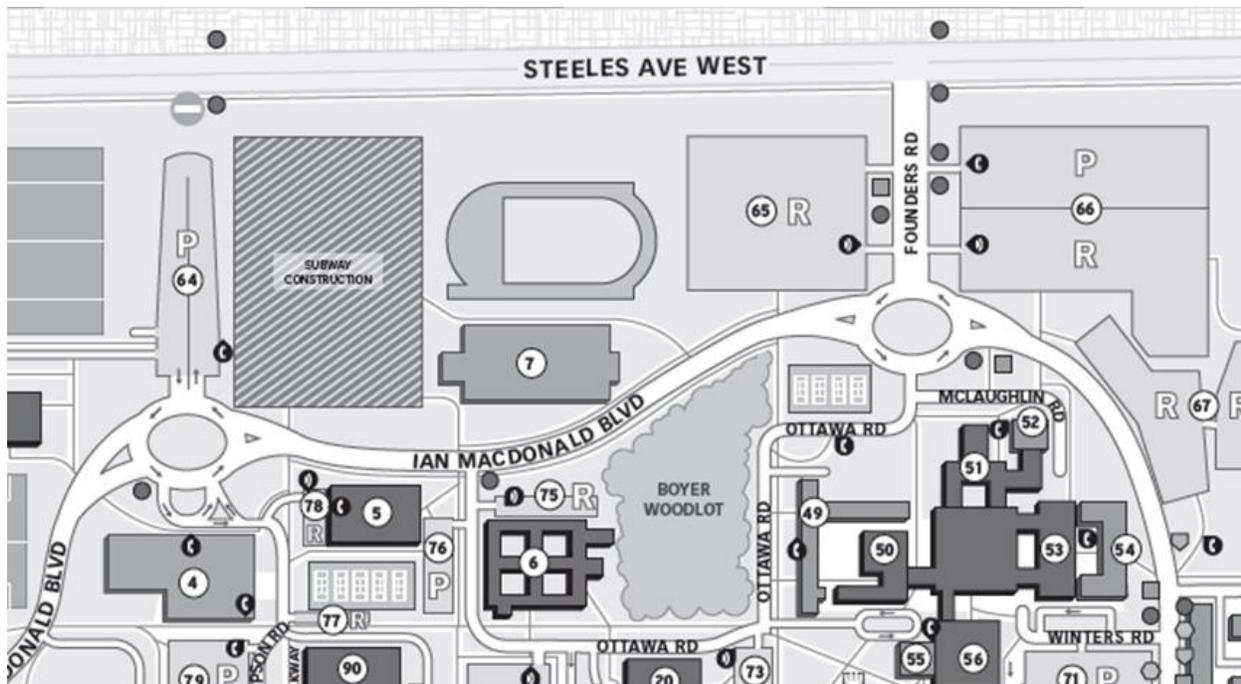
Spectators are limited to the upper viewing stands



Directions;

Due to subway construction, the parking lot adjacent to the west end of the Toronto Track and Field Centre will be closed. Therefore, follow the instructions below to the new location.

1. Follow Highway 401 to Highway 400 North.
2. Follow Highway 400 North to the Steeles Avenue exit.
3. Go East (left) on Steeles, past Jane Street and the University Northwest Gate to the next set of lights.
4. Turn right on Founders Road
5. Take immediate first left entrance to parking lot (#66)
6. Follow the pathway to the main doors of the Track Centre (Building #7)
7. Parking lot #64 is also still open



Paid parking is in 66P, and in 65 and 66 R if you have a pass, or on the west side of the track, just west of the construction area 64P, but this area is really small. Building #7 is the Indoor Track facilities.

**Meet Hotel**

**Best Western Plus  
Toronto North York Hotel & Suite**

50 Norfinch Dr. (400 and Finch)

416-663-9500  
Toll Free Reservations:  
877-831-9966

**Web Site**



**The top scoring Club wins the  
Brian Keaveney Trophy**