



**CANADIAN MASTERS  
ATHLETICS  
VÉTÉRANS CANADIENS  
EN ATHLÉTISME**

**Presents**

## **12<sup>th</sup> Canadian Masters Athletics Indoor Championships**

**Sanctioned by Canadian Masters Athletics and Athletics Ontario**

**February 25 - 26, 2023**

**Toronto Track and Field Centre  
231 Ian MacDonald Blvd.  
Toronto, ON  
M7A 2C5**

## **Technical Package**

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# Registration for Canadian Masters Athletics (CMA) 2023 Indoor Championships

Hosted By: Athletics Ontario (AO)

Entry Deadline: Regular Deadline: 11:59pm, Wednesday, February 15, 2023  
Late Deadline: 11:59pm, Wednesday, February 22, 2023

Age Categories: All events are in 5-year age groups, starting from 30 – 34, 35 to 39, etc., and progressing to the age of the oldest athlete.

Age is calculated as of the first day of the Championship, February 25, 2023.

Eligibility: There are no entry standards for this meet. Athletes must be 30 years of age or older as of February 25, 2023.

A Canadian athlete who wishes to register for this Championship must be registered as a master for 2023 with Athletics Canada before the athlete registers for the Championship.

Out of country athletes must contact Athletics Ontario at [operations@athleticsontario.ca](mailto:operations@athleticsontario.ca) to be entered into the Championship. Please ensure you provide your membership number from your athletics federation, date of birth, events for which you wish to register, and all respective seed performances.

Fees: **Regular Deadline Fees:** \$35 for first event  
Until Feb 15 @ 11:59pm EST \$15 for every additional event  
\$30 Pentathlon

**Late Fees:** \$70 for first event  
Until Feb 22 @ 11:59pm EST \$30 for every additional event  
\$70 Pentathlon

**Relays:** \$40 per relay  
Only event paid by cash. Must be declared and paid at the competition, no later than 60 minutes before the relay is scheduled.

\*Trackie fees are added to each entry fee. HST is included in the fee.  
HST# 10400235RT

Method of Payment: Trackie Online: <http://www.trackiereg.com/2023-cma-indoor-champs>. All individual event entry payments are made via Trackie.

Relay entries are paid at the competition and must be submitted no later than 60 minutes prior to the start of each relay event.

Confirmation: Participants in each age group can be viewed on Trackie at <https://www.trackie.com/online-registration/entry-list/2023-canadian-masters-championships/483792/>. Athletes should check the confirmation list on Trackie to ensure their entry was processed properly.

After the regular entry deadline, a printable pdf of entries will be available on the AO championship event page here: [2023 Canadian Masters Indoor Championships - Ontario Masters Athletics](#)

**Late Entries:** Entries will be accepted after the entry deadline of Wednesday, February 15, 11:59pm EST but fees will be increased as stated under the “Fees” section. The deadline for late entries will be Wednesday, February 22 at 11:59pm EST. Entries received after this deadline will be accepted at the discretion of Athletics Ontario, but only if it does not cause a disruption to the conduct of the meet.

**Waiver:** Every participant is required to agree to the waiver form, when they register on line through “Trackie”.

## Competition Details

**Schedule:** The schedule is subject to minor adjustments. Please refer to the AO championship webpage for all up to date information: [2023 Canadian Masters Indoor Championships - Ontario Masters Athletics](#). A final schedule will be posted by Friday, February 17 at 12:00pm EST. It will also be posted on the CMA website: <https://canadianmasters.ca/events/>.

**Bibs and Packages:** All athletes will receive two bib numbers, which also include their age group on them. All athletes must wear both numbers, one on the front and the other on the back.

Bibs can be picked up at the Toronto Track and Field Centre on Saturday, February 25, from 8:00am to 4:30pm, and Sunday, February 26, from 8:00am to 1:30pm. Athletes are encouraged to pick up their packages as early as possible.

**Check-In Procedure:** Athletes entered in field events must check in with officials at their event site before their respective event begins. Failure to check in with officials before the event starts will result in them being removed from that specific event. Picking up bib numbers does not constitute a check-in.

Athletes in track events (except for distance events) simply need to arrive at the start line before their event to be organized and placed on the start line by officials. Heat sheets will be posted by the start line area for each track event, so they know what heat and lane they have been assigned.

Track athletes in distance races should arrive 15 to 30 minutes before the start of the event to pick up their lane numbers from officials. Two numbers will be given to each athlete, which must be worn on the right hip and the upper left side of the chest.

**Awards:** Gold, silver, and bronze medals will be awarded to the first three Canadian finishers in each event.

Non-Canadian athletes will be eligible for medals. These non-Canadian athletes will not offset medal placements for Canadian athletes. For example, a non-Canadian athlete who places first in an event will receive a gold medal. If second overall was a Canadian athlete, he/she would also receive a gold medal as they were the first overall Canadian athlete. The process continues until three Canadian athletes are awarded medals.

Awards will be available to pick up by the awards tent near the entrance to the facility about 30 – 45 minutes after the completion of each event. Unclaimed awards will not be mailed out.

The Karla Del Grande Trophy will be presented at the conclusion of the meet to the listed Canadian Club which receives the highest number of points in the championship. See “Scoring” below for the club point allocation.

**Scoring:**

For the Club trophy, the top 7 athletes in each age group and event, except for relays, will earn point for their clubs as follows:

1 <sup>st</sup> – 7 points	2 <sup>nd</sup> – 6 points	3 <sup>rd</sup> – 5 points	4 <sup>th</sup> – 4 points
5 <sup>th</sup> – 3 points	6 <sup>th</sup> – 2 points	7 <sup>th</sup> – 1 point	

**Starting Blocks:**

If athletes wish to use starting blocks, they must use competition provided starting blocks. Personal starting blocks will not be allowed unless they match the model and make of the starting blocks being provided.

**Facility:**

- Synthetic surface on a 5-lane 200m banked oval and 8-lane sprint straight and field approaches.
- Concrete throwing circle.
- Change room facilities and showers are available.
- Bring your own lock and towel.
- All competition and official working areas are always off limits to non-competitors. Spectators can view events from the gallery on the second floor of the facility.

**Facility Regulations:**

Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length.

Only athletes with bib numbers, coaches registered for the current competition year, officials and meet volunteers will be permitted into the fieldhouse. All others must go to the spectator viewing area. Meet organizers will provide passes for AO coaches registered by the meet entry deadline.

No street shoes or boots on the track surface. Please ensure you bring running shoes to change into as you will not be allowed into the facility without them. No electronic devices are allowed in the competition area.

**Results:**

Start lists, heats, and full results will be posted at the Toronto Track and Field Centre by the awards tent, and online at [bit.ly/2023-cma-indoor-champs](https://bit.ly/2023-cma-indoor-champs).

Final results will be posted on Sunday, February 26, 2023, following the completion of the meet. Please click on the following link for the meet results. [2023 Canadian Masters Indoor Championships - Ontario Masters Athletics](https://www.athleticsontario.ca/2023-Canadian-Masters-Indoor-Championships)

Complete results will also be posted on the CMA website:  
<https://canadianmasters.ca/events/>

**Photos:**

Photos captured by the Athletics Ontario team will be posted on the Athletics Ontario social media sites (Facebook, Twitter, Instagram, etc.) during and following the meet. All athletes are given the opportunity to sign a waiver/release form regarding photography. Facebook page: <https://www.facebook.com/Athletics-Ontario-135196239850966/?fref=ts>

## Protests and Appeals:

All Protests must be made as outlined in WA rule 146. In all cases, protests must be filed within 30 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit, the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The Appeal cost of \$25.00 will be returned if the Appeal is upheld or not considered frivolous by the Jury.

## Technical Details

### Events Offered:

50m, 60m, 200m, 400m, 800m, 1500m, 3000m, 1500mRW, 3000mRW, 60mH, 4x200m, 4x400m, 4x800m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Throw.

### Championship Rules:

- World Athletics Rules, as varied by World Masters Athletics.
- All track events will be run oldest to youngest, with women competing first in each age group.
- Canadian age group records set at the Championships will be accepted by the CMA without requiring a completed application form. However, WMA application documents are required for World age group records.
- In simultaneous events, straightaway events take precedence over the oval, and the oval events take precedence over the field events. Athletes must inform officials of the conflicting events. Officials will not hold up events to accommodate individual athletes, but athletes may rejoin a field event, if doing so doesn't interfere with its progress.
- For all events, age groups and genders may be combined, when competitor numbers make it convenient to do so.
- Relay teams may be club teams, from different clubs or unattached. They may be a combination of age groups but not genders and must compete in the age group of their youngest member.

### Lane & Heat Assignment:

Lanes, heats, and sections will be assigned according to the rules of WA/AC/AO.

A list of heats and lane assignments will be posted at the start area for each event.

### Implements:

All throwing implements will be provided by meet management. Personal implements will be allowed and, once checked in, will be added to the competition equipment pool.

	Female		Male		
	Shot	Weight	Shot	Weight	
30 – 49	4.00kg	9.08kg (20lb)	30 – 49	7.26kg	15.88kg (35lb)
50 – 59	3.00kg	7.26kg (16lb)	50 – 59	6.00kg	11.34kg (25lb)
60 – 74	3.00kg	5.45kg (12lb)	60 – 69	5.00kg	9.08kg (20lb)
75+	2.00kg	4.00kg (8.8lb)	70 – 79	4.00kg	7.26kg (16lb)
			80+	3.00kg	5.45kg (12lb)

### Hurdle Specifications:

All specifications for throwing and hurdling events can be found on Appendix A of the WMA Rules of Competition: <https://world-masters-athletics.com/wp-content/uploads/2020/11/2020-2021-WMA-RULES-OF-COMPETITION-as-20-November-2020.pdf>

A full number of 27" hurdles are available to accommodate all requirements.

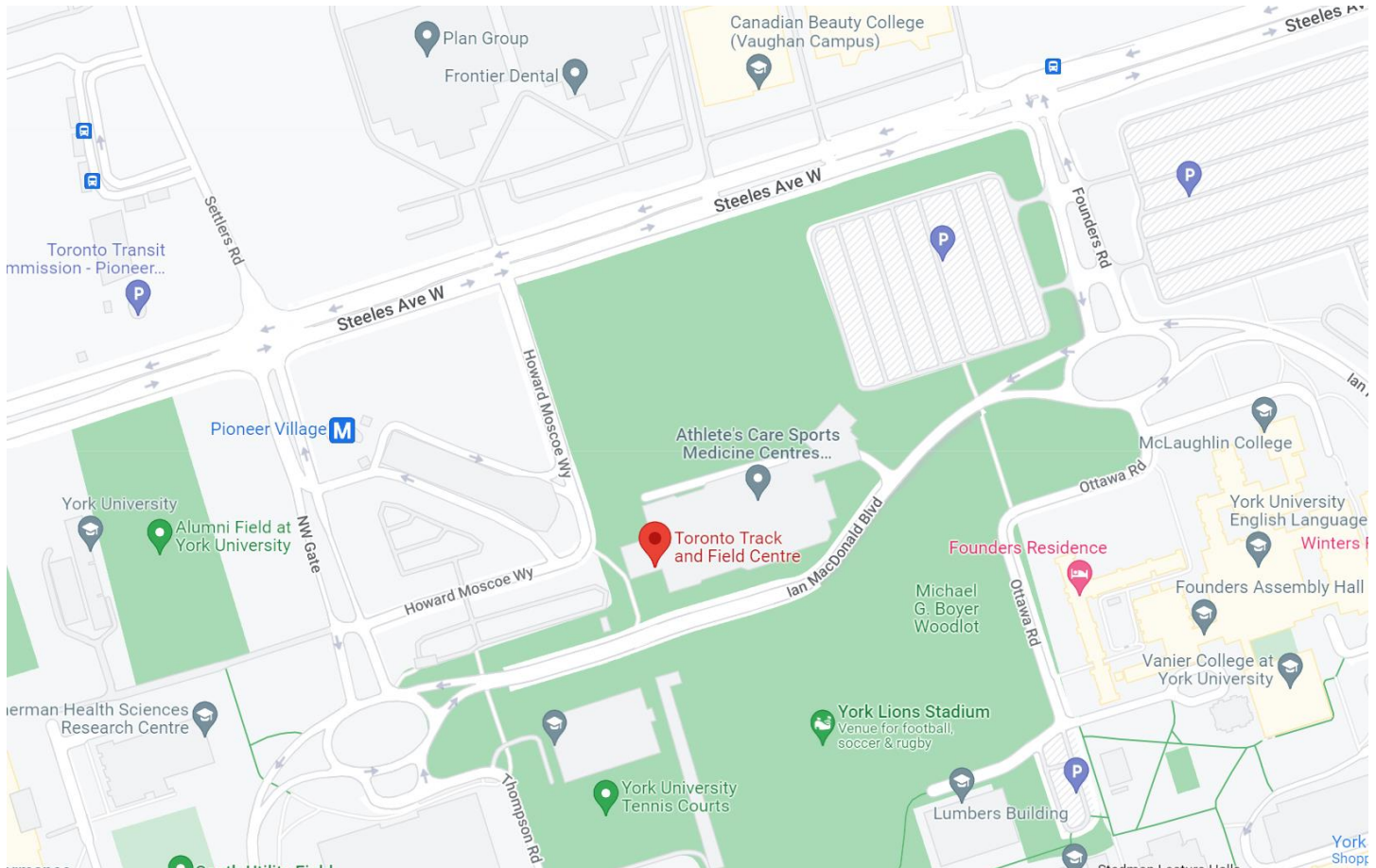
	<b>Distance (m)</b>	<b>Height (m)</b>	<b>Start to 1<sup>st</sup> Hurdle (m)</b>	<b>Distance Between</b>
<b>Female</b>				
30 – 35	60	0.840	13.00	8.50
40 – 49	60	0.762	12.00	8.00
50 – 59	60	0.762	12.00	7.00
60+	60	0.686	12.00	7.00
<b>Male</b>				
30 - 49	60	0.991	13.72	9.14
50 – 59	60	0.914	13.00	8.50
60 – 69	60	0.840	12.00	8.00
70 – 79	60	0.762	12.00	7.00
80+	60	0.686	12.00	7.00

## CMA Reception

The CMA is inviting all interested persons to a free reception at 5:30 pm on Saturday, February 25, following the masters Championship events that day, in the upstairs meeting room at the Toronto Track & Field Centre. All members of the CMA and others interested in athletics are cordially invited to attend this informal reception.

## General Information

**Location:** Toronto Track and Field Centre  
231 Ian MacDonald Blvd  
M7A 2C5  
Ph# (416) 392-2812



**Directions via Automobile:** Take the 401 into the city of Toronto and take exit 359 to merge onto ON-400 N toward Barrie. Take the Steeles Avenue West exit, and head East. York University will be on the right-hand side (South side) of the road. Turn into Founders Road toward the roundabout and make another right onto Ian MacDonald Boulevard. The Toronto Track and Field Centre will be the first building on the right-hand side (North side) of Ian MacDonald Boulevard.

**Parking:** There is parking available on the east side of Founders Road as you turn into the York University campus from Steeles Ave West, as well as 2 parking lots surrounding Pioneer Village subway station on the south side of Steeles Ave West. Another parking spot is available on the south side of Howard Moscoe Way, just west of the main entrance to the Toronto Track and Field Centre. There is a TTFC parking lot north of Steeles Ave West, which is also free during weekends.

**Via Toronto Transit (TTC):** Northbound, Subway line 1 goes directly to Pioneer Village Station, located right beside the Toronto Track and Field Centre. Alternatively, the TTC 60 bus comes from both directions along Steeles Ave West, which is directly north of the Toronto Track and Field Centre.



**Contacts:**

Meet Director	Doug Smith	<a href="mailto:doug@ontariomasters.ca">doug@ontariomasters.ca</a>
Operations Manager	Randolph Fajardo	<a href="mailto:randolphfajardo@athleticsontario.ca">randolphfajardo@athleticsontario.ca</a>
Officials Coordinator	Kathryn Dertinger	<a href="mailto:aoavailability@gmail.com">aoavailability@gmail.com</a>
Facility Manager	Karen Halovanic	<a href="mailto:karen.halovanic@toronto.ca">karen.halovanic@toronto.ca</a>
CMA Liaison	Vern Christensen	

**First Aid:**

Medical Personnel will be on-site. The closest hospital is as follows:

North York General Hospital  
555 Finch Ave W.  
Toronto, Ontario  
M2R 1N5  
(416) 633-9420

**Hotels:**

There are plenty of hotel options around the Toronto Track and Field Centre. The facility is right beside the city's subway system which connects it to the downtown core. Travel time between the core and the facility via subway is between 30 and 45 minutes. Local hotels around the facility are about a 5 to 15 minute drive. See below for some hotel recommendations.

**Downtown Hotel Recommendations**



30 Carlton Street, Toronto, ON M5B 2E9  
Ph#: +1 416-977-6655

[Website](#)

- 2-minutes from College subway station.
- 45-minute subway ride to competition site.



145 Richmond Street West, Toronto, ON M5H 2L2  
Ph#: +1 416-869-3456

[Website](#)

- 2-minutes from Osgoode subway station.
- 40-minute subway ride to competition site.

**North York (near the Toronto Track and Field Centre) Hotel Recommendations**



50 Norfinch Drive, Toronto, ON M3N 1X1  
Ph#: +1 416-663-9500

[Website](#)

- 25-minutes bus ride to facility.
- 15-minute car ride to competition site.



3400 Steeles Avenue West, Vaughn, ON L4K 1A2  
Ph#: +1 905-760-2120

[Website](#)

- 10-minutes bus ride to facility.
- 6-minute car ride to competition site.