



# 2019 Winter Mini-Meets

Toronto Track & Field Centre - York University

*Events listed are tentative*

## #1 Sunday, Jan 6 Noon

50mH, 50m\*, 1500m, 150m, 600m, 3000m, 300m, 4X200m Relay  
Weight Throw (11:00am) , Shot Put, High Jump, Pole Vault, Long Jump, Triple Jump

## #2 Sunday, Jan 27 Noon

Mile Steeplechase\*\*, 60mH, 60m\*, 400m, 1000m, 1500mRW#, 200m, 5000m,  
4X400 Relay, Weight Throw (11:00am) Shot Put, High Jump, Pole Vault, Long Jump, Triple Jump

## #3 Sunday, Feb 17 Noon

Mile Steeplechase\*\*, 60mH, 60m\*, 800m, 200m, 1500mRW#, 400m, 3000m, Mile, 4X800m Relay  
Weight Throw (11:00am), Shot Put, High Jump, Pole Vault, Long Jump

### **OMA Indoor Pentathlon Championship**

Men - 60mH, Long Jump, Shot Put, High Jump, 1000m

Women – 60m Hurdles, High Jump, Shot Put, Long Jump, 800m

\* The Sprints will have a **Semi Final** and **Final**, with the **Final** re-seeded by the Semi marks.

The Final may be entered at no extra cost.

Relay entry is free of charge **for meet entrants**

No race-day entries for the Hurdles

\*\* Indoor Steeplechase – 2 barriers per lap, 15 total (no water jump)

#1500mRacewalk includes a 'Non Judged' event

***\$30 Early Entry Deadline at Noon on the Friday***  
***Post Entry fees - \$50 + \$10 ea additional event***

Only **\$30.00** for the first event - **\$5.00** for each extra event

Doors open at Noon - events start at 12:30pm  
Open at 10:00am for the Weight Throw

Steeles Ave, between Keele and Jane. Shower facilities. There is 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.

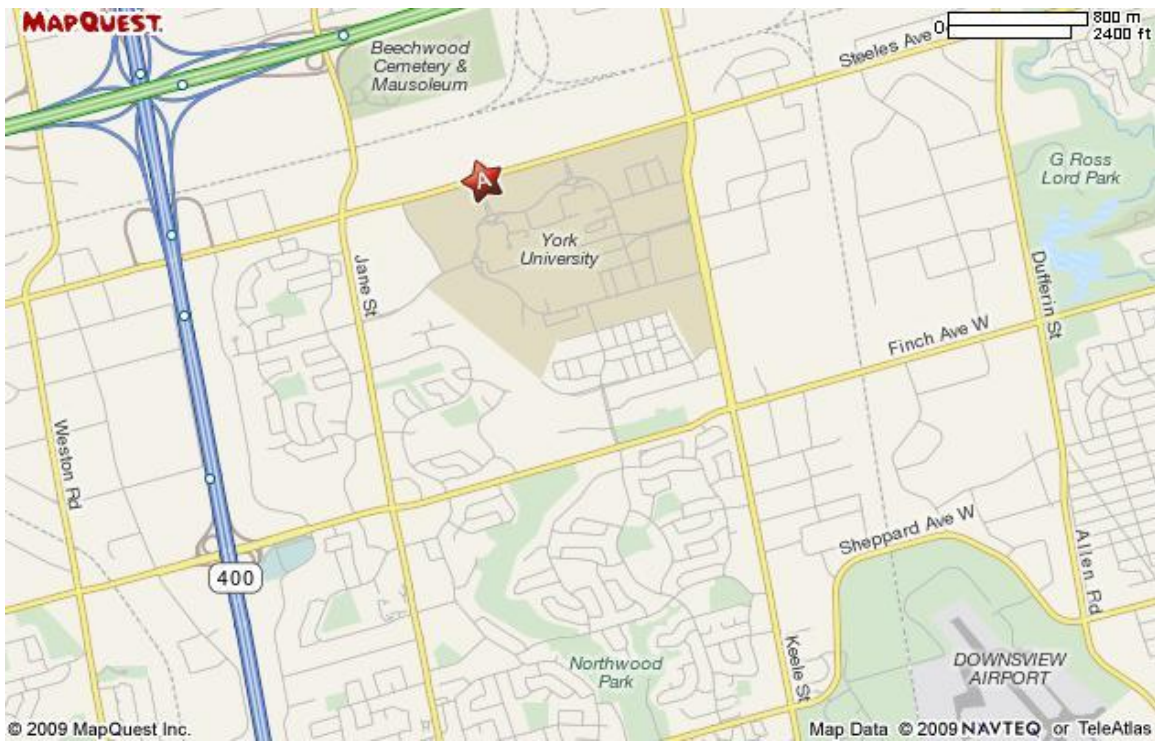


Directions;

Due to subway construction, the parking lot adjacent to the west end of the Toronto Track and Field Centre may be closed.

1. Follow Highway 401 to Highway 400 North.
2. Follow Highway 400 North to the Steeles Avenue exit.
3. Go East (left) on Steeles, past Jane Street and the University Northwest Gate to the next set of lights.
4. Turn right on Founders Road
5. Take immediate first left entrance to parking lot.
6. Follow the pathway to the main doors of the Track Centre.





### **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

### **Indoor Fieldhouse**

- Pin spikes only and with 5mm maximum length
- Only during the high jump events held at the indoor track are the high jump athletes permitted to wear 9mm pin spikes