



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](mailto:gmaa@gmaa.ca) Website: [www.gmaa.ca](http://www.gmaa.ca)

## Provincial Indoor Track and Field Information Sheet

**Date of Meet:** Saturday, April 15<sup>th</sup>, 2023

**Location:** Centre Claude-Robillard de Montréal

**Chaperones:** 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.**

**How to Register Students:** 2 athletes from the GMAA Championship Meet in each event are eligible to attend the provincials. An athlete can participate in a maximum of 3 events, so 3<sup>rd</sup>, 4<sup>th</sup> etc. may be eligible. If you have students that finished in the top 4 of an event at the GMAA meet and who are interested in attending the Provincial, please have them fill out the “Provincial Permission Form” found on the GMAA website and e-mail it to the office.

**Entry Deadline:** Monday, March 20<sup>th</sup>, 2023 at 4:00pm.

**Confirmed Team:** A team confirmation will be sent out the week of March 27<sup>th</sup> by email.

**Cost:** You will be informed of the costs per student once it is confirmed, however, registration for Indoor Track and Field will be approximately \$75 per student. This includes the entry fee, a box lunch on Saturday and an official GMAA singlet.

**Travel and Location:** The students will be required to arrive on their own at Centre Claude-Robillard de Montréal. Registration is normally between 7:00 and 8:00am the day of the meet. Exact times and an event schedule will be sent to the schools once they are confirmed.

**Questions?** If you have any questions, please contact the GMAA office, 514-482-8555 or [hughanna@gmaa.ca](mailto:hughanna@gmaa.ca)

Attached to this information sheet:

- 1) Ages for Provincials
- 2) Maximum entries per person (not the same as GMAA)
- 3) List of Events offered



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Phone: 514-482-8555 Fax: 514-487-0121 Email: [gmaa@gmaa.ca](mailto:gmaa@gmaa.ca) Website: [www.gmaa.ca](http://www.gmaa.ca)**Age Categories:** Juvenile:2004\*-2005-2006-2007 (\*born after June 30<sup>th</sup>)

Midget: 2008 - 2009

Bantam: 2010 - 2011

**Entries :** A maximum of 3 individual events is permitted– either :

2 Track events and 1 Field event

**OR**

1 Track event and 2 Field events

**ÉPREUVES D'ATHLÉTISME EN SALLE\***

	<b>Bantam</b>	<b>Midget</b>	<b>Juvenile</b>
1	60 m	60 m	60 m
2	60 m haies F & M : 30"	60 m haies F : 30" / M : 33"	60 m haies F : 30" / M : 36"
3	150 m	200 m	200 m
4	800 m	800 m	800 m
5	1200 m	1200 m	1500 m
6	longueur	longueur	longueur
7	hauteur	hauteur	hauteur
8	Poids (F = 2 kg / H = 3 kg)	Poids (F = 3 kg / H = 4 kg)	Poids* (F = 3 kg / H = 5 kg)
9	relais 4 X 60 m navette	relais 4 X 200 m	relais 4 X 200 m