

Ontario Masters Track and Field Association

Winter Mini-Meet #1

Toronto Track & Field Center - York University

Younger Ages Most Welcome !

Sunday, Jan 11 Noon

60mH, 60m*, 1500m, 200m, 400m, 3000m,

Shot Put, Weight Throw, Pole Vault, Long Jump, High Jump

Pentathlon** 60mH, Long Jump, Shot Put, High Jump, 1000m

Only **\$10.00** for one event

or **\$20.00** for unlimited events

Add \$20 non-member fee if you're not a member of the Ontario Masters, Athletics Ontario, another Provincial Athletic body, the CMAA, or the USATF

* the 60m 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.

** Pentathlon must pre-enter by Friday. Pentathlon counts as the \$10 one-event fee.

Doors open at Noon - events start at 12:30pm

Steeles Ave, between Keele and Jane. Shower facilities. There may be a fee for parking.

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!