



50th Annual Ontario Masters Athletics Indoor Track & Field Championships

Toronto Track & Field Centre
York University, Toronto
Sunday, March 8th, 2020

*Ontario Masters Athletics, Athletics Ontario, Athletics Canada, or USATF membership required
No qualifying standards for entry*

Age Classes: Men and Women, five year age groups from 30-34 to 90+ (as of March 8th)
AO 20-29 members most welcome. No awards.

Fees: \$35 for the first event. An additional \$15 for each extra event.
Entries must be received online.

Awards: Ontario Masters Championship medals to the first three Ontario athletes in each age group.
Non-Ontario in the 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.

Hosted by: Ontario Masters Athletics
Non-Ontario and Americans and other visitors to Canada are most welcome and eligible for duplicate medals.
Foreign entries please use the code 'FOREIGN' on the registration form where it asks for Member ID

- Notes;**
- Check in for Hurdles required by Noon.
 - There is no charge for the Relays, and no awards.
Sign up on the day for the Relays at Registration up to 30 minutes before the event
 - Women's heats run first. - Younger groups will normally follow older groups.
 - 60m is a Final unless there are more than 8 in an age -group where a Semi will be required
 - Timed finals in the 200m and longer events.
 - Pin spikes only—5mm maximum. High Jumpers may wear 9mm spikes.
 - 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
 - Spectators are limited to the upper viewing stands