

39th Annual

Ontario Masters Athletics Outdoor Track & Field Championships

Athletes 30 years of Age and Older
Toronto Track & Field Centre
York University
Sunday, June 27th, 2010

- Fees; \$25 for the first event. \$10 for each additional event.
Add \$5 for email/mail entries. Contact; douglasj.smith@sympatico.ca
Add \$40 non-member fee (Ontario Masters Athletics, Athletics Ontario,
a Provincial Branch of Athletics Canada, CMAA (outside Ontario), or USATF)
(anyone adding the non-member fee automatically become an OMA member)
- Awards; OMA Championship medals to the first three Ontario athletes in each age group 30-34 and up.
Non-Ontario athletes in the top three will receive a duplicate medal.
All competitors must beat a competitor or meet the posted OMA medal standards to be eligible for awards.
- Results; Complete results will be posted.
Medals will not be presented until the results are posted.
- No qualifying standards for entry*
- Facilities; 400m - 8 lane polyurethane track. Mondo jump approaches and Javelin runway.
Cement throwing circles. Adjustable Steeple barriers.
- Hosted by; Ontario Masters Athletics www.ontariomasters.ca
Americans and other visitors to Canada are most welcome and eligible for duplicate medals.

Tentative Schedule of Events - Subject To Change

Please check the Web Site for updates on the schedule;

	Track	Jumps	Throws		Throws	
			M30-M70		Women & M75+	
8:00	Steeple					
8:30	5000mRW		Hammer	west	Javelin	east
9:00	(2 heats max)	Long Jump	followed by			
9:30		Pole Vault	Weight	west		
10:00	5000m					
10:30					Discus	east
10:45			Shot Put	east		
11:00	100m	High Jump				
11:45	800m					
12:00						
12:30			Javelin	**	Shot Put	west
1:00	110mH					
1:30	200m	Triple Jump				
1:45						
2:00	1500m				Hammer	west
2:30			Discus	east	followed by	
2:30	400m				Weight	west

** east or west runway - based on the wind direction

Notes;

Women's sections first, followed by Men's heats. Oldest to youngest.

All track events except 100m and 200m are timed finals.

Weights of implements and hurdle heights may not be to current WMA standards.

If a competitor has two conflicting events, they must inform the field judge that they will be competing in the track event.

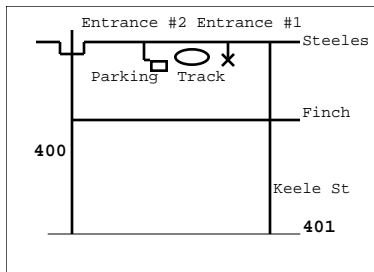
The Jury Of Appeal will hold the final authority in any appeal or dispute.

When numbers justify, throws and jumps will take place in flights.

Directions;

York University Campus - 2nd entrance* west of Keele St. on the south side of Steeles Ave.

(*the NorthWest Entrance) There may be a fee for parking. Vouchers available from the machines.



Oldest Meet Records				
SP	M40	Len Olson	12.61	73
Hammer	M40	Len Olson	40.58	73
5000mRW	M50	Alex Oakley	23:33.2	76
Steeple	M50	Roland Anspach	11:42.2	77
HJ	M60	Ian Hume	1.48	77
TJ	M40	Vlado Kostic	12.44	78
Hammer	M55	Gus Giagnogloy	41.36	78
5000m	M50	Art Taylor	16:48.9	78