



<https://nccwma2019.com/>

Toronto 2019

**2019 North and Central and Caribbean World Masters Athletics (NCCWMA)
Toronto, Canada July 18-21 2019**

ATHLETE INSTRUCTIONS/INFORMATION

Track and Field Facilities: Toronto Track and Field Centre (TTFC) and Varsity Stadium (Varsity)

Non-Stadia Facilities: Tommy Thompson Park, Scarborough; Centennial Park, Etobicoke

BEFORE COMPETING:

1. Pick up your Accreditation and Competitor package – see hours and location below
2. Confirmation: All athletes are required to confirm their participation in all track events at least one hour prior to the event. No confirmation is required for field events or non-stadia events. Go to Confirmation Desk to confirm.
3. Check into the Call Room – see Call Room schedule below

Detailed maps and diagrams are posted in each facility.

Accreditation hours at TTFC

Wednesday July 17 1:00 pm to 6:00 pm TTFC
 Thursday July 18 6:30 am to 6:00 pm TTFC
 Friday July 19 6:30 am to 6:00 pm TTFC

Accreditation hours at VARSITY

Saturday July 20 6:30 am to 6:00 pm Varsity
 Sunday July 21 8:30 am to 3:00 pm Varsity

Call Room Report Times

Event	Minutes before event
All track events including Relays	20
All field events (except Pole Vault)	40
Pole Vault	60
Pentathlon	30

Time Schedule: In competitor package, posted in each facility and on the website.

FINALS - All finals will start at the finals posted time. Finals will not happen during any preliminary race.

Medals- gold, silver and bronze medals to the top three athletes in each 5-year age group. Visitors who place in the top three will receive an equivalent medal.

Relays – Pick up Relay Entry Forms from the TIC Desk, complete and return them with payment (\$25.00 CDN) to the TIC before 2:30 pm on Saturday. No late relay forms will be accepted.

Competition Rules plus Implement and Hurdle Specifications: The competition rules are those of the IAAF (Competition Rules 2018-2019 printed publication) as modified by the WMA. See WMA Rules of Competition at:

<https://world-masters-athletics.com/documents/competition-rules/>

No additional online modifications of the IAAF Rules have been accepted by the WMA, therefore we are using the 30 Second Rule in field events.

Pentathlon Order of Events: Women - Hurdles, High Jump, Shot, Long Jump, 800m. **Men**- Long Jump, Javelin, 200m, Discus, 1500m

Throws Pentathlon: Women and Men - Hammer, Shot, Discus, Javelin, Weight.

Event Check-in at Call Room at each stadium - See above chart

Clothing: All athletes **must** wear a uniform top that clearly identifies the country that they represent. The top must also be worn at the awards presentation.

Results, protests and appeals: Results will be posted on the walls at each stadium and online. The Team Manager or the athlete may protest a result to the appropriate referee. If you do not accept the referee's decision, you may appeal the decision by filling out an Appeal Form. The Appeal Form is available at the TIC. Complete the Appeal Form and return it with \$50.00 CDN fee to the TIC. If you win the appeal, the money will be returned to you.

Personal Implements/ hours and locations: Athletes wishing to use their own implements in their event may hand in the implement at the Weigh-In Area with the Technical Manager at each stadium, at the latest **one** hour before event. During the event any athlete in that event may use the implement. See the map of the facility for location and hours.

Medical/First Aid: Emergency first aid is provided free at each of the venues. If you require an ambulance, hospital visit or drugs, we highly recommend you have a Medical Plan which covers Canadian medical needs.

Emergency Number – Dial 911 for medical, police and fire

Anti-Doping: Any athlete may be chosen for doping control. Keep our sport clean.

CONSULT THE CHAMPIONSHIP WEBSITE FOR MORE DETAILED INFORMATION

<https://nccwma2019.com/>