



INTERNATIONAL YOUTH MEET OF CHAMPIONS

2009 INFORMATION PACKAGE

Date November 27, 28 and 29, 2009.

Sanctioned by Athletics Ontario

Hosted by Breakaway Athletics Team

Location Toronto Track and Field Centre
York University, Toronto

Facility Chevron surface on 5-lane 200m banked oval and 8-lane sprint straight and on all field approaches. Concrete throwing circle. Change room facilities and showers are available – bring own lock and towel.
Maximum spike length - 5 mm – come with extras.

**Entries chairperson
and meet director** Suzanne Leroux
5334 Yonge Street unit 104
Toronto, ON
M2N 6V1
416-733-2962
suzanneleroux@rogers.com

Age categories	TYKE	born in	1999-2000
	ATOM	born in	1998
	BANTAM	born in	1996-1997
	MIDGET	born in	1994-1995
	YOUTH	born in	1992-1993
	JUNIOR	born in	1990-1991

One deadline **Monday, November 23, 2009 11:59pm**
Fees: \$ 8.00 per individual event
\$24.00 per relay team

NO ENTRIES WILL BE ACCEPTED AFTER NOVEMBER 23.

Fees All fees must be in Canadian or American funds; either bank drafts, money orders or club cheques.
NO PERSONAL CHEQUES WILL BE ACCEPTED.
NO POST-DATED CHEQUES WILL BE ACCEPTED.

Entry fees must accompany the entry forms.

Please make amount payable to
INTERNATIONAL YOUTH MEET OF CHAMPIONS

No entries are to be dropped off at the Athletics Ontario office.
No telephone entries please. No faxed entries.

NO REFUNDS. NO SUBSTITUTIONS.

Electronic Entries The Entries Chairperson will be accepting entries electronically using Hy-Tek Team Manager or Hy-Tek Team Manager Lite. For instructions on on-line registrations and the events file, please go to the Events Calendar at www.athleticsontario.ca. For assistance, contact Suzanne Leroux at 416-733-2962. Mastercard or Visa may be used for payment; please include the name on the card, the number and the expiry date.

Entry confirmations As entries are processed, a performance list will be made available online on the Athletics Ontario website. Please check on line to confirm your entries following the November 23 entry deadline.

Eligibility USATF or AC membership is not mandatory to compete. However national records may only be set by registered members.

Entries The attached entry forms or copy thereof shall be used for all entries. Improperly completed forms will not be accepted and will be returned to sender. If subsequently accepted, they will be subject to late entry fees.

A copy of a birth certificate or a proof of age document must accompany the entry forms. However, if your athlete has participated in a previous indoor International Youth Meet, this document is already in our files.

No form shall be considered an entry unless accompanied by the appropriate entry fees. For purpose of calculation of fees, the date when both the properly completed form and the complete fee is received shall be the date the entry is accepted. After entries have been submitted, no substitution or age class changes are permitted. In events that are run as timed sections, all entries without a valid seed time will be put into the slow section.

Athletes may compete in different age categories in different events. For example, a Midget may enter the Midget long jump and Juvenile triple jump but not the Midget long jump and Juvenile long jump.

Each participant is required to sign the waiver form attached. For athletes under the age of 18, a parent or guardian's signature must appear on the waiver. The waiver forms must accompany your entry forms.

Please submit waiver forms with entries.

Entry errors If an athlete has been entered in the wrong event or age group and a club's representative wishes to have the athlete switched to another event, or age category, they must make the request a minimum of three hours prior to the listed starting time of the event.

If an athlete has been entered in an age category for which they are too old, the Meet Director reserves the right to move the athlete to the correct age category without notification to the club.

Standards There are no official standards for this meet. However, coaches are asked not to embarrass their athletes by submitting false information. Mixing of age groups will not be accepted – an athlete must compete in only his/her age category. However, an athlete may move up an age group if the event is not offered at his/her age category.

Lane/Heat/Section assignments Lanes, heats and sections will be assigned according to the rules of the IAAF/AO.

Scratches All coaches or club administrators are asked to make initial scratches on the form provided in the team packages upon their arrival. Additional scratches will be accepted throughout the competition. It is to the benefit of all athletes for all scratches to be reported at least 45 minutes prior to the event. This will allow for full and competitive sections, saving time and allowing athletes the opportunity to compete in full events.

Sweat suit rule Due to the anticipated number of entries and the desire to stay on schedule, all athletes will be expected to be ready to start when they are called onto the track – i.e. all sweat suits and tights must be off when called. Athletes who are not prepared to start will be charged with a false start. Please convey this information to the athletes.

Awards and Scoring Scoring shall be 10 points for 1st, 8 pts for 2nd, 6 pts for 3rd, 4 pts for 4th, 2 pts for 5th and 1 point for 6th.
The top club will receive the meet trophy.
INTERNATIONAL YOUTH MEET medals (Gold, Silver, Bronze) will also be presented to the first 3 finishers in individual events and relays.

**Facility rules
and regulations**

STARTING BLOCKS

Only official blocks supplied by meet management may be used.

IMPLEMENTS

All implements, except vault poles, will be provided by the meet management. No personal implements will be allowed. Relay teams may use their own batons to warm up, but meet management will provide all competition batons.

NO street shoes on track surface.

NO portable radio/tape players or cell phones are allowed inside the centre including track and viewing gallery.

OFF LIMITS

The track and field areas are off limits to all non-competitors at all times. Coaches, parents, friends and non-competing athletes may risk disqualification of competing athletes if they do not abide by these rules.

All officials' working areas, whether inside or outside the track, are off limits.

SPORTSMANSHIP

Proper conduct extends to all athletes on and off the field during the meet; and to parents, friends and coaches especially at the meet site.

PROTESTS

All protests must be made as outlined in IAAF rule 146. In all cases, protests or appeals shall be filed within 30 minutes of the official announcement or release of the results. If not protest or appeal is received within 30 minutes of the official announcement or release of the results, the result as released will stand. If a protest or appeal changes a result, 30 minutes will be allowed following the announcement or release of the decision for further appeals to be brought forward. The Jury of Appeal is the final authority on all issues.

Cost: \$25.00 to be returned only if the protest is upheld.

Concessions There is food service on site.

Registration/Check-In At the track centre itself: Friday - 5:00 p.m. on
Saturday - 8:00 a.m. on
Sunday - 8:00 a.m. on

Special meet rules

1. In all running events, girls will precede boys, from youngest to oldest age division, except hurdles.
2. For events run in sections on a time basis – 200m and longer – the fastest section shall run last.
3. Seeding marks must have been achieved during 2009. Seeding will be done according to IAAF rules.
4. Shot put, long jump and triple jump: all competitors will have 3 attempts with the top 8 receiving 3 additional attempts. All 6 attempts will count in the final outcome of the event.
5. The metric system will be used for all measurements.

Accommodations

Suggestions:

HOLIDAY INN EXPRESS
30 Norfinch Drive
416-665-3500

TRAVELODGE INN
50 Norfinch Drive
416-663-9500

COMFORT INN
66 Norfinch Drive
416-736-4700

SUPER 8 MOTEL
3400 Steeles Avenue West
905-760-2120

All are less than a 10 minute drive to the track centre.

Please check with your travel agent for numerous other choices.

You should always ask for the 'sports' rate; mention the meet.

How to get to the Toronto T&F Centre

1. Follow Highway 401 to Highway 400 North.
2. Follow Highway 400 North top the Steeles Avenue exit.
3. Go East (left) on Steeles, past Jane Street and turn right at the York University Northwest Gate entrance just past Pioneer Village.
4. Immediate first left entrance to parking lot adjacent to track.

Starting Heights (m)

Unless all competitors agree to a higher height, starting heights will not exceed the following:

	TG	TB	AG	AB	BG	BB	MG	MB	YG	YB	JW	JM
High Jump	0.91	1.10	1.25	1.30	1.35	1.45	1.43	1.55	1.50	1.65	1.50	1.65
Pole Vault								3.00	2.00	3.50	2.00	3.50

Specifications for throwing events (kg)

	TG	TB	AG	AB	BG	BB	MG	MB	YG	YB	JW	JM
	2.00	2.00	2.73	2.73	3.00	3.00	3.00	4.00	4.00	5.00	4.00	6.00

Specifications for hurdling events

EVENT	DISTANCE	#	HEIGHT(m)	to 1st hurdle	between
Bantam Girls	60m	5	0.762	11.50m	7.50m
Bantam Boys	60m	5	0.762	11.50m	7.50m
Midget Girls	60m	5	0.762	12.00m	8.00m
Midget Boys	60m	5	0.840	13.00m	8.50m
Youth Girls	60m	5	0.762	13.00m	8.50m
Youth Boys	60m	5	0.914	13.72m	9.14m
Junior Women	60m	5	0.840	13.00m	8.50m
Junior Men	60m	5	0.990	13.72m	9.14m

Event limits

Tykes and Atoms = 5 events including relays.

Bantams, Midgets, Youths and Juniors = 6 events including relays.

2009 MEET SCHEDULE

This schedule is based on entries received from previous championships. The "Final" schedule will be prepared after the deadline. The official meet schedule will be posted daily at the meet facility.

Where it is indicated that "Heats, Semis or Finals" or "Heats or Finals" will be conducted, ONE OF THESE ROUNDS WILL DEFINITELY BE RUN AT THAT TIME. These should not be confused with rounds that will be conducted "if necessary".

TIME	TRACK	TIME	FIELD	AGE GROUP
Friday November 27, 2009				
07:00 PM	4 x 200m Relay Finals	07:00 PM	Pole Vault Long Jump Shot Put	MG / JW TG TB
08:00 PM	800m Finals	08:00 PM	Pole Vault Shot Put Long Jump	MB / JM TG MB
<hr style="border-top: 1px dashed black;"/>				
Saturday November 28, 2009				
09:00 AM	1500m Finals	9:00 AM	Shot Put High Jump Long Jump	AG TG BB
		09:45 AM	High Jump	TB
		10:00 AM	Shot Put	BB
10:30 AM	60m (Heats, Semis or Finals)	10:30 AM	High Jump Long Jump	AG YB / JM
		11:00 AM	Shot Put	BG
		11:15 AM	High Jump	AB
LUNCH BREAK * OFFICIALS/COACHES PENTATHLON *				
01:00 PM	400m Finals	01:00 PM	Shot Put High Jump Long Jump	AB YB / JM AG
		02:00 PM	Shot Put Triple Jump	MG BB / MB
		02:30 PM	High Jump Long Jump	YG / JW BG
03:00 PM	60m (Semis or Finals)	03:00 PM	Shot Put Triple Jump	MB MG
03:30 PM	1500m Walk Finals BG / JW 1500m Walk Finals BB / JM	03:30 PM	High Jump	BG
		03:45 PM	Long Jump	TB
04:00 PM	Sprint Medley Relay Finals (400m,200m,200m,800m)	04:00 PM	Shot Put	YG / JW
		04:45 PM	Triple Jump	YB / JM
05:00 PM	60m Finals (if necessary)	05:00 PM	Shot Put	YB / JM

Sunday November 29, 2009

10:00 AM	60m Hurdles (Semis or Finals) order: BG-BB-MG-YG-JW-MB-YB-JM	10:00 AM	High Jump Long Jump (pit 1) Triple Jump (pit 2)	MG YG / JW BG
10:45 AM	3000m Finals	11:00AM	High Jump Long Jump	BB AB
11:30 AM	60m Hurdles Finals (if necessary)			

LUNCH BREAK * OFFICIALS/COACHES PENTATHLON *

01:00 PM	200m Finals	01:00 PM	High Jump Long Jump (pit 1) Triple Jump (pit 2)	MB MG YG / JW
----------	-------------	----------	---	---------------------

Note: Registrations for the * OFFICIALS/COACHES PENTATHLON * will only be on Saturday, November 29. Pentathlon will include 60m, 400m, Shot Put, Long Jump and High Jump Relay declaration forms will be available on the day of the event.

2009 International Youth Meet of Champions

*** EVENT NUMBERS ***

	TG	TB	AG	AB	BG	BB	MG	MB	YG	YB	JW	JM
60m	10	11	12	13	14	15	16	17	18	19	210	211
200m	20	21	22	23	24	25	26	27	28	29	220	221
400m	30	31	32	33	34	35	36	37	38	39	230	231
800m	40	41	42	43	44	45	46	47	48	49	240	241
1500m	50	51	52	53	54	55	56	57	58	59	250	251
3000m	-	-	-	-	64	65	66	67	68	69	260	261
60mH	-	-	-	-	74	75	76	77	78	79	270	271
1500 Walk	-	-	-	-	84	85	-	-	-	-	280	281
High Jump	90	91	92	93	94	95	96	97	98	99	290	291
Pole Vault			-	-	-	-	106	107	-	-	300	301
Long Jump	110	111	112	113	114	115	116	117	118	119	310	311
Triple Jump	-	-	-	-	124	125	126	127	128	129	320	321
Shot Put	130	131	132	133	134	135	136	137	138	139	330	331
4x200 Relay	140	141	142	143	144	145	146	147	148	149	340	341
Sprint Med. Relay	-	-	152	153	154	155	156	157	158	159	350	351