



G M A A

Greater Montreal Athletic Association – 5925 Monkland Ave, Suite 101, H4A 1G7

Phone: 514-482-8555 Fax: 514-487-0121 Email: gmaa@gmaa.ca Website: www.gmaa.ca

GMAA INDOOR TRACK & FIELD

Meet Dates

Boys: Tuesday, February 14th, 2023

Girls: Wednesday, February 15th, 2023

Schedule: Coaches meeting - **8:15am** and the meet will run from **8:30am - 4:00pm**

Location: Centre Claude-Robillard de Montréal

Pre-Registration: Your athletes and coaches must be registered in advance through S1 - no entries will be accepted at the meet; each school will be limited to **four substitutions per meet**.

Team Entries and player registrations (including the athletes' events)

January 26th. Corrections to player registrations will be accepted up to Feb. 1st

Official Events: (grey indicates a change in 2021-22)

BANTAM	MIDGET	JUVENILE
60m	60m	60m
60m hurdle	60m hurdle	60m hurdle
150m	200m	200m
-	-	400m
800m	800m	800m
1200m	1200m	1500m
-	2000m	3000m
Long jump	Long jump	Long jump
High jump	High jump	High jump
-	Triple jump	Triple jump
Shot put	Spot put	Shot put
Girls 2kg	Girls 3kg	Girls 3kg
Boys 3kg	Boys 4kg	Boys 5kg
4x200	4x200	4x200

You may enter a maximum of **6 athletes** per event per category in all events **except the long jump and triple jump**. The Long and Triple Jump entries are limited to a **maximum of 4 per category**. Only 1 relay team per category is permitted.

Schools are **limited to 4 substitutions**. Each coach will receive 4 substitution slips in their packages. Please use them sparingly by ensuring that all of your students are in the proper events prior to the meet.

Athletes are permitted to compete in **1 age group only**, including relays.

Officials for meets – Each school will be assigned a duty/event to oversee. The official must be an adult. Please remember to bring senior students to assist you.

SPORT. EDUCATION. PRIDE.



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Indoor Provincial Track & Field Meet: Saturday, April 15th, 2023 at centre Claude-Robillard de Montréal. We will need a GMAA school staff member who is willing to chaperone the team. **Please let the office know if you are willing to go.** We must commit to the RSEQ as to whether or not we will be sending a team.

Other Reminders

Staff Member: Schools must have at least one staff member present at all meets. Please remember to register your coach on S1 so we can confirm their coach's commitment has been complete.

Uniform: Students must have a uniform top, worn outside all other clothes. Please make sure the top is the same color for all students.

Eligibility: Please check all students' ages. Please keep in mind that **Athletes may not compete in 2 age categories, this includes relays.**

First Aid Policy: The GMAA will provide an Athletic Therapist for both meets.

Spectators: All spectators must stay in the stands and not be on the track.

Athlete Sanctions: Please be aware that any student sanctioned by the GMAA for any reason in another sport is not eligible for any other GMAA activity until the suspension has been served. Please ensure that your registration forms are in on time. Students who are not listed on those forms will not be permitted to participate in the events. **All students must be pre-registered in order to be eligible. This includes substitutes.**