



2009 Canadian Masters Track & Field Championships

Hosted by the Kamloops Track and Field Club
Sanctioned by Canadian Masters Athletic Association and BC Athletics

July 17-19, 2009

Location:

Hillside Stadium, Thompson Rivers University, 910 McGill Rd., Kamloops, BC (See below for driving directions).

Facility:

Track: 8 lanes, 400m oval, polyurethane surface, fully automatic timing.

Shot Put: concrete circles, sand landing area. Javelin: polyurethane runway, grass landing area. Discus & Hammer: concrete circles, grass landing area. Jumps (LJ, TJ, HJ, PV): official jumping pits, polyurethane runways.

Change rooms available.

Meet Director:

Jarett McLean: Ph: (250) 851-2512, Fax: (250) 851-2516, e-mail: jarettm@telus.net.

Meet Manager:

Judy Armstrong: Ph: (250) 377-3378, e-mail: j2armstrong@shaw.ca

Eligible Athletes:

- 2009 BC Athletics Annual Athlete members or equivalent from another Provincial, State or National Athletics Federation, or;
- CMA, USATF, WMA Master's affiliates
- Athletes who do not hold one of the above memberships can purchase a CMAA day membership for \$15.00 for the Championship.

Registration & Entries:

Entries Chairperson: Brian Beck

E-mail – wbrianbeck@shaw.ca

Fax – (250) 377-2226

Mail – Kamloops Track and Field Club, C/O Brian Beck
842 McArthur Dr., Kamloops, BC, V2B 7L5

All entrants must fill out and return the registration forms (<http://www.kamloops.ca/cma/pdfs/CanadianMastersRegistration30.pdf>) to Brian by Fax or Mail. Athletes are encouraged to also submit their event entries by Hy-Tek:

Hy-Tek Event Entries – Please contact Brian at wbrianbeck@shaw.ca.

Relay Entries: Entries for the 4 x 100m and 4 x 400m will be accepted until 2:00pm on Saturday, July 18th and can be submitted at the meet.

****ENTRY DEADLINE****

All entries must be received by Friday, July 10th, 2009 to avoid late entry fees.

Entries received after Friday, July 10th, 2009 will be subject to late fees.

COMPETITION RULES AND OTHER INFORMATION

RULES AND REGULATIONS

The rules and regulations followed will be according to the IAAF Rule book with modifications as applied by the WMA. See WMA Handbook 2007-2009 at <http://www.world-masters-athletics.org/> and follow the links in the menu: Laws & Rules → Rules, Appendixes.

COMPETITION CATEGORIES

Athletes will compete in 5 year age groups of their own gender: 35-39, 40-44, 45-49, etc. Athletes must compete in their age category. Some age groups and genders will be combined for competition but will be separated for awards.

COMPETITIVE ATTIRE

All athletes are encouraged to wear their club uniform.

SPIKE LENGTH:

The maximum spike length allowed is 7mm for all track events, long jump and triple jump. A maximum spike length of 9mm is allowed for the javelin and high jump and will be checked by the officials at the events site for field events or at the ACC for track events. (Pin spikes only)

REGISTRATION PACKAGES

Packages can be picked up at Kamloops Towne Lodge (1250 Rogers Way) on Thursday, July 16th between 4:00 and 8:00pm or at the registration desk during the meet.

AWARDS

Top three Canadians will receive a medal. If a non-Canadian is in the top three, he or she will also receive a medal. Medals will only be awarded to relay members if there are enough medals available.

Medals will be awarded at the designated time (see schedule) for all Saturday and Sunday event. Awards will be presented to athletes 30 minutes after the completion of the event on Friday.

ATHLETE CONTROL CENTRE (ACC) / MARSHALLING

FIELD EVENTS: All athletes competing in field events must check in at the event site a minimum of 60 minutes prior to the start of their event.

TRACK EVENTS: All athletes competing in track events check in at the Athlete Control Centre (ACC) minimum of 60 minutes prior to the start of their event. The ACC will be located on the grass field adjacent to the track.

IMPLEMENT WEIGH-IN

Implements must be weighed in a minimum of 2 hours prior to the start of an event. The implement weigh-in will take place in the building on the lower field next to the throws area.

COMPETITION NUMBERS

Numbers must be worn on the back for all track events where athletes start and finish their races in the same lane. Numbers must be worn on the front for all track events where athletes do not start and finish their races in the same lane, and for all field events.

EVENT START TIMES

Events can start as much as 30 minutes ahead of the scheduled start time. It is the responsibility of the athlete to be aware of the schedule and keep track of the events being contested. The announcer will make notices of upcoming events.

ORDER OF EVENTS

Events will follow the schedule as closely as possible. Where required, events will be run from oldest to youngest, women then men. Genders and ages may be combined if entries in an event are low.

ATHLETES WITH CONFLICTING EVENTS

Track events take precedence and will go as scheduled. Athletes must notify the officials at all events which are in conflict. Athletes in field events will forego their attempt in a round if the round has been completed before they return.

QUALIFYING FOR FINALS

FIELD EVENTS: Athletes who finish in the top 8 in their age group after three rounds will advance to the final and receive another 3 attempts.

TRACK EVENTS: If necessary, only the 100m and 200m events will have more than one round and will advance according to Appendix K of the WMA rule book (http://www.world-masters-athletics.org/laws_rules/app_k.pdf). All events longer than 200m will run as finals or timed finals at their scheduled start time.

PROTESTS

All protests must be submitted in writing within 30minutes of the completion of the event. Protests received after this time will not be accepted.

JURY OF APPEAL

A jury of appeal consisting of three competent and qualified persons will be available for decisions arising from protests. All decisions are final.

MEDICAL

St. John's Ambulance.

CONCESSION

There will be a concession available during the meet.

CHANGE ROOMS & SHOWERS

Change Rooms and Showers will be available at the Tournament Capital Centre which is located adjacent to Hillside Stadium.

PARKING

Free Parking will be available at Hillside Stadium.

TRANSPORTATION FROM AIRPORT

Transportation from the Kamloops airport to the Meet hotel is provided by the Kamloops Airport Shuttle and two taxi companies. The cost is approximately \$25.00 one way.

DRIVING DIRECTIONS TO HILLSIDE STADIUM

Arriving from the west (Highway #5): Exit to the right at exit 368 and turn left onto Hillside Way (this will take you across the highway). When you reach the end of Hillside Way turn right onto Hillside Drive and follow this road onto the Thompson Rivers University campus. Hillside Stadium will be visible on your right when you reach the TRU campus.

Arriving from the east (Highway #1): Exit to the right at exit 370 and turn right onto Summit Drive. Follow Summit Dr. and turn left onto McGill Rd. Follow McGill until you reach Hillside Drive. Turn right at Hillside Drive onto the Thompson Rivers University campus. Hillside Stadium will be visible on your right when you turn onto the TRU campus.

1. HURDLES & STEEPLECHASE

WOMEN

Outdoor	Age	Race Distance	Hurdle Height	Number of Hurdles	To 1st Hurdle	Between Hurdles	To Finish
Sprint	W35-39	100M	.840M(33")	10	13M	8.5M	10.5M
	W40-49	80M	.762M(30")	8	12M	8M	12M
	W50-59	80M	.762M(30")	8	12M	7M	19M
	W60+	80M	.686M(27")	8	12M	7M	19M
Interm.	W35-49	400M	.762M(30")	10	45M	35M	40M
	W50-59	300M	.762M(30")	7	50M	35M	40M
	W60-69	300M	.686M(27")	7	50M	35M	40M
	W70+	200M	.686M(27")	5	20M	35M	40M (new as of March 2009)
Steeplechase	W35+	2000M	.762M(30") (18 barriers & 5 water jumps) (per IAAF specifications)				

MEN

Outdoor	Age	Race Distance	Hurdle Height	Number of Hurdles	To 1st Hurdle	Between Hurdles	To Finish
Sprint	M35-49	110M	.991M(39")	10	13.72M	9.14M	14.02M
	M50-59	100M	.914M(36")	10	13M	8.5M	10.5M
	M60-69	100M	.840M(33")	10	16M	8.0M	12M
	70-79	80M	.762M(30")	8	12M	7M	19M
	80+	80M	.686M(27")	8	12M	7M	19M
Interm.	M35-49	400M	.914M(36")	10	45M	35M	40M
	M50-59	400M	.840M(33")	10	45M	35M	40M
	60-69	300M	.762M(30")	7	50M	35M	40M
	70+	300M	.686M(27")	7	50M	35M	40M
Steeplechase	M35-59	3000M	.914M(36") (28 barriers & 7 water jumps) (per IAAF specifications)				
	M60+	2000M	.762M(30") (18 barriers & 5 water jumps) (per IAAF specifications)				

2. IMPLEMENTS FOR THROWS

	Age	Hammer	Shot Put	Discus	Javelin	Weight
<u>WOMEN</u>	35-49	4K	4K	1.0K	600G	9.08K (20#)
	50-59	3K	3K	1.0K	500G	7.26K (16#)
	60+-79	3K	3K	1.0K	400G	5.45K (12#)
	80+	3K	3K	.75K	400G	5.45K (12#)
<u>MEN</u>	35-49	7.26K (16#)	7.26K (16#)	2.0K	800G	15.88K (35#)
	50-59	6K	6K	1.5K	700G	11.34K (25#)
	60-69	5K	5K	1.0K	600G	9.08K (20#)
	70-79	4K	4K	1.0K	500G	7.26K (16#)
	80+	3K	3K	1.0K	400G	5.45K (12#)

- Note:
- A new age group category for men, 35-39, has been in effect since 2005 Outdoor Season
 - Outdoor weight throw event has been added effective 2006 Outdoor Season