

**41<sup>st</sup> Annual**  
**Ontario Masters Athletics**  
**Indoor Track & Field Championships**  
 Toronto Track & Field Centre  
 York University, Toronto  
 Sunday, February 14th, 2010  
 9:00am to 5:00pm

*Ontario Masters Athletics\*, Athletics Ontario, Athletics Canada, or USATF membership required*  
*No Meet Day Entries - No qualifying standards for entry*  
 \* Non-members may enter. \$40 membership fee is added to online entry.

- Age Classes; Men and Women, five year age groups from 30-34 to 90+ (as of Feb 14th)
- Fees; \$25 for the first event. An additional \$10 total for all additional events. (max 5 events)  
 Add \$5 for email/mail entries. Contact douglasj.smith@sympatico.ca
- Awards; Ontario Masters Championship medals to the first three Ontario athletes in each age group.  
 Note: All top three finishers must beat a competitor or meet the posted medal standards to be eligible for awards.  
 Non-Ontario 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.
- Directions; York University Campus - 2nd entrance\* west of Keele St. on the south side of Steeles Ave.  
 (\*NorthWest Entrance) There may be a fee for parking. \$5 parking voucher machine in the lot.
- Hosted by; Ontario Masters Athletics  
 Americans and other visitors to Canada are most welcome and eligible for 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>9:30am</b>		3000m Racewalk	Shot Put
<b>10:30am</b>	60m		Pole Vault, High Jump
<b>11:00am</b>		1500m	Weight Throw ( <i>following the SP</i> )
<b>11:30am</b>		400m	
<b>Noon</b>	Lunch		
<b>1:00pm</b>	60m Hurdles	3000m ( <i>after the Hurdles</i> )	Long Jump
<b>2:30pm</b>		200m	Triple Jump ( <i>following the LJ</i> )
<b>3:00pm</b>		800m	
		4X200m, 4X400m Relays **	

- Notes;**
- Women's heats run first. - Younger groups will normally follow older groups.
  - Timed finals in the 200m and longer events.
  - The maximum number of events for any competitor is five.
  - 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. - \*\* No charge for the relay - enter on the day.

Medal Standards are posted on the Records & Rankings page—Ontario Records

**Medal Standards - Men**

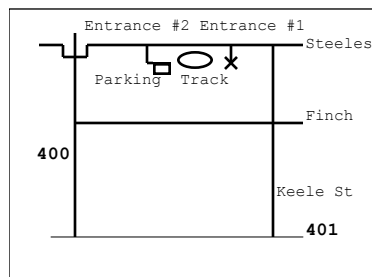
Event	30	35	40	45	50	55	60	65	70	75	80	85
60m	10.25	10.38	10.73	11.10	11.47	11.85	12.27	12.75	13.32	14.04	14.92	16.03
60m H	11.50	12.01	12.52	13.10	13.29	14.01	14.20	15.15	15.60	16.97	18.78	21.31
200m	31.55	32.11	33.24	34.44	35.69	37.00	38.35	39.96	41.93	44.33	47.32	51.12
400m	69.26	71.45	73.80	76.35	79.15	82.25	85.79	89.90	94.80	1:40	1:48	1:58
800m	2:42	2:47	2:53	2:59	3:06	3:14	3:23	3:33	3:46	4:01	4:21	4:47
1500m	5:32	5:38	5:50	6:03	6:18	6:34	6:52	7:14	7:39	8:11	8:51	9:46
3000m	11:59	12:04	12:30	12:58	13:28	14:02	14:41	15:26	16:21	17:27	18:51	20:45
3000m rw	16:54	17:24	18:00	18:38	19:23	20:11	21:08	22:11	23:24	24:50	26:30	28:38
High J.	1.20	1.14	1.08	1.03	0.97	0.92	0.88	0.83	0.79	0.75	0.71	0.65
Long J.	4.02	3.82	3.57	3.34	3.12	2.92	2.73	2.55	2.38	2.23	2.08	1.88
Triple J.	7.54	7.52	7.00	6.51	6.06	5.63	5.24	4.88	4.54	4.22	3.92	3.65
Pole V.	2.46	2.29	2.14	1.99	1.86	1.73	1.61	1.50	1.40	1.31	1.22	1.10
Shot P.	7.99	7.99	7.53	6.76	6.68	5.99	5.89	5.29	5.31	4.76	4.27	3.61
Weight	5.74	5.53	5.12	4.73	5.18	4.80	4.96	4.59	4.75	4.40	4.70	4.17

**Medal Standards - Women**

Event	30	35	40	45	50	55	60	65	70	75	80	85
60m	11.07	11.26	11.69	12.14	12.62	13.12	13.64	14.27	15.04	15.96	17.15	18.64
60m H	12.30	12.94	13.15	13.93	14.83	15.87	17.10	18.62	20.52	23.05	26.54	31.88
200m	34.62	35.39	36.83	38.36	39.96	41.66	43.50	45.64	48.30	51.55	55.66	60.91
400m	76.64	79.45	82.51	85.85	89.53	93.69	98.44	1:44	1:50	1:59	2:09	2:24
800m	3:00	3:06	3:14	3:22	3:32	3:42	3:54	4:08	4:25	4:47	5:15	5:53
1500m	6:08	6:17	6:33	6:50	7:09	7:30	7:55	8:24	8:59	9:42	10:40	11:58
3000m	13:16	13:28	14:01	14:21	15:17	16:03	16:55	17:56	19:11	20:43	22:42	25:28
3000m rw	18:46	19:19	20:01	20:49	21:42	22:43	23:52	25:10	26:40	28:27	30:36	33:17
High J.	1.03	0.97	0.91	0.85	0.80	0.76	0.71	0.67	0.63	0.59	0.55	0.50
Long J.	3.38	3.15	2.92	2.72	2.53	2.35	2.19	2.04	1.89	1.76	1.64	1.47
Triple J.	6.33	6.18	5.70	5.26	4.85	4.47	4.13	3.81	3.51	3.24	2.99	2.76
Pole V.	1.76	1.63	1.51	1.40	1.30	1.21	1.12	1.04	0.96	0.90	0.83	0.74
Shot P.	7.72	7.72	7.22	6.30	6.34	5.52	4.82	4.20	3.66	3.19	2.78	2.34
Weight	3.63	3.37	3.13	2.91	3.38	3.14	3.61	3.35	3.11	2.89	2.68	2.39

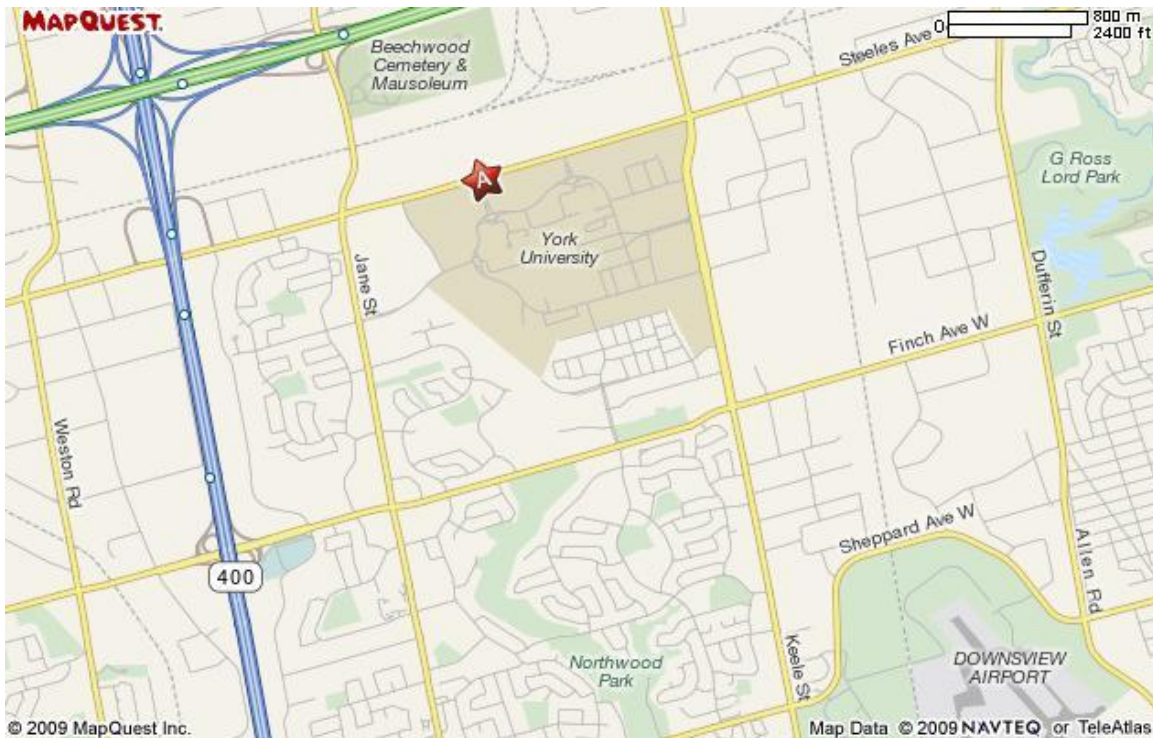
**Medal Qualification**

- ◆ Must beat a competitor (eg. 2nd of three, or 3rd of four)
- OR**
- ◆ Must best the medal standards if in the top three and there are insufficient competitors to better someone. (eg. 2nd of two, or 3rd of three)



Directions; Take the Steeles exit off the 400. Turn east on Steeles.  
 York University Campus - 2nd entrance\* west of Keele St. on the south side of Steeles Ave.  
 (\*NorthWest Entrance) There may be a fee for parking. \$5 parking voucher machine in the lot.

The Toronto Track & Field Centre is the building right next (east) to the parking lot.  
 Entrance is on the south side of the building.



**Nearby Hotel Accommodations**

1. Comfort Inn  
66 Norfinch Dr. Toronto (400 and Finch area) 416-736-4700
2. Super-8 Motel  
400 and Steeles, Vaughan 905-760-2120
3. Travelodge Toronto North  
(North York) 50 Norfinch Dr. (400 and Finch area)  
416-663-9500
4. Ramada 400-401  
1677 Wilson Av. 416-249-8171 (401 and 400)
5. Howard Johnson  
North York 2737 Keele St. at 401 416-636-4656