



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**

** Indoor Steeplechase – 2 barriers per lap, 15 total (no water jump)
#1500m Racewalk includes a 'Non Judged' event

Entry Deadline at Noon on the Friday

No Post Entry at the Meets

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

Online registration only – extra events may be added at \$10ea if space available

U16 AO members entry fee is \$10 first event / \$5 each extra event

Under 30 year old's most welcome – **AO membership required**

Recreational (allows entry at OMA Mini Meets)

U13 12 and younger \$5

U14+ 13 to 29 \$20

Pre-Masters (allows entry at all OMA events)

20-29 \$60

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!

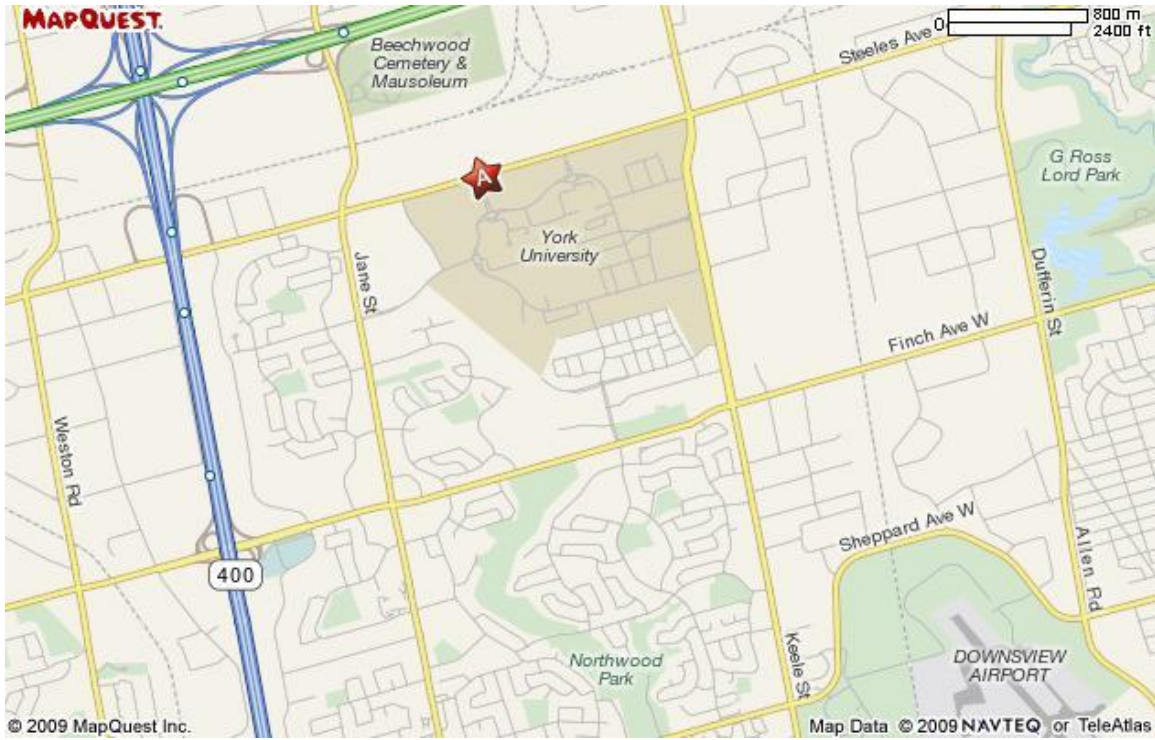
Due to the nature of the meets, performances may not be eligible for record breaking.



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 top 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.



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