



**47<sup>th</sup> Annual Canadian Masters**  
**Outdoor Track & Field Championships**  
**Canada Games Athletic Complex**  
**Regina, Saskatchewan**  
**June 12th - 14th, 2020**



Sponsored by: Excel Athletika  
Sanctioned by: Canadian Masters Athletics and Saskatchewan Athletics  
Meet Director: Jim Langen  
CMA Liaison: Vern Christensen

**Welcome**

Excel Athletika Track & Field Club, Saskatchewan Athletics and Canadian Masters Athletics would like to welcome all masters athletes to the 47<sup>th</sup> Annual Canadian Masters Outdoor Track and Field Championships being held in conjunction with Saskatchewan Provincial Track & Field Championships. We welcome both Canadian and non-Canadian athletes to the competition.

**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 June 12, 2020.

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, June 12, 2020.

**Entry Information**

The entry deadline for the meet is: **6:00 p.m., Friday, June 5, 2020.**

There will be no extensions to this deadline.

All competitors must submit entries using the Trackie registration system. Please paste the following URL into your browser:

<https://www.trackie.com/online-registration/register/2020-canadian-masters-outdoor-track-and-field-championships/464702/>

**Late entries will only be considered at the track facility and only if space is available in the event.**

Entries will not be accepted over the telephone or from e-mails.

Late entries will only be accepted at the competition facility at least two (2) hours prior to the event. Payment for late entries must be made by cash or cheque.

Please provide a seed/performance for your events. Entries without seeds are placed in the slowest heats/sections of the event.

Direct inquiries to:

[jflangen@sasktel.net](mailto:jflangen@sasktel.net)

or

(306) 545-7759 or (306) 550-7080

### **Entry Fees**

First event: \$35.00

Second event: \$25.00

Combined Events (Pentathlon): \$50.00 each

Additional events: \$20.00 per event. Pentathlon athletes in either discipline will be charged \$25 for the second event and \$20.00 for each additional event.

Relays: \$40.00/team Entries cannot be made on Trackie. Entries must be made by 12:00 P.M. on the day of the event in the meet office on the form specified. Forms will be available at package pick-up or in the meet office.

Relay Teams may be club teams, from different clubs or unattached. Relay Teams may be a combination of age groups but not genders, and must compete in the age group of their youngest competitor.

Late entry fee: \$50.00 per event except the Pentathlon which is \$70.00.

Cheques and money orders should be made payable to:

### **Excel Athletika**

### **Package Pick-up:**

Canada Games Athletic Complex

9:00 A.M., Friday, June 12

8:00 A.M., Saturday, June 13

8:00 A.M., Sunday, June 14

First Event: 11:00 A.M.

First Event: 9:00 A.M.

First Event: 9:00 A.M.

### **Competition Rules**

IAAF Rules, as varied by World Masters Athletics.

### **Records**

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.

### **Facilities**

Track – Eight lane, 400 metre synthetic with water jump.

Field – Synthetic competition surfaces except throwing circles which are concrete.

Spike length - Track – maximum 7mm; Field - maximum 9mm. Pin spikes only.

27" hurdles will be available in sufficient number to operate the events requiring them.

Pole Vault poles will not be supplied.

FinishLynx electronic timing system.

Dressing rooms with limited locker space are available. Bring your own lock. The LOC will not be responsible in case of any loss or theft.

Canteen on site.

### **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 with the following exceptions:

- Races finishing in lanes: Back
- Vertical Jumps: 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.

### **Equipment**

If approved, athletes are permitted to use personal implements during throws events.

Personal implements become part of the pool of implements used during the competition and may be used by any competitor.

Personal implements must be surrendered for approval to the Technical Manager in the equipment room using the following schedule:

- Events on Fri., June 12 - 9:00 A.M., Fri., June 12.
- Events on Sat., June 13 – 5:00 P.M., Fri., June 12
- Events on Sun., June 14 – 5:00 P.M., Sat., June 13

### **Technical Specifications**

Hurdle heights, steeplechase heights and implement weights can be found on the CMA website at: <https://canadianmasters.ca/misc-pages/hurdle-throwing-implement-specs/>

### **Scratches**

Please report scratches the meet office as soon as possible.

### **Protests**

Protests must be submitted in writing to the meet office no later than one-half hour following the official posting of results. Protests must be accompanied by a \$50.00 deposit which may be forfeited if the protest is disallowed.

### **Marshalling**

Competitors must marshall to their events using the following schedule:

- Track: At least 20 min. prior to the scheduled start time at the marshalling tent.
- Field: At least 30 min. prior to the scheduled start time at the event site.

### **Results**

Schedules, start lists and results will be posted as available at the designated location at the venue.

All printed results will be in appropriate 5-year age groups.

Start lists and results will be posted on the Excel Athletika web site during the meet at [www.excelathletika.ca](http://www.excelathletika.ca).

After the meet, results will be posted on the CMA website.

## **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 finishing in the top three will also receive duplicate non-championship medals.

The members of the first-place relay team in each gender and age group will also receive CMA medals.

Awards will be presented at the end of each session or may be picked up later by the athlete, a coach or a team-mate, but 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.

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

The CMA invites all athletes and others to attend its annual Awards Dinner. After the dinner, CMA's Annual Awards will be presented, including the 2019 CMA Athletes of the Year and the 2020 inductions into the CMA Hall of Fame.

**Date:** Saturday, June 13, at 7:00 pm after the completion of competition.

**Location:** Atlas Hotel, 4177 Albert St, 6.2 Km (13 minutes) from the track, and close to many hotels.

When registering for the Championship, register for the dinner for **\$40.00** via the Trackie registration site:

<https://www.trackie.com/online-registration/register/2020-canadian-masters-outdoor-track-and-field-championships/464702/>

## **Accommodations**

**Meet Hotel:** The Atlas Hotel  
4177 Albert Street  
Regina S4S 3R6  
Phone: 306-586-3443 or 1-844-586-3443  
E-mail: [groups@atlashotel.com](mailto:groups@atlashotel.com)

Quote Block Code #061120MTF when making reservations to receive the meet rate.

**Cost:** \$129.29 per room, double occupancy. Complimentary hot breakfast, parking and waterslide.

Rooms will be held until May 15, 2020.

## **Transportation**

Transportation will be provided for arrivals and departures from the Regina International Airport. Masters athletes will also be provided with transportation to and from the meet hotel to the track.

Arrivals should contact Carol with their arrival information at:

E-mail: [clboyd1@myaccess.ca](mailto:clboyd1@myaccess.ca)  
Phone: 306-591-1160

## **Tentative Schedule of Events**

The schedule of events is tentative and is subject to change based on the number of entries received. Events will stay on the dates specified but the time is variable.

**FRIDAY, June 12, 2020**

**9:00 AM -**  
**8:00 PM** Package Pick-up - Canada Games Park  
**11:00 AM** Throws Pentathlon - Masters  
**3:30 PM** Outdoor Pentathlon - Masters  
**6:00 PM** Opening Ceremonies & Media Run  
**6:15 PM** 10 000m - Masters  
**7:15 PM** Awards Presentations

**SATURDAY, June 13, 2020**

<b>10:00 AM</b>	1500m R/W – Masters	<b>9:00 AM</b>	Hammer - Mas M &W
	1500m/2000m/3000m Steeplechase	<b>10:00 AM</b>	Hammer - Men
			Shot - U12M
	60m/80m/100m Heats		High Jump - U18G
	60m/80m/100m Finals		Pole Vault - SenM/U20M
			Long Jump - MasM
			Long Jump - MasW
		<b>11:00 AM</b>	Hammer - Women
			Shot - U12W/U14W
			High Jump - U16G
			Long Jump - Senior/U20M
			Long Jump - U14B

**Awards Presentations**

**LUNCH**

<b>1:00 PM</b>	Sprint Hurdles - Heats/Finals	<b>1:00 PM</b>	Discus - Master/Senior/U20 M
	400m		Pole Vault - Master M/W
	1000m/1200m/1500m		High Jump - Sen/U20W
	4 x 100m Relays		Long Jump - U12B
	4 x 800m Relays		Triple Jump - U18/U16W
		<b>3:00 PM</b>	Discus - U16M/U18M
			Shot - U16W
			Discus - Master/Senior/U20 Women
			Ball Throw - U12G&B
			Discus - U16W/U18W
			Shot - U18W
			High Jump - U14G
			Pole Vault - U18/U16M
			High Jump - U12G
			Long Jump - U16M
			Triple Jump - Senior/U20W
			Long Jump - U18M

**Awards Presentations**

**SUNDAY, June 14, 2020**

<b>9:00 AM</b>	5000m Racewalk	<b>9:00 AM</b>	Weight Throw - Master M/W
	2000m/3000m/5000m		Javelin - U16M/U18M

150m/200m Heats  
150m/200 m Finals

High Jump - U14B  
Pole Vault - U18/U16G  
Long Jump - U12G  
Triple Jump - U18/U16M  
Shot - Master/Senior/U20 W  
Ball Throw - U14 B&G

**10:30 AM** Javelin - U16/U18W  
Shot - Master/Senior/U20M  
High Jump - Masters M/W  
High Jump - U12B  
Long Jump - U16W  
Long Jump - U14G

**Awards Presentations**

**LUNCH**

**1:00 PM** 200m/300m/400m Hurdles  
600m/800m  
4 x 400m Relays

**1:00 PM** Javelin - Master/Senior/U20 W  
Shot - U14M  
Pole Vault - Senior/U20W  
High Jump - Sen/U20M  
Triple Jump - Masters W/M  
Long Jump - Senior/U20W

**2:00 PM** Javelin - Master/Senior/U20 M  
Shot - U16M/U18M  
High Jump - U16B  
High Jump - U18M  
Long Jump - U18W  
Triple Jump - Senior/U20M

**Awards Presentations**