

# 46<sup>th</sup> Annual Canadian Masters Outdoor Track & Field Championships



CANADIAN MASTERS  
ATHLETICS  
VÉTÉRANS CANADIENS  
EN ATHLÉTISME



Fédération  
québécoise  
d'athlétisme

**Location** – Stade d'athlétisme Richard-Garneau, 401 Boul. Du Domaine, Sainte-Thérèse, QC.

**Dates** – Friday to Sunday, July 5, 6 and 7, 2019.

**Welcome** - Club d'athlétisme Corsaire-Chaparral, a very active local running club, welcomes you to the 46<sup>th</sup> Annual Canadian Masters Athletics Outdoor Track & Field Championships, being held in Sainte-Thérèse, QC, in conjunction with the Québec Outdoor Junior and Open Provincial Track & Field Championships. We welcome both Canadian and non-Canadian athletes to our community just North of Laval in the Laurentian Foothills.

## Hosting

- Hosted by Club d'athlétisme Corsaire-Chaparral
- Sanctioned by Canadian Masters Athletics (CMA) and Fédération Québécoise d'Athlétisme (FQA)
- Meet Director: Robert Lavoie
- CMA Liaison: Vern Christensen

## Athlete Eligibility

- Participating athletes resident in Canada must be current masters members of their Provincial branch of Athletics Canada. If resident outside Canada, participants must be members of CMA, USATF or another WMA National Affiliate.
- All athletes must be 30 years of age or older, on July 5, 2019.
- There are no performance standards required for entry in the Championships.

## Age Groups

- All competition is in 5-year age groups, beginning with ages 30 to 34, 35 to 39, etc., and progressing to the age of the oldest competitor.
- Age is calculated as of the first day of the Championship, July 5, 2019.

## Entry Information

- Registrations must be made via Trackie Registration: <http://TrackieReg.com/masters2019>
- Non-Canadian athletes, please indicate "Foreign" on the registration form when it asks for "membership #", and reply "No" to the question "Are you a Canadian citizen?"
- Entries are due by midnight (EST) on Friday, June 28, 2019. **Late entries will be accepted until June 30, 2019 at noon at an increased rate. This is a final deadline.**
- Please provide a performance estimate ("seed") for each event when registering.
- \$40.00 for the first event other than a Pentathlon or Throws Pentathlon **(\$60.00 late entry).**
- \$50.00 each for the Pentathlon or the Throws Pentathlon **(\$70.00 late entry).**

- \$10.00 for each additional event, after a first event and all Pentathlons (**\$20.00 late entry**).
- Relay team fees are \$40.00 per team, but can not be entered via Trackie. Relays may be entered, and the fees paid in cash, until the day of the relay, until 90 minutes in advance of the scheduled relay time (Saturday - 4x100 and 4x800m, Sunday – 4x400m).

### Facilities

- Synthetic 400m track, to IAAF specifications. Oval 8 lanes, straight 10 lanes.
- Synthetic horizontal & vertical jump and javelin runways.
- On-site jumps pits and throws cages.
- Maximum spikes length: track and field events 7mm. Only ¼ inch pyramid shapes are allowed; needle or Christmas tree shapes are not permitted.
- FinishLynx electronic timing system.
- Announcements will be in French and English.
- Fully-equipped dressing rooms. Bring your own lock. The LOC will not be responsible in case of any loss or theft.
- First aid, physiotherapy and massage services provided. Nominal charges for physiotherapy and massage.
- Canteen on site.



### Equipment

- All throwing implements will be supplied, but athletes may bring their own. Implements brought for use by athletes must be weighed and certified by an FQA official prior to the competition and, only if found acceptable, may be used by any athlete in the competition.
- Pole Vault poles are not supplied.
- Starting blocks are provided, but are not required to be used.
- For older masters athletes, 5 lanes of new 27-inch Hurdles are available.

## Championship Rules

- IAAF Rules, as varied by WMA.
- Canadian age group records set in 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.
- If an athlete has simultaneous events, the straight event takes precedence over the oval event, and oval event takes precedence over the field event. The athlete must inform the officials of the simultaneous events. Officials will not be held events to accommodate individual athletes, but athletes may rejoin a field event, as long as doing so doesn't interfere with its progress.

## Track Events

- All Track events will be run oldest to youngest, with women competing first in each age group, with the exception of the Hurdle events. (See below.)
- Hurdle events will start with the younger athletes (longer distances) first, and progress to the older athletes (shorter distances). (See below.)
- For all events, age groups and genders may be combined when participant numbers make it convenient to do so.
- Unless competitor numbers require a semi-final, all events will be timed finals.
- Relay Teams may be club teams, from different clubs or unattached, and must be declared and paid for at least 90 minutes in advance of the scheduled time for each relay.
- Relay Teams may be a combination of age groups but not genders, and must compete in the age group of their youngest competitor.

## Field Events

- The number of flights in Throws events will depend upon the number of entries. Age groups will be combined when numbers warrant.
- After all throws competitors have 3 throws, the top 8 competitors in each age group will have 3 additional throws, for a total of 6 throws.
- After all Long Jump and Triple Jump competitors have 3 jumps, the top 8 competitors in each age group will have 3 additional jumps, for a total of 6 jumps.
- For all of the above competitors, if there are less than 8 competitors in an age group, all will be allowed 6 attempts.
- In both the Pentathlon and the Throws Pentathlon, a maximum of 3 throws in each Throws event and a maximum of 3 jumps in the Long Jump are allowed.
- The WMA has not adopted the "60-second" rule in IAAF Rule 180.17. Therefore, 30 seconds only are allowed for Field events subject to that rule.

## Package Pickup/Checking In

- Competition packages will be available for pickup at the track each day of the meet: Friday, 11:00 am to 7:00 pm; Saturday, 7:00 am to 5:00 pm; Sunday, 7:00 am to 3:00 pm.
- All events will be held on the same day as indicated on the Tentative Schedule below, but times may change after registrations have been completed.
- If athletes decide not to compete in any events, we request that they inform the Call Room as soon as they make their decision, to reduce the number of events with empty lanes.
- **Call Room:** Please check in at the **Call Room for all track events and the Pentathlon** at least 40 minutes in advance of the scheduled start time. For **Field events and the**

**Throws Pentathlon, report directly to the event site** 30 minutes in advance of the scheduled start time (60 minutes for the Pole Vault).

### **Athlete Uniforms**

- Athletes may compete in Club, Provincial or National uniforms, or other non-offensive athletic clothing.
- Bib numbers must be worn on the front for most events, with the exceptions listed below.
- Competitors in the High Jump, Pole Vault and Throws may wear bibs on the front or back.
- Racewalk competitors must wear bib numbers on both the front and back, and will be provided with a second bib.
- Competitors in the 1500m and 5000m, including Race Walks, will also be provided age group numbers for their backs.

### **Awards**

- CMA medals will be awarded to the first, second and third Canadian finishers in each gender and age group in each event. Non-Canadians will be awarded duplicate medals if they place in the top three overall.
- The members of the first-place Canadian relay team in each gender and age group for each relay event will also receive CMA medals.
- These awards will be presented at the podium approximately 40 minutes after the results for each event have been posted, or may be picked up later by the athlete, a coach or a team-mate. Unclaimed awards will not be mailed out.
- The Harold Morioka 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, based on awarding the following points for placing in each event in each age group and gender, excluding relays: 1<sup>st</sup> – 7 points; 2<sup>nd</sup> – 6 points; 3<sup>rd</sup> – 5; 4<sup>th</sup> – 4; 5<sup>th</sup> – 3; 6<sup>th</sup> – 2; 7<sup>th</sup> – 1 point.

### **Results**

- Schedules, start lists and results will be posted as available at the designated location at the venue.
- All results will be in appropriate 5-year age groups.
- Full results will be posted on the Corsaire-Chaparral web site and CMA web site after the Championship.

### **Canadian Masters Athletics Annual Awards Dinner**

- The CMA invites all athletes to attend its annual Awards Dinner, being held on Saturday, July 6, after the completion of competition, at 7:00 pm at “La Casa Grecque”, 350 Boul. St-Martin West, Laval, about 20 Km (18 minutes) from the track, and close to many hotels.
- After the dinner, CMA’s Annual Awards will be presented, including the 2018 CMA Athletes of the Year and the 2019 inductions into the CMA Hall of Fame.
- When registering for the Championship, register for the evening for just \$10.00 via Trackie Registration: <http://TrackieReg.com/masters2019>
- This will allow us to have a private section of the restaurant and guarantee space for everyone at the Awards Dinner.
- Each attendee will be able to order from the restaurant’s menu of traditional and modern Greek and Italian cuisine. Its lack of a liquor license allows us to indulge in the Quebec tradition of purchasing a bottle (or two) of wine at a grocery store or an SAQ on the way to the restaurant!

## Hotels/Accommodation

- Arrangements have been made for accommodation of athletes and accompanying persons in a number of hotels in the area near the venue and in nearby Laval, for July 4, 5 and 6.
- The names of the hotels and detailed information on the arrangements with each hotel are contained in the separate list attached. Please contact the hotels directly by June 4, 2019, and mention “Summer Athletics Championship 2019” to receive the negotiated room rates. Note the deadlines for cancellation, if necessary.

## Tentative Schedule

- All events will be held on the same day as indicated on the following Tentative Schedule, but times may change after registrations have been completed, and a detailed schedule will be posted at that time.

	Track	Jumps	Throws
<b>Friday, July 5</b>			
Begin 1:00 pm	Pentathlon Women	Pentathlon Men	Throws Pentathlon M/W
	Sprint Hurdles Heats W/M		
	1500m Race Walk W/M	Triple Jump Women	_____
Approx. 3:30 pm		High Jump Men	
	Sprint Hurdles Finals W/M		
Approx. 5:00 pm	10000m Women/Men		
	800m Pent Women		
Approx. 8:00 pm	1500m Pent Men		
<b>Saturday, July 6</b>			
Begin 8:00 am			Discus Throw W/M
	Steeplechase 2000/3000	Triple Jump Men	
	100m Heats W/M		
	Long Hurdles W/M	High Jump Women	Hammer Throw W/M
	100m Finals W/M		
	1500m W/M		Weight Throw M/W
	400m W/M		
	4 x 100m Relay		
Approx. 5:00 pm	4 x 800m Relay		
7:00 PM	CMA Awards Dinner		
<b>Sunday, July 7</b>			
Begin 8:00 am	5,000m Race Walk W/M	Long Jump M/W	Javelin Throw M/W
	5000m W/M		
			Shot Put M/W
	800m W/M	Pole Vault M/W	
Lunch			
	200m Heats W/M		
	4 x 400m Relay		
Approx. 4:00 pm	200m Finals W/M		

## Technical Specifications

	Women		Men			
<b>Sprint Hurdles</b>	30-34	100mH	33" / 0.840m	30-34 110mH	42" / 1.067m	
	35-39	100mH	33" / 0.840m	35-49	110mH	39" / 0.991m
	40-49	80mH	30" / 0.762m	50-59	100mH	36" / 0.914m
	50-59	80mH	30" / 0.762m	60-69	100mH	33" / 0.840m
	60+	80mH	27" / 0.686m	70-79	80mH	30" / 0.762m
				80+	80mH	27" / 0.686m
<b>Long Hurdles</b>	30-49	400mH	30" / 0.762m	30-49	400mH	36" / 0.914m
	50-59	300mH	30" / 0.762m	50-59	400mH	33" / 0.840m
	60-69	300mH	27" / 0.686m	60-69	300mH	30" / 0.762m
	70+	200mH	27" / 0.686m	70-79	300mH	27" / 0.686m
				80+	200mH	27" / 0.686m
<b>Steeplechase</b>	30+	2000mSC	30" / 0.762m	30-59	3000mSC	36" / 0.914m
				60+	2000mSC	30" / 0.762m
<b>Shot</b>	30-49	4kg		30-49	7.26kg	
	50-74	3kg		50-59	6kg	
	75+	3kg		60-69	5kg	
				70-79	4kg	
			80+	3kg		
<b>Discus</b>	30-74	1.0kg		30-49	2.0kg	
	75+	0.750kg		50-59	1.50kg	
				60-80+	1.00kg	
<b>Javelin</b>	30-39	600g		30-49	800g	
	50-74	500g		50-59	700g	
	75+	400g		60-69	600g	
				70-79	500g	
			80+	400g		
<b>Hammer</b>	30-49	4kg		30-49	7.26kg	
	50-74	3kg		50-59	6kg	
	75+	2kg		60-69	5kg	
				70-79	4kg	
			80+	3kg		
<b>Weight</b>	35-49	9.08kg		35-49	15.88kg	
	50-59	7.26kg		50-59	11.34kg	
	60-74	5.45kg		60-69	9.08kg	
	75+	4.00kg		70-79	7.26kg	
			80+	5.45kg		