

**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;

	<b>Track</b>	<b>Jumps</b>	<b>Throws</b>		<b>Throws</b>	
			<b>M30-M65</b>		<b>Women &amp; M70+</b>	
8:00	<b>Steeple</b>					
8:30	<b>5000mRW</b>		<b>Hammer</b>	west	<b>Javelin</b>	east
9:00	(2 heats max)	<b>Long Jump</b>	followed by			
9:30		<b>Pole Vault</b>	<b>Weight</b>	east		
10:00	<b>5000m</b>		after Javelin			
10:30					<b>Discus</b>	west
10:45			<b>Shot Put</b>	east		
11:00	<b>100m</b>	<b>High Jump</b>				
11:45	<b>800m</b>					
12:00						
12:30			<b>Javelin</b>	east	<b>Shot Put</b>	west
1:00	<b>110mH</b>					
1:30	<b>200m</b>	<b>Triple Jump</b>				
1:45						
2:00	<b>1500m</b>				<b>Hammer</b>	east
2:30			<b>Discus</b>	west	followed by	
2:30	<b>400m</b>				<b>Weight</b>	east

**Saturday June 26th changes in RED**

**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.

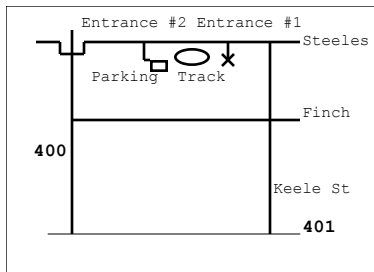
The Jury Of Appeal will hold the final authority in any appeal or dispute.

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 Kostric	12.44	78
Hammer	M55	Gus Giagnogloy	41.36	78
5000m	M50	Art Taylor	16:48.9	78

*Sponsored by;*



[ontariomasterstrips@goway.com](mailto:ontariomasterstrips@goway.com)



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