

# YRAA INDOOR MEET 2023

**LOCATION: York U (Toronto Track and Field Centre)**

**DATE: Monday April 17<sup>th</sup>, 2023**

**CONVENORS: Track and Field SAC**

1. A competitor may enter three individual events, plus one relay. Please check your entry carefully to ensure that no athlete has been entered incorrectly. The entries will be done on-line. Changes can be made up until the deadline of Monday April 13<sup>th</sup> at 6:00 pm. All entries accepted after that time will be considered late and the \$20.00 per event late fee will be levied. This program will allow you to make a printout of your team's entry, therefore, try to complete your entries a few days before the deadline and have your students check them on the track bulletin board. This will ensure less problems on the day of the track meet. Post entries will be accepted each day, at the start of the day, before any events commence to a maximum of 5 per school. **No entries will be accepted after the conclusion of the coaches meeting.**

**ENTRY DEADLINE WILL BE THURSDAY APRIL 13<sup>th</sup> at 6:00 PM.**

2. If an athlete has been forgotten on your on-line entry, **POST ENTRIES** can be submitted at a cost of \$20 per **EVENT**.

3. The entry fee for this event will be evenly billed for all participating schools. All schools will be billed centrally. A financial statement will be drawn up and distributed a few days after the meet.

4. Eligibility rosters must be done on the YRAA website at least 24 hours before the meet.

5. Competitors must wear their school's track and field singlet or a top identifying their school for all events. Relay teams must wear identical tops for each relay.

6. **EVENT PRIORITIES:**

1. Track Events
2. Field Events—Height
3. Field Events--Distance

Those athletes that find themselves in a scheduling conflict must report said problem to the field official before leaving. The field official will make every attempt to accommodate the athlete, ie. letting them jump out of turn in a particular flight, but when the athlete returns, he/she must resume competing in the flight in which the field is competing. No additional attempts will be afforded that athlete. **COACHES AND ATHLETES ARE ASKED TO CHECK THE ORDER OF EVENTS CAREFULLY BEFORE CHOOSING EVENTS.**

7. Pin spikes **NO LONGER THAN 5mm** will be allowed on either the track or the jumping runways. The discus and shot-put circles are made of concrete. Appropriate footwear should be worn in those areas.

8. All runners are to report to the clerk of the course and check in well before their races. It is up to the athlete to check the progress of the meet to ensure they do not miss their event. If they miss their heat, they have missed their event. They will not be put in another heat even if there is an open spot. The computer has

assigned them a spot in a particular heat and they must run there. This is especially true for events run in lanes.

9. The Jury of Appeal will be comprised of five - (5) individuals. The convenor(s), the track referee, the field judge, and any other individuals the convenor appoints. For any appeal, at least three members of the jury of appeal (not from the same school as the appeal) will meet. All appeals must be submitted in writing by the athlete's high school coach with a \$25.00 fee within one half hour of the announcement of the result to be appealed. If the appeal is upheld, the \$25.00 fee will be returned.

11. The top eight - (8) athletes only shall be awarded extra trials in the distance field events. If the number of **athletes is greater than 16** the official will give each athlete **one measured attempt** and then no further attempts will be measured unless they meet the minimum standard listed in the table below.

DIVISION		Long Jump	Triple Jump	Shot Put
BOYS	Novice	4.00m	10.00m	9.00m
	Junior	4.50m	10.50m	10.00m
	Senior	5.00m	11.00m	9.00m
GIRLS	Novice	3.50m	8.00m	6.00m
	Junior	3.50m	8.50m	6.50m
	Senior	3.75m	9.00m	7.00m

12. There will be a qualified first aid person in attendance to treat injured athletes, coaches, and officials. First aid will be located near the front entrance of the facility

13. All Officials are to meet at 9:15am, near the front entrance just prior to the coaches meeting. Each competing school must provide at least one staff member official for the meet

14. IMPLEMENT WEIGHTS: SHOT PUTS

Novice & Junior Girls – 3kg,  
Senior Girls & NOVICE Boys & Junior Boys – 4 kg,  
Senior Boys – 5.44 kg.

15. Height Events: Starting heights;

HIGH JUMP:

BOYS-	NOVICE -	1.35 m	GIRLS-	NOVICE -	1.20 m
	JUNIOR -	1.40 m		JUNIOR -	1.25 m
	SENIOR -	1.50 m		SENIOR -	1.30 m

**RAISES:** - 5 cm until six (6) competitors remain, then 3cm or a height determined by all remaining competitors and the official in charge.

**POLE VAULT:**

BOYS -	NOVICE -	2.00 m	GIRLS -	NOVICE -	1.50 m
	JUNIOR -	2.20 m		JUNIOR -	1.50 m
	SENIOR -	2.50 m		SENIOR -	1.60 m

**RAISES:** - 15 cm until three (3) competitors remain, then 10 cm or a height determined by all remaining competitors.

16. All audio equipment that creates any noise is not to be brought to the stadium. Any such equipment will be confiscated. No athlete may compete wearing a music device, ear pod, hat or head piece. This excludes religious headwear.

Playing with footballs, baseballs, volleyballs, soccer balls, frisbees, water pistols, etc is not permitting in the playing field or anywhere near a competition area. All such items will be confiscated and the offending athlete(s) may be ejected from the competition.

# YRAA INDOOR TRACK & FIELD CHAMPIONSHIPS

## Monday APRIL 17<sup>th</sup> 2023

**Coach Meeting**                      **9:20am**

**TRACK EVENTS**

**SPRINT STRAIGHT**

9:45 am	60mH	Timed Finals
10:45 am	60m	Heats
12:30 pm	60m	Finals (top 16 times advance to A & B finals)

**TRACK EVENTS**

**OVAL**

9:45 am	300m	Timed Finals
11:45 am	1000m	Timed Finals
1:30 pm	4 X 200m Relay	Timed Finals

- **ALL TRACK EVENTS WILL RUN NG, NB, JG, JB, SG, SB.**
- **HURDLES WILL GO IN THE ORDER OF NG, JG, SG, NB, JB, SB**

**FIELD EVENTS**

9:40 am	NG-LJ	NB-HJ	JB-SP	SG-TJ	
10:25 am	JG-LJ	NG-HJ	NB-SP	JB-TJ	NGJG/SG-PV
11:20 am	JB-LJ	SB-HJ	JG-SP	SB-TJ	SB-PV
12:15 pm	SB-LJ	JG-HJ	SG-SP	NB-TJ	NB/JP-PV
1:10 pm	NB-LJ	SG-HJ	SB-SP	NG-TJ	
2:05 pm	SG-LJ	JB-HJ	NG-SP	JG-TJ	

**FEES:** Costs will be divided evenly by all participating schools. A financial statement will be sent after the meet, detailing all costs.

<http://www.trackdatabase.com/>

Meet Name: York Region Indoor Championships  
Meet Code: **LF5PGC8**  
Meet Date: Apr 17, 2023

Entry Close Date: **Apr 13, 2023 @ 06:00 pm**

**If this is your first meet with the Track Database online entries:**

(Returning Users, see below)

Select 'Register' from the menu on the left to bring you to the registration page that will allow you to register your team. On your first visit to the registration system you will need to provide all the information required. OFSAA & CISAA have restricted modification abilities as much of their information is generated automatically.

Registration now uses a username and password, the username you create must be unique and cannot be changed. This username and password can be shared between the coaching team to allow multiple coaches to do registrations for segments of the team.

When you enter team data, be sure to use an email address which is checked often as any communication with either the meet convener, or trackDatabase.com will likely be time sensitive. Using the online entry system, your entries will be emailed to you prior to the entry close date in order to allow you time to review your entries and make any changes needed. These dates are set by your convener and should be noted in your meet package.

**Returning Users:**

Select 'Login' from the menu on the left and use the username and password from your previous meet(s).

**Joining a Meet:**

To join a new meet, select 'Join Meet' from the left menu. You will be prompted to enter the meet code provided by the convener. After entering this code and clicking the join meet button you will be added to the meet and it will now appear on your meet homepage.

**Adding your entries:**

The sign-up for relays is located under the "Athlete" heading. Select 'Relay Entries' to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

For all other events, you can select them in the edit view for each athlete, check the box beside the event to register for it, clicking submit at the bottom of the page will save the data entered. Seed times may optionally be entered for running events in the box provided.

**Copy Entries:**

After choosing the meet to edit, click the "copy entries" button, located at the top of the entries listing. This will bring up a form to select the meet you would like to copy the entries from. After selecting the source meet, a listing of all the athletes and entries from your team will come up, click the box beside the entries you would like to copy and click copy entries. The system will alert you if any of the copied entries are for events that don't match the current meet, or would violate entry limits.