

TECHNICAL MANUAL

National Youth Track & Field Championships

Sainte-Thérèse/Blainville, QC 5-7 August 2016



Future Olympians Start Here

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1.0 Welcome to Sainte-Thérèse/Blainville 2016

On behalf of the Royal Canadian Legion welcome to Sainte-Thérèse/Blainville, QC and to the 2016 Royal Canadian Legion National Youth Track and Field Championships.

The 2016 Royal Canadian Legion National Youth Track And Field Championships (Legion Youth Nationals) are hosted by the Royal Canadian Legion Branch #208 QUE Command and the Towns of Sainte-Thérèse/Blainville. The Championships take place at Athletics Stadium Richard-Garneau. This facility most recently hosted the National Junior Championships.

For more information on Sainte-Thérèse/Blainville, QC, visit <http://www.sainte-therese.ca/> or <http://blainville.ca/>.

For more information on the event go to www.legionyouthtrackandfield.ca

2.0 Championship Contacts

Danny Martin The Royal Canadian Legion Dominion Command Deputy Director Administration - Entries dmartin@legion.ca 613.591.3335 x.249	Andrew Cameron Athletics Canada Membership and Statistics acameron@athletics.ca 613.260.5580 ext.3320
Host Organizing Committee (HOC) Claire Loiselle HOC Director c.loiselle@sainte-therese.ca 450.434.1440 x 2243	Host Organizing Committee Catherine Borisov Assistant to HOC Director c.borisov@sainte-therese.ca 450.434.1440 x 2236
Bruce Poulin The Royal Canadian Legion Dominion Command Manager Communications bruce.poulin@legion.ca 613.591-3335 x. 241	LeRoy Washburn Legion Technical Advisor
Registration: http://www.legionyouthtrackandfield.ca	Carole Crevier Meet Director

3.0 Arrival in Montréal

3.1 Airport

The Pierre Elliott Trudeau International Airport (YUL) operates from 5 am to 11 pm, seven days a week.

Approximate Air Travel Times to Montreal from:

Halifax 1.5 hours

Toronto 1.25 hours

Winnipeg 2.5 hours

Calgary 4 hours

Vancouver 4.75 hour

YUL is located 32.4 km, or approximately 30 minutes driving, from the competition stadium. Visit <http://www.admtl.com/Passengers/Home.aspx> for additional information on the airport.

3.2 Transportation of Sport Equipment

Clubs are responsible for the transportation of their own equipment. Below we have outlined some basic information for assisting in the transportation of sporting equipment, such as pole vault poles.

Travel with your equipment on your air carrier and transport to stadium on your own. You will be able to store equipment at the stadium.

Ship your poles directly to the Athletics Stadium Richard-Garneau in Sainte-Thérèse (your poles must arrive between August 1st and August 4th - no weekend deliveries) – using the following address and business hours:

Ville de Sainte-Thérèse ATTN: Claire Loiselle 401, boul. Du Domaine Sainte-Thérèse, QC, J7E 4S4	Monday – Thursday 8:30 am-11:30 am and 1 pm – 4 pm *Poles are to be delivered to the stadium garage near the track and not to the school.
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4.0 Accommodations

When booking please mention the Sainte-Thérèse/Blainville Legion National Youth Track & Field Championships. A SPECIAL rate and a block of rooms has been reserved in each of the hotels listed below. Please see the date at which the rooms will no longer be reserved for the Championships. Reserve early, as many other events are held in the region those same dates. **To be able to get the special rate, you have to reserve by phone and not online.**



Sheraton Laval **
2440 Autoroute des Laurentides
Laval, QC H7T 1X5
(800) 667-2440 ou (450) 687-2440
\$135.00/night + tax
http://www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=858&language=fr_FR&localeCode=fr_FR
The hotel will hold the bloc of room till July 5th



Holiday Inn **
2900 Boul. Le Carrefour
Laval, QC H7T 2K9
(877) 660-8550 or (450) 682-9000
\$130.00/night + tax
<http://www.hilaval.com>
The hotel will hold the bloc of room till July 3rd



Comfort Inn Laval **
2055 Autoroute des Laurentides
Laval, QC H7S 1Z6
(877) 574-6835 or (450) 686-0600
\$104.00/night + tax
<http://www.choicehotels.ca/cn331>
The hotel will hold the bloc of room till July 4th



Quality Suites Laval **
2035 Autoroute des Laurentides
Laval, QC H7S 1Z6
(877) 574-6835 or (450) 686-6777
\$119.00/night + tax
<http://www.choicehotels.ca/cn332>
The hotel will hold the bloc of room till July 4th



Hilton Laval **
2225 Autoroute des Laurentides
Laval, QC H7S 1Z6
(800) 363-7948 ou (450) 682-2225
\$135.00/night + tax
<http://www1.hilton.com/fr/hi/hotel/YULHLHF/index.do>
The hotel will hold the bloc of room till July 5th



Best Western
3655 Autoroute des Laurentides
Laval, QC H7L 3H7
(800) 605-5115 ou (450) 681-9000
\$139.00 /night + tax
<http://www.bestwesternlavalhotel.com/fr>
The hotel will hold the bloc of room till July 4th



Days Inn
1136 boul. Curé Labelle
Blainville, QC J7C 3J4
(800) 561-8719 ou (450) 430-8950
\$109.00 -129.00/night + tax
<http://www.hotelblainville.com/>
The hotel will hold the bloc of room till July 4th

**These hotels offer a shuttle service to the track

5.0 Transportation

5.1 Air Transport Discount

WestJet is the designated air carrier for the Legion Nationals. For details on discounted air travel go to Appendix 3 of this document.

5.2 Airport

Clubs will be responsible for their own transportation to/from the airport.

5.3 Stadium

The HOC will have a shuttle service between the meet hotels and the stadium. There will be a regular shuttle service between - Hilton - Holiday Inn - Comfort Inn – Quality Suites – Sheraton and the Stadium. Tentative shuttle schedule will be available at Registration and at the Technical Meeting.

5.4 Parking

There is a parking lot located adjacent to the stadium that will be available during the Championships. There is no charge to park at the stadium.

6.0 Competition Information

6.1 Competition Venue

The Championships will take place at Athletics Stadium Richard-Garneau. There will be seating for 1000 spectators.

Key Facts:

- Lanes – 10 straight corridors and 8 around
- Surface – Regupol Tartan AG
- LJ/TJ runways – Regupol Tartan AG
- PV runways – Regupol Tartan AG
- SP circles – Concrete
- DT/HT circle and cage – Concrete
- JT runways – Regupol Tartan AG
- Spike lengths – 7 mm for all events.

A map of the stadium can be found at Appendix A.

During the competition all warm up activities will take place on the grass fields behind the Legion Provincial Command tents. The only exception will be for hurdle events where athletes will be able to complete their warm-up on the back straight with hurdles which will be available for them. This will only be for approximately 30 minutes immediately before they are expected to check in for their event at the Call room.

On Thursday, 4 August, the track and field event sites will be open for practice from 1:00 pm until 6:00 pm ONLY and any equipment required from the equipment room must be signed out with appropriate identification which will be retained by the meet management team until the equipment is returned.

Coaches are reminded that tents may only be placed or removed in designated areas and with the approval of the Legion management team.

6.2 Entry Rules

6.2.1 Entry Qualification Process

The following Entry Procedures to the Legion National Youth Championships will apply to athletes who meet the set criteria.

a) Youth - Athletes, born in 1999/2000 who have achieved the qualifying entry standards found in Appendix B; or

b) Midget – Athletes born in 2001 or later, who have achieved the qualifying entry standards found in Appendix B.

6.2.2 Eligibility of Entry Performances

Athlete performances will be pulled directly from the Athletics Canada ranking system. Only 2016 performances listed in the Athletics Canada ranking system will be eligible for entry standard into the Championships (**Note – This does not apply to first year Midget athletes as they would not necessarily have performances ranked). If you have any questions regarding the ranking system, please contact results@athletics.ca

The achievement of all performances must be recognized on the official AC performance ranking lists. These results must have been achieved at competitions listed on the AC or IAAF Member Federation fixtures lists. All results must be achieved in conformity with IAAF/AC rules. Wind readings and implement certification must always be recorded on results to guarantee their validity. In addition the signature and contact details of the certified AC Official and or international equivalent may be required. It is the responsibility of the athlete to submit these results to AC (results@athletics.ca) prior to the entry deadline.

Only Electronic Timing will be accepted for performances in races up to and including 400 metres. For throwing events, only metric implements must be used to qualify. Imperial to metric conversions will not be accepted. Indoor performances are not permitted. Performances achieved in mixed events (between male and female participants), for track events (under 5000m) held completely in the stadium, will not be accepted (IAAF Rule 147). Results from regional high school meets will not be accepted unless sanctioned or recognized by an Athletics Canada member branch.

No further changes to performances will be allowed after the entry deadline. Field Event athletes in the OPEN ENTRY Category for the Top 18 positions will then be finalized.

Any “challenge” to the performances and athletes entered on the Championship Athlete Start Lists must be directed to dmartin@legion.ca. The name and contact information of the individual making the “challenge” must be provided so they can be contacted directly.

SPECIAL ENTRY NOTIFICATION:

6.2.4 Athletes Born in 2001 and later –

All Under 16 Age Category are REQUIRED to compete in their own age classification and may NOT move up to compete in the Under 18 Age Category in any or all individual events. This rule does not apply to the relay events. Age composition is exempted at the U18 level to allow Clubs to field relay teams if so needed.

6.2.5 Combined Events –

Athletes that compete in the combined events will be permitted to compete in an individual event on their off day and may participate in relay events.

6.2.6 Legion Registered Athletes –

All athletes belonging to a Legion provincial team cannot register independently in any event as an open category athlete.

6.3 Entry Standards

The entry standards can be found at Appendix B

6.4 Entry System

Registration will open on Monday, June 6, 2016 at <http://www.legionyouthtrackandfield.ca>. All entries and confirmation are the responsibility of the athlete (including carded athletes). Entries are not completed until payment is received. Entries can be completed by club and should be done for each athlete. All coaches must register as well. The FINAL entry deadline is **Wednesday, July 27, 2016 (4pm ET)**. NO entries will be accepted after this date, no exceptions. All entries are non-refundable.

Note: Entries for Provincial Legion Teams will be completed by a designated person from each province. Those athletes competing in the Championships as part of a Provincial Legion Team DO NOT need to complete their individual entries.

Qualifying performances will be pulled from the Athletics Canada ranking system. The Qualifying period is January 1, 2016 to July 27, 2016. If entry performances cannot be found, the athlete will be refused entry.

6.4.1 Entry Fees and Deadlines

Entries and Fees Received:	First Event	Second Event	Additional Events	Relays	Coach Entries
By July 27, 2016*	\$50.00	\$40.00	\$15.00	\$50.00	\$20.00

*** must be entered online and payment completed by 4:00 EST**

Visa, MasterCard, and American Express are the only acceptable methods for payment.

6.4.2 Confirmation of Entry

Entries will be posted on the Royal Canadian Legion's web site at:
<http://www.legionyouthtrackandfield.ca>

6.5 Schedule

The competition schedule can be found in online at <http://www.legionyouthtrackandfield.ca>

Please note that changes may still occur based on the final number of entries. The final schedule will be available after the Technical Meeting of August 4th and distributed at the TIC and Registration.

6.6 Technical Meeting (Legion Teams & Open)

6.6.1 Time and Venue

Date: Thursday, August 4th, 2016

Time: 5:00pm EST

Location: Stadium

Note: AC Branch team packages will be distributed at this meeting.

6.6.2 Written Questions

All questions concerning the conduct of the competition must be submitted using the form provided to coaches/clubs upon arrival at Registration. This form must be returned to Registration by Thursday, August 4th at 5:00pm. If you are unable to complete the form by this time, questions can be emailed to the Meet Director Carole Crevier through the Legion at dmartin@legion.ca by Thursday, August 4th at 3:00pm (EST).

6.6.3 Qualifying Heights, Distances and Progressions

The Technical Delegate, after the closing date for the final entries, will decide the qualification procedure for the track events.

For Championship Finals, qualification procedure for the track events will follow IAAF Rule 166. The following are the proposed starting heights and progressions for the high jump and the pole vault for the Finals.

	U16 Female	U16 Male	U18 Female	U18 Male
High Jump	1.35m by 5cm to 1.55m then by 3cm	1.50m by 5cm to 1.80m then by 3cm	1.45m by 5cm to 1.65m then by 3cm	1.75m by 5cm to 1.95m then by 3cm
Pole Vault	2.40m by 10 cm	3.10m by 10cm	2.60m by 10cm	3.30m by 10cm

Starting heights and progressions for the Combined Events will be decided on, after entries are closed, by the Technical Delegate and the Combined Events Referee. These will be announced at the Technical Meeting.

6.7 Equipment

Implements will be made available by the Organizing Committee. Personal implements will also be allowed, and must be checked-in prior to the event.

The equipment and implement weigh-in station is located in the storage located on the west side of the track. Implements must be checked in no later than three (3) hours prior to the start of the event at which time they will become property of the competition for the duration of the meet.

Pole vaulters must use their personal poles. Poles and javelins may be stored at the stadium. Ensure that you have a recorded receipt for all items and a count of poles in shipping bags.

6.8 Bib Numbers

Each athlete will receive two bibs; one with their name and one with a number. All athletes must wear the name bib on their chest, and the number bib on their back, except in the high jump and/or pole vault where only one bib may be worn either on the chest or back.

Bib numbers will be distributed during the registration process. Hip numbers will be provided at the Call Room.

6.9 Technical Information Centre (TIC) / Registration

The Technical Information Centre is located at the Competition Stadium, 401 Boul. Du Domaine Sainte-Thérèse, QC J7E 4S4. Athletes and Coaches must pick up their registration packages in person. Registration will take place at:

Legion Coaches/Athletes	Packages can be picked up at the Technical Meeting. Remaining packages will be available at the Stadium (TIC)
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Open Entry Coaches/Athletes	<p>Thursday, August 4th – Sunday, August 7th @ Stadium (TIC)</p> <p>Thursday – 12 pm – 5 pm</p> <p>Friday – 7 am – 5 pm</p> <p>Saturday – 7 am – 5 pm</p> <p>Sunday – 7 :30 am – 12 pm</p>
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7.0 Competition Procedures

7.1 Warm-up

There will be a warm-up area next to the stadium, consisting of a strip of track surfaces for warm-up with spikes. There will also be a grassy area located just west of the track for warm-up without spikes.

Warm-up for the throwing events will be at the competition site. Athletes will be marshalled to the area 30 minutes prior to the start of the event for warm-up time.

7.2 Call Room (CR)

Marshalling will take place in the “Call Room” (CR) located in the Storage Building on the far side of the track. All athletes must check through the CR for all events during the meet and are asked to report:

Event	Call Room Opens (minutes)	Call Room Closes (minutes)	Entry to Stadium
Track Events	30	20	10
High Jump	60	50	40
Pole Vault	80	70	60
Other Field Events	50	40	30
Relays	35	25	10

Athletes are asked to cooperate in the check-in and inspection process to avoid group or individual delays. An athlete will be denied entrance to the competition area if one is late or has improper spike footwear. We suggest that athletes have their competitive footwear examined in advance and establish a level of confidence in their footwear before reporting to the CR. Combined Events Athletes only need to check in for their first event of the day.

Once in the CR, athletes will be identified by their bib number. Call Room officials will check the following in accordance with Legion rules:

- ✚ Bib numbers
- ✚ Shoes and spikes
- ✚ Uniforms
- ✚ Bags (identification on and content of)
- ✚ Personal belongings: video and audio players, cameras, phones, radio transmitters, and electronic devices in general (except watches) are not admitted.

****The CR is not responsible for personal belongings if they go missing. These items should not be brought into the CR****

NOTE: relays will be run as combined competition consisting of Legion and Open teams and will all start in lanes with no more than 8 Teams in any timed final.

NOTE: Combined Events athletes need to check in prior to the day's first event and need to have all of their equipment with them as they will remain with their group throughout the day

7.3 Protests and Appeals

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of the event in accordance with the procedures listed below. Official results will be displayed in the Technical Information Centre and the Officials Results Posting Board at the stadium.

Procedures:

- A. A protest shall be identified to the Competition (Meet) Director, or designate, at the Technical Information Centre or wherever this person can be found within 30 minutes of the time of the posted results. (NOTE: there will be someone at the Technical Information Centre at all times who is able to locate the Competition Director, or designate.)
- B. The Competition Director, or designate, will explain the process to the athlete/coach/interested person and provide a National Championships Protest Form.
- C. The Competition Director, or designate, takes the athlete/coach/interested person to meet with the appropriate Referee (the one who made the decision).
- D. If the Referee agrees with the protest the results sheet will be adjusted and results reposted. (NOTE: this provides a 30-minute opportunity for other athletes or interested persons to appeal this decision from the time of posting of the revised result.)

- E. If the Referee denies the protest, the athlete/coach/interested person can appeal the decision to the Jury by completing the National Championships Protest Form which will be taken to the Jury.
- F. Upon completion of the National Championships Protest Form (NOTE: the Competition Director, or designate, accompanies the protest group and advises them of this option and accepts the completed form and protest fee - \$50), the Competition Director, or designate, will make a copy of the completed National Championships Protest Form and will take one copy to the Jury who will then adjudicate upon the issue by reviewing any and all available relevant information.
- G. The Jury will then prepare their response, including all relevant information, on the National Championships Protest Form and will return the form to the Competition Director, or designate, who will advise both the protest group and Meet Secretary or Results Manager of the results of the protest.
- H. The Jury of Appeal will remain at the competition site for at least 30 minutes after completion of the final event or until the Competition Director, or designate advises them that no further protests have been received and they may leave.

7.4 Spike Length

The maximum spike length is 7mm for all events.

8.0 Medical Services

A medical team will provide the necessary healthcare for the participants of these National Championships. The HOC will provide the following health care and sports medicine services.

On-site training/emergency equipment – All athletes must travel with their own training supplies (i.e. tape, prow rap, etc.) or the athletes could be charged for the required supplies. Emergency supplies and trained personnel will be on site.

On-site support – Physiotherapists, massotherapist and a doctor will be available. For non-urgent cases athletes will be directed to the nearest clinic. Transportation is the responsibility of the athlete. Please note there may be a private fee charged by any of the walk-in clinics. For urgent cases, athletes will be taken by ambulance to the nearest hospital.

NOTE: Athletes must be accompanied by a coach or chaperone for any medical/physio/massage or other treatments.

APPENDIX A: VENUE MAP



APPENDIX B: QUALIFYING STANDARDS

Performances must have been achieved outdoors between January 1, 2016 and July 27, 2016

Track Events				
Event	U16 Male	U16 Female	U18 Male	U18 Female
100m	11.95	13.15	11.50	13.00
200m	24.45	26.65	23.15	26.00
300m-U16	40.00	43.50		
400m-U18			51.40	60.00
800m	2:08.65	2:24.00	1:58.00	2:20.00
1200m-U16	3:30.00	3:56.00		
1500m-U18			4:08.00	4:55.00

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2000m-U16	6:22.00	7:10.00		
3000m-U18			9:06.00	10:50.00
80m Hurdles-U16		13.45		
100m Hurdles-U16/U18	16.25			15.67 @ 0.762m / 30"
110m Hurdles-U18			16.00 @0.914m / 36"	
200m Hurdles-U16	28.50 @ 0.762m / 30"	31.00 @ 0.762m / 30"		
400m Hurdles-U18			1.03.44 @ 0.838m / 33"	1:08.14 @ 0.762m / 30"
Steeple Ch. 1500m-U16 2000m-U18	5:05.00 @ 0.762m - no water jump **5:20.00 with water jump	5:55.00 @ 0.762m - no water jump **6:10.00 with water jump	6:45.00	7:50.00
Walks 1500m-U16 3000m-U18	no standard	no standard	no standard	no standard
Relay Events				
4x100m Relay	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
4x400m Relay	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
Medley Relay (400-200-200-800)	no standard - relay athletes must represent one Club or School	no standard - relay athletes must represent one Club or School	no standard - relay athletes must represent one Club or School	no standard - relay athletes must represent one Club or School

Field Events				
Event	U16 Male	U16 Female	U18 Male	U18 Female
Pole Vault	3.30 * see information on height progress chart below	2.60 * see information on height progress chart below	3.50 * see information on height progress chart below	2.80 * see information on height progression chart below
High Jump	1.65 * see information height	1.45 * see information height	1.85 * see information on height	1.55 * see information on height progress

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	progression chart below	progression chart below	progression chart below	chart below
Long Jump	5.65	4.90	6.35	5.10
Triple Jump	11.65	10.10	12.50	10.50
Shot Put	12.50 - 4kg	10.05 - 3kg	13.00 - 5kg or 12lb	12.05 – 3kg OR 10.50 – 4kg
Discus	40.00 - 1kg	29.00	40.00 – 1.5kg or 1.6kg	33.00
Hammer	35.00 – 4kg	30.00 – 3kg	38.00	37.95 – 3kg OR 33.00 – 4kg
Javelin	40.00 - 600g	32.85 - 500g OR 30.00 - 600g	44.00 – 700g or 800g	37.25 – 500g OR 34.00 – 600g

**** NOTE** - Entries for ALL Field Events made via the Open Entry Process are “LIMITED” to an athlete maximum field size of 18 athletes. If the Championship registration exceeds 18 in any field event, then the best 18 ranked athletes (with performance validation) will be accepted.

Wind readings in the horizontal jumps are required with standard achievement performances and must be +2.0 mps or less.

See Entry Technical Information.

Combined Events				
Pentathlon (U16) / Heptathlon (U18) / Decathlon (U18)	No Standard	No Standard	No Standard	No Standard

**** NOTE** - Entries in the Combined - Events made via the Open Entry Process will be “LIMITED” to an athlete field size of 10 athletes in each event (+ Legion Branch Entries). If the Championship registration exceeds 10, then the best 10 ranked athletes will be accepted in each event. Preference will be given to those athletes that have achieved the entry Standard in an actual Heptathlon or the highest score in the Decathlon.

Athletes may also petition an entry based on achieving the entry standard by using a “potential score”. The “potential score” is achieved by scoring the Pentathlon / Heptathlon / Decathlon individual event bests performed by the athlete in the actual championship year. All the individual events must be validated directly to the Entry Committee and not via the Online Entry Process. Athletes wishing to enter the Combined Events using the “potential score” method must contact dmartin@legion.ca (refer to the Technical Package) by Friday, July 15, 12:00pm EST.

Standard Achievement Window

All Championship Meet Entry Standards must be achieved in 2016 (January 1, 2016) to the close of the Championship Entry Deadline (July 27, 2016). All events requiring a wind reading for performance validation must have this accompany results being used for Championship entry standard. Legal wind measurement will be enforced for standard achievement (+2.0mps or less and any negative readings). No Indoor performances will be accepted.

Events requiring wind measurement:

100m, 200m, All Straightaway Hurdle Events, 200m Hurdles, Long Jump, Triple Jump

Event Technical Information

Vertical Jump Opening Height & Height Progressions for the Championships

(Please consider these opening heights when entering the vertical height events)

Event	U16 - Female	U16 - Male	U18 - Female	U18 - Male
Pole Vault	2m40 by 10cm	3m10 by 10cm	2m60 by 10cm	3m30 by 10cm
High Jump	1m35 by 5cm to 1m55 then by 3cm	1m50 by 5cm to 1m80 then by 3cm	1m50 by 5cm to 1m65 then by 3cm	1m80 by 5cm to 1m95 then by 3cm

Hurdle Specifications

80mH - Female Only U16 12m to H1; 8m between / Height = 30" / 0.762m
100mH - Female U18 13m to H1; 8.50m between / Height = 30" / 0.762m
100mH - Male U16 13m to H1, 8.50m between / Height = 33" / 0.838cm
110mH - Male U18 13.72m to H1; 9.14m between / Height = 36" / 0.914m
200mH - Female U16 Start @ 200m lines & use 400mH markings / Height = 30" / 0.762m, 15m to H1
200mH - Male U16 Start @ 200m lines & use 400mH markings / Height = 30" / 0.762m, 15m to H1
400mH - Female U18 Start @ 400m lines; 50m to H1 then use 400mH markings / Ht = 30" / 0.762m
400mH - Male U18 Start @ 400m lines; 50m to H1 then use 400mH markings / Ht = 33" / 0.838m
1500m SC - F&M U16 Start @ 1500m line; No Water Jump; Height (F&M) = 30" / 0.762m
2000m SC - F&M U18 Water Jump In; Height F = 30" / 76cm; M = 33" / 0.838cm

Throwing Implement Specifications

Event	U16 - Female	U16 - Male	U18 - Female	U18 - Male
Shot Put	3kg	4kg	3kg	5kg
Discus	1kg	1kg	1kg	1.5kg
Hammer	3kg	4kg	3kg	5kg
Javelin	500g	600g	500g	700g

APPENDIX C: Air Travel Discount

Thank you for choosing WestJet for your travel needs. We are happy to confirm your discount codes for the upcoming Track and Field Championships being held from August 5 – 7, 2016. WestJet is pleased to offer a 10% discount on applicable fares by utilizing promo code **YUL02** and coupon code **GNID8WB** with our simple online booking process. The discount is valid across WestJet's extensive network for flights in to and out of Montreal, Quebec.

The 10% discount applies to all of our fare products, Econo, Flex and Plus on our entire flight network.

The percentage-based discount is applied to the base fare only. Taxes, fees and charges are extra.

* The discount applies to the following travel period: begins August 3, 2016 and ends August 14, 2016.

* The following blackout dates apply to your meeting/convention: August 1 – 2, 2016. Flights during these dates will be offered at our best available fare

* The discount only applies to flights marketed and operated wholly by WestJet, and is not applicable when travelling with our code-share, interline or other airline partners.

* This promo code is not valid in conjunction with any other discount. WestJet's fare rules and conditions apply.

* The promo code is intended for use by Track and Field Championships attendees and organizers and is not meant for distribution to any outside third parties or unauthorized channels.

Booking Details

To book reservations using this discount code, please visit www.westjet.com ; travel agents may visit www.westjet.com/agentweblink to book. Please note the following information for booking your flight online:

* Both the promo code and coupon code must be entered at the time of booking – on the first step of a reservation using the Book a flight widget on westjet.com.

* Payment must be made in full at the time of booking using the WestJet RBC MasterCard®, American Express®, MasterCard®, Visa® or Visa Debit®. Guests who would like to pay with WestJet dollars are required to log in to www.westjet.com/redeem-awards with their WestJet ID and password in order to use their WestJet dollars.

* Travel Bank payments cannot be made in conjunction with the use of a promo code, via www.westjet.com

* If you would like to use Travel Bank as your form of payment, please contact us at 1 844-213-5230

* Taxes, fees and surcharges are subject to change. Those in effect at the time of ticketing will be applicable.

Changes and Cancellation

* Change or cancel your reservation within 24 hours of original booking at no charge, including name changes.



* Further changes and cancellations are accepted up to two hours before flight time. Depending on the fare class booked, fees, applicable taxes, surcharges and difference in fare may apply for each guest cancelling or making changes.

* View our service fees page for information on fees associated with changing or cancelling flights www.westjet.com/guest/en/travel/basics/fares/service-fees.shtml.

* The discounts, the meetings and conventions travel services, these terms and conditions, WestJet's fares, schedules and policies, and any and all equipment used in connection with the provision of the meetings and conventions travel services may be changed or terminated by WestJet at any time and for any reason, in each case without notice or liability. WestJet may terminate or reduce flights to any event city at any time and for any reason without notice or liability.

* All checked, excess, oversized and/or overweight baggage and equipment charges apply. Certain aircraft limitations may apply.

We are available to assist you with questions or concerns. Please call us at 1-844-213-5230, from 8:00 a.m. to 4:30 p.m. (MST), Monday to Friday.