

Ontario Masters Athletics
2010 Winter Mini-Meets

Toronto Track & Field Center - York University

#1 Sunday, Jan 3 Noon

60mH, 50m*, 1500m, 150m, 800m, 1500mRW, 300m, 3000m
Shot Put, Weight Throw, High Jump, Pole Vault, Long Jump, Triple Jump

#2 Sunday, Jan 10 Noon

60mH, 60m*, Mile, 200m, 600m, 3000m, 4X200 or 4X400m Relay
Shot Put, Weight Throw, High Jump, Pole Vault, Long Jump, Triple Jump

#3 Sunday, Jan 24 Noon

60mH, 60m*, 800m, 200m, 3000mRW, 400m, 3000m,
Shot Put, Weight Throw, High Jump, Pole Vault, Long Jump

OMA Indoor Pentathlon Championship **

(60mH, Long Jump, Shot Put, High Jump, 1000m)

* the Sprints will have a **Semi Final**. The **Finals** will be re-seeded by the Semi marks,
and everyone can run the Final, if they wish, at no extra cost.

No race day entries - Entries close at Noon on the Saturday

Pre-Register Online at ontariomasters.ca

** Pentathlon must pre-enter by Friday. To be staged, individual events may require a minimum of 5 entrants.

Only \$10.00 for one event or \$20.00 for unlimited events
\$20 non-member fee

Paying two non-member fees at two meets automatically makes you a member!

Doors open at Noon - events start at 12:30pm
Steeles Ave, between Keele and Jane. Shower facilities. There may be a fee for parking.

Events and order listed may change - please check web site to confirm!

Due to the nature of the meets, performances may not be eligible for record breaking.

Heats are seeded by ability- no one gets blown off the track!

Map below....

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; 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.

