



Toronto 2019

**North, Central America, and
Caribbean Masters Athletics
Championships
Competitors' Handbook**

Toronto, Canada

July 18-21, 2019

Table of Contents

Welcome Message from TAEM	3
Welcome Message from NCC President	4-5
NCC Organization	6
NCC Council	7
Local Organizing Committee	8
Toronto Facts and Figures	9
Toronto Tap Water is Safe	10
Green Initiatives	11
Venues	12-17
Transportation	18-22
Toronto Subways	21
Non-Stadia Events	22
Final Schedule	23-26
General Information	27
Registration	27
Athlete's Pub Night	27
Athlete Apparel	27
Country Codes	28
Accreditation	29-31
Non-Stadia Pick-up	31
Award Ceremonies	32
Technical Information Centre (TIC)	33
Competition Information	34-41
Accommodations	42
Medical Information	43-44
Hospitals	44
Tourism Information	45
Partners	46

Welcome Message



On behalf of Toronto Athletics Event Management and the entire Local Organizing Committee, I welcome you to our great city and to the 2019 NCCWMA Regional Championships .

By being here you have challenged yourself to explore new limits, push back the boundaries that others have set, and extend a hand in friendship to competitors from around the world. We will delight in watching you rise to the challenge, whether on the track, in the air or across a throwing circle, because we know that it takes courage and grace to turn back time and change expectations.

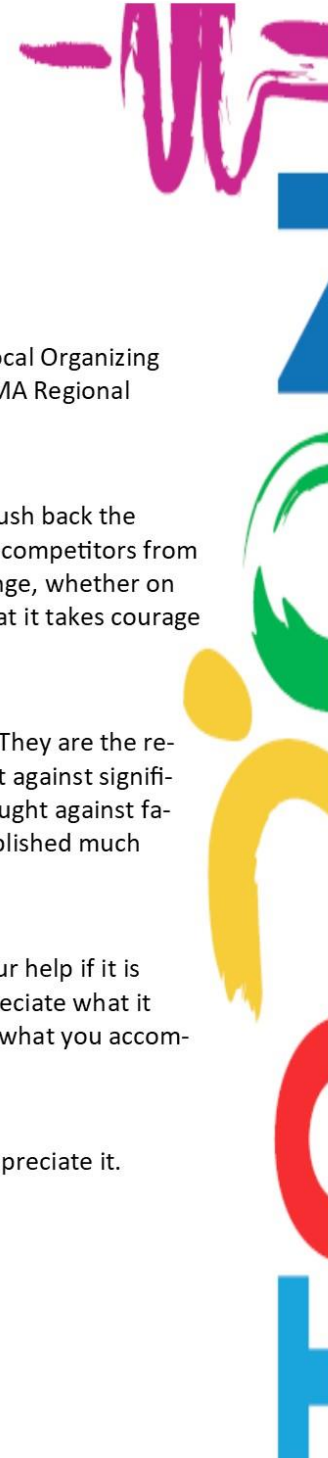
We also know that events like this are not won in a single moment. They are the result of countless hours of hard work in all kinds of conditions and set against significant hurdles. We recognize that each of you, at some point, have fought against fatigue and injury just to be here, and that you could not have accomplished much without a network of support and sacrifice.

So we wish each and every one of you the very best, and we offer our help if it is needed. Most of all we hope you will take some time to simply appreciate what it means to be here. Enjoy the friendship that is offered, take pride in what you accomplish, and delight in helping to make our world a special place.

And please thank a volunteer when you get the chance. They will appreciate it.

Warmly,

John Craig





Carta de bienvenida al campeonato Norte Centroamericano y del Caribe Toronto 2019

Ciudad de México a 26 de junio de 2019

Estimados atletas Masters de los 31 y países que conforman la región Norte Centroamérica y el Caribe y atletas invitados de otras latitudes del mundo.

Para mí representa, un altísimo honor extenderles a todos ustedes la más cálida y cordial bienvenida al evento más importante de nuestra región, el cual se estará realizando en un hermoso país de gente amable y hospitalaria CANADA, ustedes los atletas son nuestra razón de ser y el motor que impulsa el trabajo que realizamos día con día para difundir y promover nuestro hermoso deporte, no solamente promovemos eventos competitivos sino también la hermandad y amistad entre nuestros pueblos dejando de lado cualquier otra diferencia, aquí todos somos una gran familia y tenemos como fin común, competir por una medalla, superar nuestras expectativas de rendimiento atlético y estrechar los lazos de amistad entre nosotros y nuestros países

A lo largo de estos días donde celebraremos esta máxima fiesta atlética, algunos también tendrán la oportunidad de conocer y disfrutar las bellezas naturales de este gran país, así como de las actividades y atractivos turísticos que nos ofrece la ciudad de Toronto para tener la más agradable experiencia, y llevarnos un grato recuerdo que jamás olvidaremos.

Faltan ya pocos días para nuestro magno evento y no quiero dejar pasar la oportunidad de agradecer a todos aquellos que hicieron posible la realización del mismo, gran trabajo del comité organizador local, gracias al cuerpo de voluntarios que de forma desinteresada trabajan para lograr que ustedes compitan de la mejor forma, gracias a los representantes master de Canadá, gracias a las autoridades de Toronto por albergar este gran evento pero sobre todo gracias a todos ustedes atletas masters por hacer posible la realización de este campeonato con cifras históricas.

SEAN TODOS BIENVENIDOS

Guillermo Guzman Magaña
Presidente de NCCWMA



Welcome Letter

Mexico City, June 26 2019

Dear Master Athletes from the 31 countries that make up our North, Central America and Caribbean region of WMA and also guest athletes from around the world.

For me, it represents a very high honor to extend to all of you the warmest and most cordial welcome to the most important event of our region, which will be held in a beautiful country of friendly and hospitable people, CANADA. You athletes are our reason for being and the engine that drives the work we do every day to spread and promote our beautiful sport. We are not only promoting competitive events but also brotherhood and friendship between our people, leaving aside any other differences. Here we are all a great family and with a common goal, to compete for a medal, exceed our expectations of athletic performance and strengthen the bonds of friendship between us and our countries.

Throughout these days where we will celebrate this maximum athletic festival, some will also have the opportunity to know and enjoy the natural beauty of this great country, as well as the activities and tourist attractions offered by the City of Toronto to have the most pleasant experience, and bring us a pleasant memory that we will never forget.

There are just a few days left for our great event and I do not want to miss the opportunity to thank all those who made the realization possible...great work of the local organizing committee, thanks to the volunteer staff that work so tirelessly so that you compete. in the best way, thanks to the masters representatives of Canada, thanks to the authorities of Toronto for hosting this great event but above all thanks to all of you master athletes for making possible the realization of this championship with the highest number of competitors in the history of the event.

WELCOME EVERYONE!

Guillermo Guzman Magaña
NCCWMA President

North and Central American and Caribbean Regional Association of WMA (NCCWMA Regional Association)

History

NCCWMA is the acronym for *North and Central American and Caribbean WMA*, which means that NCCWMA is a regional body of [World Masters Athletics \(“WMA”\)](#), with both the regional and international body dedicated to the sport of masters athletics for athletes 35 years of age and older, including road running, mountain running, ultra running, race walking and track and field. Athletes 30 to 34 years of age are permitted to compete in NCCWMA championships, as well as in the other regional championships around the world.

Member Countries

Affiliate Members in 31 countries, including Anguilla, Antigua & Barbuda, Bahamas, Barbados, Belize, Bermuda, Canada, Cayman Islands, Costa Rica, Cuba, Dominica, Dominican Republic, El Salvador, Grenada, Guatemala, Haiti, Honduras, Jamaica, Mexico, Monserrat, Nicaragua, Panama, Puerto Rico, Santa Lucia, Saint Vincent, St Kitts & Nevis, Trinidad & Tobago, Turks & Caicos, US Virgin Islands, United States and Virgin Islands. Both English and Spanish are official languages of the organization.

Athletic Participation

The more than 1,000 competing athletes in Toronto in 2019 represents the largest NCCWMA championship ever. Championships are held every two years. Initially held in the even-numbered-years, but since 2017 championships have been held in the odd-numbered years. The change was made to accommodate another international organization in a possible merger, which merger discussions were eventually abandoned.

The NCCWMA championship is held over four (4) days...Thursday through and including Sunday...and past championship events have been held throughout the region, including:

Eugene, Oregon, USA (1996)	Clermont, Florida, USA (2008)
Bridgetown, Barbados, West Indies (1998)	Mayaguez, Puerto Rico (2010)
Kamloops British Columbia, Canada (2000)	Saint John, New Brunswick, Canada (2012)
Leon, Guanajuato, Mexico (2002)	San Jose, Costa Rica (2014)
Dorado, Puerto Rico (2004)	Toronto, Canada (2017)
Guatemala City, Guatemala (2006)	Toronto, Canada (2019)

Contact Details

Main address: President & Regional Delegate to WMA (world body):

Guillermo Guzman, Tepetetlac 2, casa 10, Col San Miguel Xicalco, Tlalpan CP 14490

[Mexico City, Mexico](#)

Tel: (52 55) 55 13257127 - 54324919

Email: [gguzmanm \(at\) yahoo.com.mx](mailto:gguzmanm@yahoo.com.mx)

Secy (for all inquiries, speaks English and Spanish):

Juan Ordoñez Lopez, Reyes Heróles 1497, Boca Del Rio, Veracruz , Mexico

Tel: 52 1 2291 125683

Email: juan-ordonez@atlemastermex.com

URL: <http://nccwma.com/>

North, Central American and Caribbean Region of World Masters Athletics Council

<p>PRESIDENT AND WMA DELEGATE</p> <p>Guillermo Guzmán Mexico</p>		<p>SECRETARY</p> <p>Juan Ordoñez Mexico</p>	
<p>VICE-PRESIDENT</p> <p>Marilyn Mitchell USA</p>		<p>RECORDS CHAIR</p> <p>Brian Keaveney Canada</p>	
<p>VICE-PRESIDENT STADIA</p> <p>Sandy Pashkin USA</p>		<p>CENTRAL AMERICAN REPRESENTATIVE</p> <p>Erika Krumm Ramirez Costa Rica</p>	
<p>VICE-PRESIDENT NON-STADIA</p> <p>Vern Christensen Canada</p>		<p>CARIBBEAN REPRESENTATIVE</p> <p>Neyda Morales Puerto Rico</p>	
<p>COMBINED EVENTS CHAIR</p> <p>Bill Murray USA</p>		<p>WOMEN'S REPRESENTATIVE</p> <p>Beatriz Espinoza Mexico</p>	
<p>TREASURER</p> <p>Norm Creen Canada</p>			

NCCWMA Council Link:

<http://nccwma.com/index.php/council/>

Local Organizing Committee (LOC)

(Ctrl-Click for Bio)

Toronto Athletics Event Management Inc. (TAEM)

Board of Directors

John Craig TAEM President

Paul Osland TAEM Treasurer

Doug Smith TAEM Secretary

Robert Jackson TAEM Director

Simon Rayner TAEM Director

Managers

Albert Tschirhart Manager of Competitions

Irene Maquire Manager of Event Support Services

Vanessa Sarjeant Manager of Administration

Vern Christensen Manager of Finance

Marketing, Advertising and Strategic Planning Chris Charlebois (C2C Sports & Entertainment Inc) and Abidah Shirazi (Brand Rebel)

Local Organizing Committee

John Craig Chief Executive Officer

Doug Smith Chairman

Paul Osland Vice Chairman

Phyllis Berck

Kristen Dajia

Dr Damien Dupuis

Randolph Fajardo

George Hubbard

Robert Jackson

Simon Rayner

Ian Reid

Dr Michael Sherar

Stafford Whalen

Gary Westgate

Jay Yakabowich

City of Toronto Advisors

Tamara Williams, City of Toronto

Shelley Crawford, CSEE Account Director – SPORT, Tourism Toronto

Cristina Mussullo, Tourism Toronto, Client Services Manager

Gena Law, Tourism Toronto, Client Services Manager

Government of Canada Advisor

MP Peter Fonseca, Federal Government Visa and Immigration Resource

NCCWMA2019 Website: <https://nccwma2019.com>

Toronto Fast Facts and Figures

1. You can hear over 180 different languages and dialects in Toronto, as more than a third of the people who live here speak a language other than English and French. You can see the multicultural nature of the city in areas like Little Italy, Little Portugal, Greektown and Chinatown, which often have dual language street signs.
2. With a population of 2,956,024 in the City of Toronto, and 6,341,935 in the Greater Toronto Area (GTA), Toronto is the fifth largest city in North America - it's only beaten by Mexico City, New York City, Los Angeles, and Chicago. Toronto is the capital of the Canadian Province of Ontario which, with a population of 14,490,207 is the largest province in terms of population.
3. The Toronto Transit System (TTC) was voted Best Transit System in North America in 2017. The annual total system rides is an estimated 530,500,000 each year!
4. Toronto has an underground walkway called PATH, which is now the largest underground shopping complex. It also holds the world's largest underground sidewalk sale every year - so it's the perfect place to go to find something unique.
5. In 1975, one of Toronto's most famous landmarks was built: the CN Tower. Until 2007, it was the tallest freestanding structure in the world at 1815 feet. In May 2019, there were 199 tall buildings under construction in Toronto (8 floors or more, with over 150 buildings 20 stories or higher).
6. The Rogers Centre (previously known as the SkyDome) was the first stadium in the world with a retractable roof. You can find it in downtown Toronto right beside the CN Tower and Ripley's Aquarium.
7. You can find Casa Loma in midtown Toronto: a gothic revival house which is now a museum. Lots of films have used this iconic building as a set, including Harry Potter and the Deathly Hallows, X-Men, and Beauty and the Beast.
8. In Lake Ontario, you can find the Toronto Islands: a group of fifteen islands connected by bridges. It's the biggest car-free urban community in North America and has a lot of things to do - including kayaking, boating, and a theatre. There has been extensive flooding of this community due to Lake Ontario rising.
9. About a quarter of Hollywood films are filmed in Toronto, making the city one of the most popular places for movie production.

Toronto Tap Water

Toronto tap water is safe to drink. Although disposable water bottles are available for sale throughout the city, the vast majority of people drink tap water and use re-fillable water bottles.

Fast Facts:

Four water treatment plants produce more than 400 billion litres of drinking water each year. Water treatment plants screen out debris, filter out impurities, and disinfect using chlorine or ozone.

Water is tested over 6,000 times a year to ensure it is safe to drink and is strictly regulated under the Safe Drinking Water Act (Ontario).

More than 6,000km of watermains bring safe water to over 600,000 homes and businesses.

Fluoride levels in Toronto's drinking water are regulated under the Safe Drinking Water Act. A Health Canada review found no harmful health risks as a result of fluoride at current levels in drinking water. Fluoride helps reduce dental decay, especially important in young children.

Drink tap water! The cost to fill an average-sized water bottle with tap water is less than one cent.

Chlorine is used to keep the water free of bacteria, algae, and viruses. TIP: If you don't like the taste of chlorine, fill an uncovered container with water and refrigerate it for 24 hours.

Toronto Tap Water Process:

INTAKE: Water is collected from Lake Ontario.

TRAVELLING SCREEN: The collected water passes through a screen (rotating mesh) that catches and removes large pieces of debris.

FILTRATION: The water goes through a filtration process to further improve the water quality by removing any additional impurities.

FLUORIDATION: Fluoride is added to the water to help prevent cavities.

CHLORINE OR OZONE: The water is disinfected by using either chlorine or ozone.

TESTING: The water is tested several times throughout the day to ensure quality.

DISTRIBUTION: Safe, clean water travels from the water treatment plants with the help of pumps, reservoirs, and pumping stations through watermains and transmission pipes to your location.

NCC2019 Green Initiatives



Saves paper and ink

Green Initiative #1 - Virtual Competitor's Handbook

Check the NCC2019 website for our pre-meet Competitor's Handbook, other announcements and helpful information prior to arriving in Toronto, all in digital format

**Refill me.
Reduce
landfill.**

ThinkTwice
DrinkTwice



**Replaces
one-use bottles
and cups**

Green Initiative #2 - Bring a Refillable Bottle

To help eliminate disposable water bottles, please bring your own water bottle and use our hydration stations and water jugs at venues



**Minimize
environmental
impacts**

Green Initiative #3 - Use Public Transportation

To help minimize environmental impacts, plan to use the Toronto Transit Commission system of subways and buses to travel to the venues. Venues and routes were selected to enable efficient transportation of people from one site to another

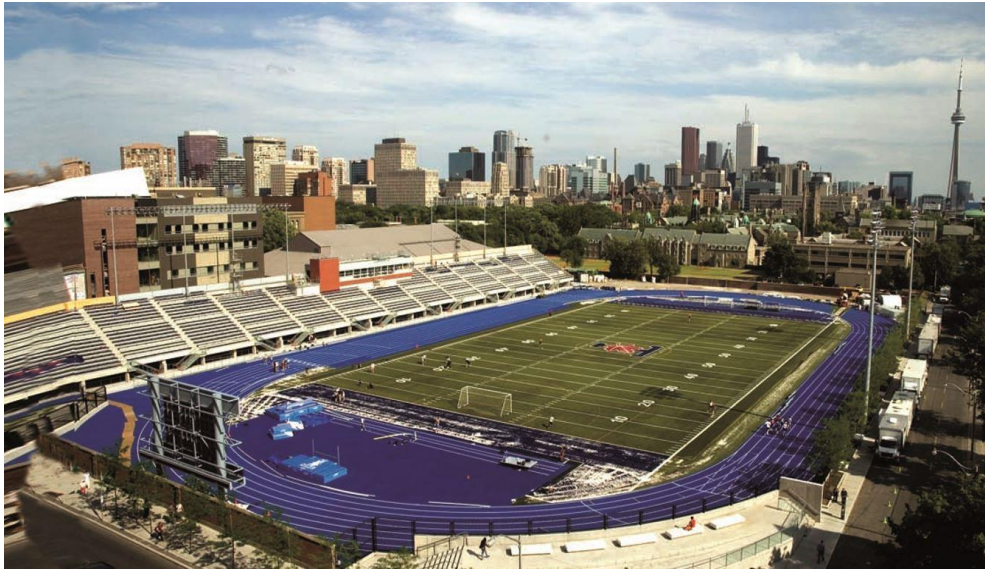
Looking ahead to TO2020

Our TO2020 team will assess additional responsible-sport operations: we will learn about the environmental impacts of the Championships; recommend new ways to save paper and ink; aim to procure local foods; support local businesses; consider a community legacy by fund-raising for a local or global concern

NCCWMA2019 Competition Venues

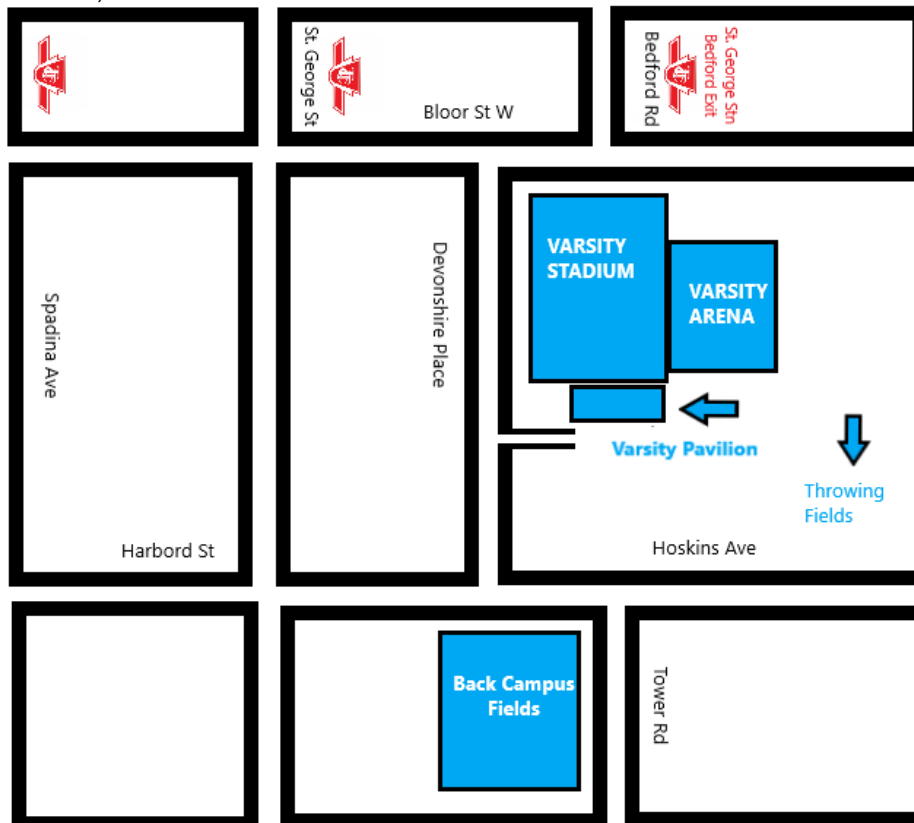
Venue: Varsity Centre

Address: 299 Bloor Street West Toronto ON



Varsity Stadium at University of Toronto

299 Bloor St W, Toronto, M5S 1W2

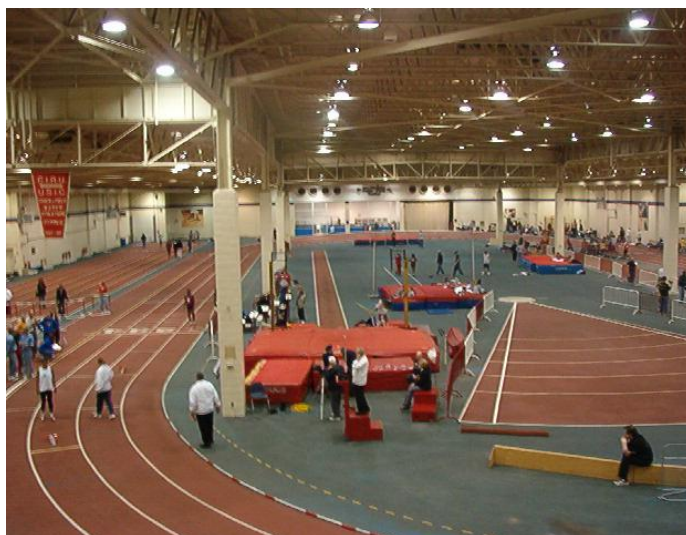


Varsity Stadium Directions on how to get there:

Google Maps Link: <https://goo.gl/maps/Kax8n3eaQxC2>

Venue: Toronto Track & Field Centre (TTFC) Indoor Facility, York University
Address: 231 Ian MacDonald Blvd Toronto ON

(located within York University's campus at 4700 Keele St)
Across the street from York Lions Stadium
Next Door to Pioneer Village Subway Station



Venue: Toronto Track & Field Centre (TTFC) Outdoor Facility, York University
Address: 231 Ian MacDonald Blvd Toronto ON



Google Maps Link: <https://goo.gl/maps/aJ9YcbAija8LTypp7>

10K Road Race

8:30am

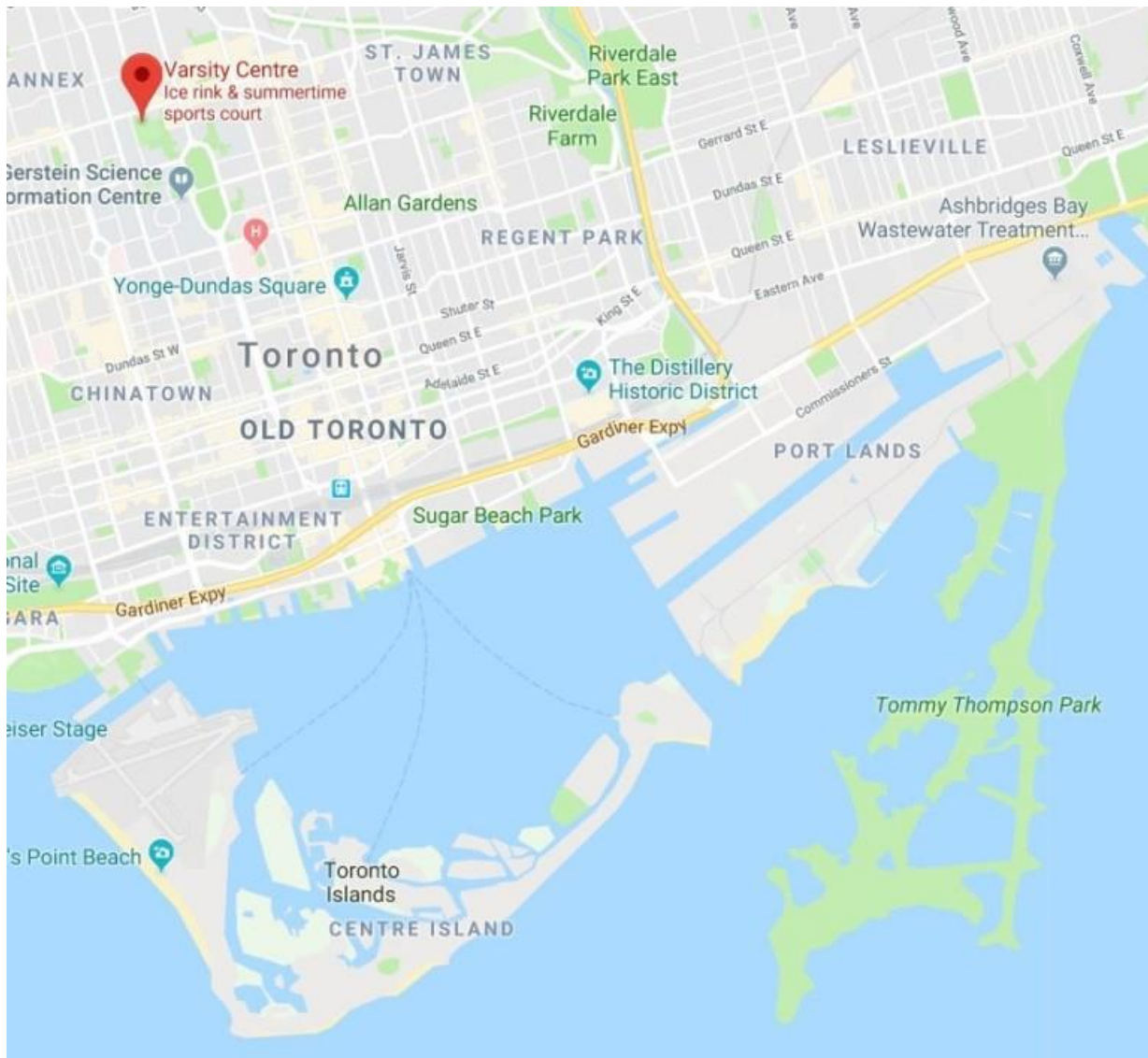
10K Race Walk

10:30am

Thursday, July 18

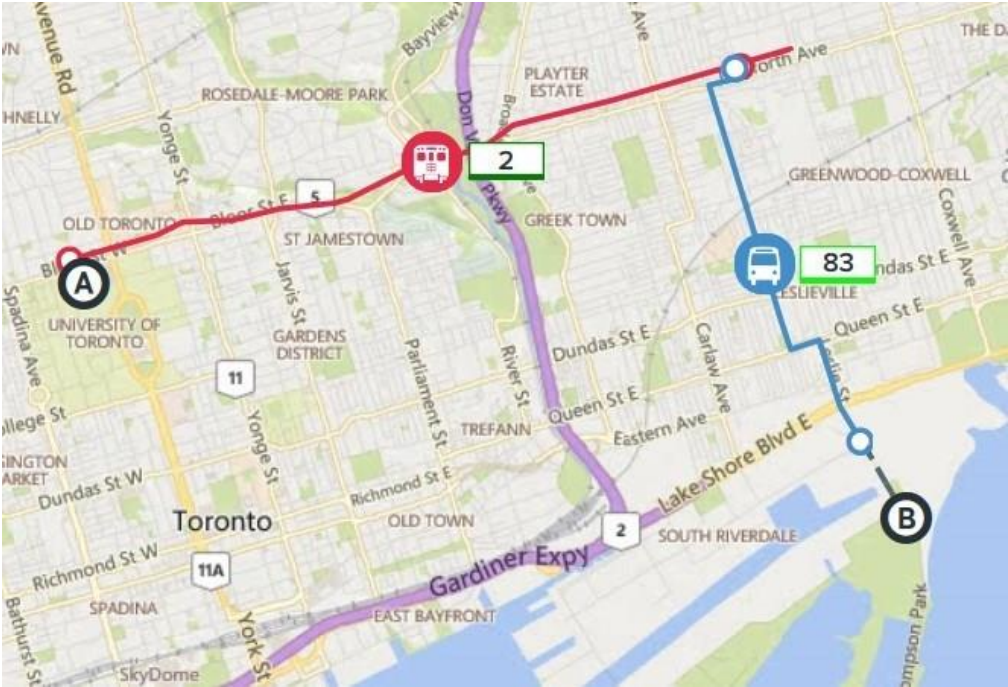
Venue: Tommy Thompson Park

Address: 1 Leslie St, Toronto, ON M4M 3M2,

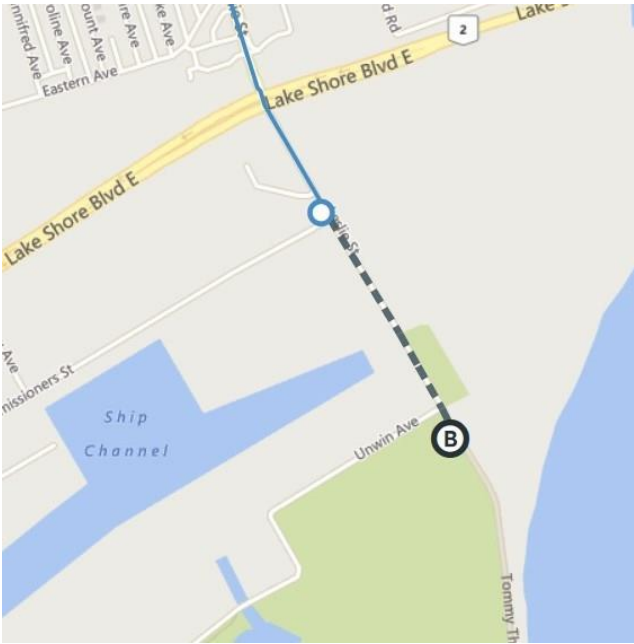


<https://g.page/tommy-thompson-park?share>

The Park is also known as the Leslie Street Spit

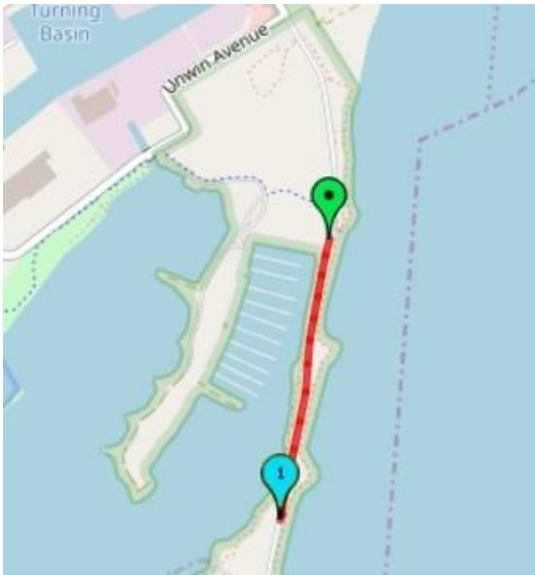


The start (B) is a short bus ride (#83 bus) from the Donlands Subway Station



The start area (B) is a short walk from the bus stop on Commissioners St

New 10K Road Race Walk Course



10k Race Walk map – an approximately 2k loop done 5 times

New 10K Road Race Course



10k Road Race map

The start and the finish are just slightly south (farther away from Unwin) of the Staff Booth. The 10k road race will proceed south (again, away from Unwin) to the turnaround just before the floating bridge. There, it loops slightly (so, it's not too sharp a turn) and returns north past the finish line toward the mouth of TT Park. It turns then and heads south again – past the finish line, then proceeds to the turnaround again out at the floating bridge. Finally, it returns north and finishes at the finish line (again, just slightly south of the Staff Booth).

5K and 8K Cross Country Races
10:00 am, Sunday, July 21

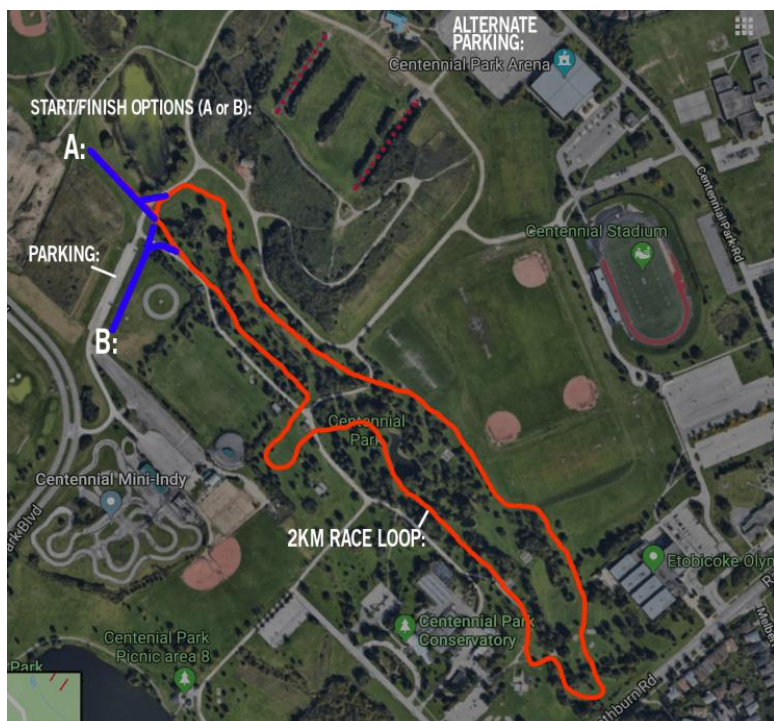
Venue: Centennial Park, Etobicoke

Address: 256 Centennial Park Blvd., just North of the Centennial Go-Kars, Etobicoke, M9C 5M3

Google Maps Link: <https://goo.gl/maps/mHsfMV9mGXH2>



6K and 8 K Cross Country Courses



Transportation

Transportation for the 2019 NCCWMA Championship will be utilizing the Union Pearson Express (UP Express) train and the Toronto Transit Commission (TTC) subways, busses and streetcars for the duration of the event. Participants will be able to use a PRESTO card for both methods of transportation. In addition, there will be shuttle busses hired by the LOC to transport athletes and spectators to the Cross-Country Races (6km and 8km), as the location is not easily accessible by the TTC.

PRESTO Cards

PRESTO cards are electronic fare payment cards and are the method of payment for both the UP Express and the TTC, as well as GO Transit for those wishing to travel outside the Greater Toronto Area (GTA). They can be purchased at the entry point to most stations/stops. They cost \$6.00 to buy. These cards provide a discount for using them, are re-loadable online or at any UP, TTC or GO station.

Presto fare cards purchased at any station for \$6.00. They are transferable and will be valid next year. Fares are \$3.10 (\$2.15 for ages 65+). Not all stations accept cash payment for fares. It is **STRONGLY RECOMMENDED** that you purchase a Presto card, as it is **NOT** included in registration packages.

PRESTO PASS LOAD INFORMATION (Includes \$6.00 to purchase Presto card):

	Airport Return to Bloor and 5 TTC Fares	Airport Return to Union and 5 TTC Fares	Airport Return to Bloor And 9 TTC Fares
Adult Ages 19-64	\$26.86	\$40.00	\$40.21
Seniors Age 65+	\$22.11	\$22.55	\$30.71

Presto Card Machine



Sample Presto Card



Presto Card Information Link: <https://www.prestocard.ca/en/>

Toronto Pearson International Airport – Union Station or Bloor Street UP Station

Participants and spectators will be guided to/from their respective Terminal to/from the UP Express train with event signage and volunteers, which will be in addition the UP signage. The UP Express train arrives/departs from Union Station in downtown Toronto. Participants and spectators will be guided to/from the UP location to the TTC subway with event.

UP Express Fare*: Toronto Pearson International Airport to Union Station and Airport to Bloor Street.

	Ticket -one-way To Union	Ticket -Return Airport-Union	PRESTO** Airport-Union	FRESTO** Airport-Bloor
Child Under 12	Free	Free	Free	Free
Student (13-19)	\$12.35	\$24.70	\$9.25	\$4.61
Accessibility Companion	Free	Free	Free	Free
Adult (20 - 64)	\$12.35	\$24.70	\$9.25	\$5.02
Senior (65+)	\$6.20	\$12.40	\$5.80	\$2.68

* prices subject to change

** TTC Fare reduced by up to \$1.50 when transferring via TTC within 1 hour of purchase.

UP Express from Airport

The UP Express train departs from the Toronto Pearson International Airport to Union Station every 15 to 30 minutes, beginning at 05:27am and the final train at 00:57am. The travel time is approximately 25 minutes. The travel time from the airport to Bloor Street UP Station is approximately 17 minutes.

Up Express to Airport

The UP Express train departs from Union Station to Toronto Pearson International Airport every 15 to 30 minutes, beginning at 04:55am and the final train at 01:00am. The travel time is approximately 25 minutes. The travel time from the Bloor Street Up Station to the airport is approximately 17 minutes.

See link below for further details.

UP Express Train Link: <https://www.upexpress.com>

BEST PRACTICE:

For Adults, ages 19-64: Buy Presto Pass at Pearson Airport UP Express Station from a Kiosk or Customer Service Representative. Presto Pass cost: \$6.00 Minimum load: \$10.00.

For Students, ages 12-18: Buy STUDENT Presto Pass at Pearson Airport Express Station from a Customer Service Representative (ONLY). Presto Pass cost: \$6.00 Minimum load: \$10.00.

For Seniors, ages 65 and up: Buy SENIOR Presto Pass at Pearson Airport Express Station from a Customer Service Representative (ONLY). Presto Pass cost: \$6.00 Minimum load: \$10.00.

BEST PRACTICE CTD:

Please Note: If you are travelling from Pearson Airport directly to Accreditation Centre at Toronto Track and Field Centre (TTFC) on Wednesday afternoon, Thursday, or Friday, travel time is approximately 68-78 minutes with elevators or escalators for luggage throughout. The following route is recommended:

Pearson Airport:

Terminal 1 UP Express Station

(If you are arriving via Terminal 3, there is a terminal link train that will transport you to Terminal 1. The UP Express Station is directly beside the drop off point.)

Purchase a Presto Pass from the Customer Service Representative on the platform. (If you are 65+ make sure to identify as such and show ID. This will get you a Senior Presto Pass and permit all travel at a discount.) You can only pay by credit or debit card. No cash, except on Presto Kiosk machines, but Senior passes are not available through the Kiosk.

PRESTO PASS LOAD INFORMATION (Includes \$6.00 to purchase Presto card):

	Airport Return to Bloor and 5 TTC Fares	Airport Return to Union and 5 TTC Fares	Airport Return to Bloor And 9 TTC Fares
Adult Ages 19-64	\$26.86	\$40.00	\$40.21
Seniors Age 65+	\$22.11	\$22.55	\$30.71

Tap Presto Pass at Platform on a card reader, just before you enter the train.

Take UP Express Train to Bloor Station. When you exit the train, tap your Presto Pass on a card reader. 17 minutes.

Transfer to Dundas St. West TTC Station (outdoor walkway covered most of the way) 5-10 minutes

Tap Presto Pass at subway entrance. (This fare will be discounted by \$1.50 if directly after Up Express)

Take TTC Subway Line 2 EASTBOUND to St. George Station 15-20 minutes

Transfer to Line 1 NORTHBOUND to Pioneer Village Station 30 minutes

Proceed to York University Exit, follow signs for busses.

Once outside, TTFC is directly to your left, across the street. 1 minute

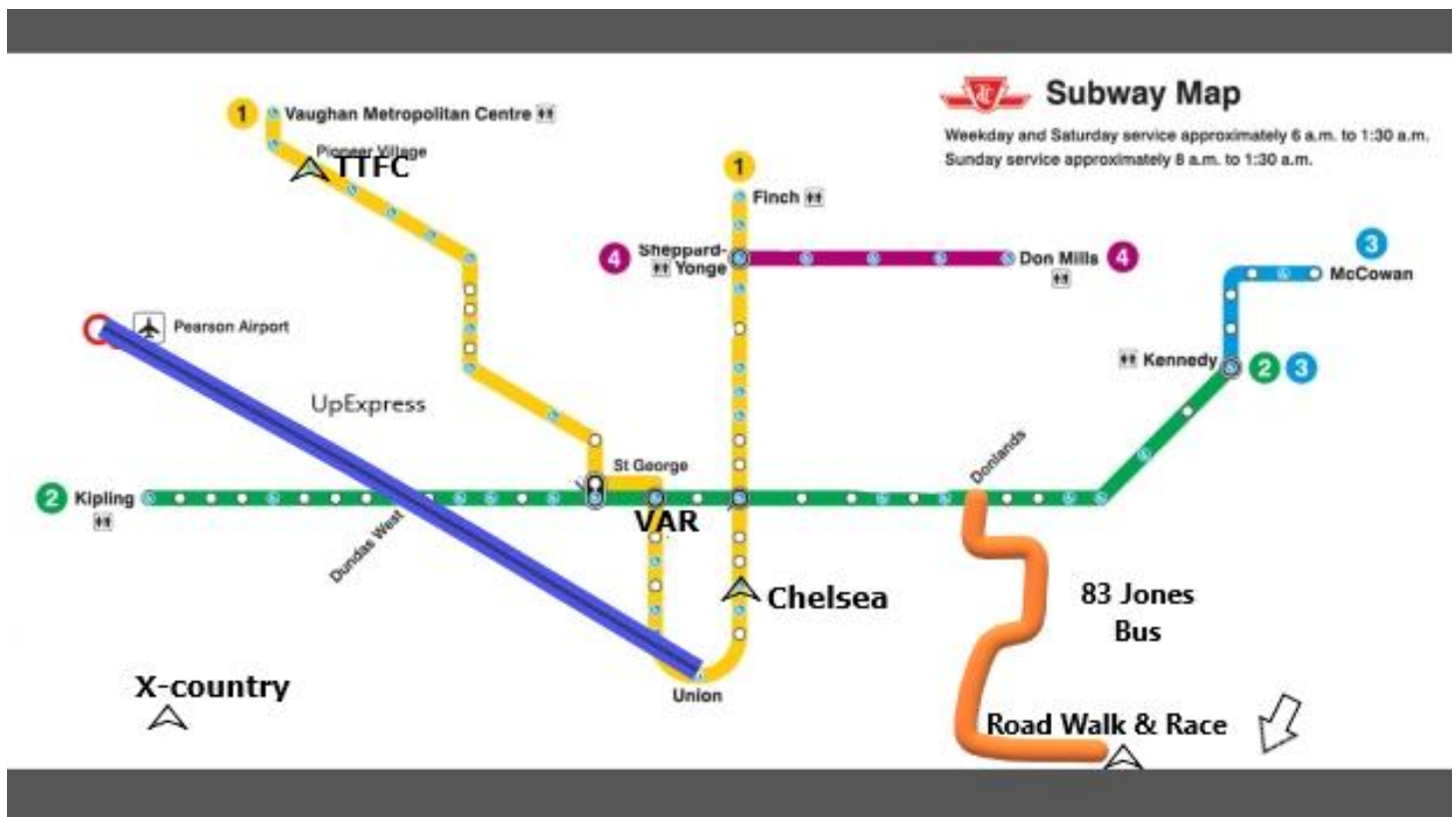
NOTE: You have a 2-hour transfer from the time you first tap on TTC. Assuming no delays, if you spend under an hour at TTFC, your TTC fare should still be active and valid for trip downtown. Presto Card Tap will not charge if transfer active.

Toronto Subways

Participants will be utilizing the TTC Subways to travel between Varsity Stadium and the Toronto Track and Field Centre (TTFC). There will be event signage and volunteers to guide participants to each venue.

The travel time between these two venues is approximately 30 minutes of travel time with a subway arriving approximately every 5 minutes. The TTC subway service begins at 6am Monday - Saturday and at 8am on Sunday; the service ends at 2am Monday - Sunday.

It's a 30-minute subway ride from Varsity Stadium to the Toronto Track and Field Centre (TTFC). All events will be held in Toronto and are accessible by public transit.



Toronto Transit Commission (TTC) Link:

<http://ttc.ca/Routes/index.jsp>

Please note: Line 1: Lawrence to St Clair weekend closure July 20 and 21, 2019

There will be no subway service on Line 1 between Lawrence and St Clair stations on Saturday, July 20 and Sunday, July 21, 2019 to accommodate work by Metrolinx on the Eglinton Crosstown project. Shuttle buses will operate. This closure does not affect travel between competition sites.

Parking

Limited parking is provided at each venue athletes and other personnel are encouraged to use public transit.

Non-Stadia Competition Venue Transportation – CROSS COUNTRY 6km and 8km RACES

Transportation will be provided to the Cross-Country Venue at Centennial Park in Etobicoke from Varsity Stadium. There will be with signage and volunteers to guide them. In addition, there will be Transportation volunteers at Centennial Park and the departure location before and during competition times.

Shuttle Schedule

The shuttle buses will depart from Varsity Stadium to the Cross Country Venue (Centennial Park). Buses will return competitors to Kipling Station. From there, athletes and spectators can go via TTC to their own destinations. Details will be posted online and at the Venues in prominent places.

Non-Stadia Competition Venue Transportation – ROAD RACE AND ROAD WALKING RACE

Transportation to the Road Race and Road Walking Race location is self-directed via TTC, taxi/Uber or by personal vehicle.

By Car: The park entrance is located at Leslie Street and Unwin Avenue. This is five minutes east of the DVP/Gardiner junction along Lake Shore Blvd East.

Parking: There is a free parking lot at the Tommy Thompson Park entrance. Street parking is also available on Leslie Street and Unwin Avenue.

By TTC: Tommy Thompson Park is a 5-minute walk from the Commissioner's Street bus stop at Commissioner's and Leslie. This stop is serviced by the [83 Jones Southbound](#) bus. *Route 83 runs between Donlands Station on Subway Line 2 and Commissioner's Street. Connections with Streetcar routes 501, 502, 503 and 506, and bus routes 56 and 31B along the scheduled route. See maps on pages 14-16.*

Final Schedule

2019 NCCWMA CHAMPIONSHIPS - 7/18-21, 2019 Toronto, Canada

Schedule - Horario

INSTRUCTIONS BEFORE COMPETING

- 1 Pick up your credentials and bib
- 2 Confirm your participation in track events at least one hour before the time of the event
- 3 Check in at the time of the call room schedule for your event

W= Women (Mujeres) M= Men(Hombres)

Jueves(Thursday) Non Stadia Tommy Thompson Park			Jueves(Thursday) Campo (Field) TTFC		
8:30 AM	M30-99 10k Road Race - en Ruta	Finals	8:30 AM	M70-99 Shot-Impulsión de la Bala	Finals
8:30 AM	W30-99 10k Road Race - en Ruta	Finals	8:30 AM	W60-69 Hammer - Martillo	Finals
10:30 AM	W30-99 10k Road Race Walk-Marcha en Ruta	Finals	10:00 AM	M60-69 Shot-Impulsión de la Bala	Finals
10:30 AM	M30-99 10k Road Race Walk-Marcha en Ruta	Finals	10:15 AM	W70-84 Hammer - Martillo	Finals
			1:15 PM	M50-59 Shot-Impulsión de la Bala	Finals
			2:45 PM	M30-49 Shot-Impulsión de la Bala	Finals
			3:30 PM	W40-59 Hammer - Martillo	Finals
Jueves(Thursday) Pentathlon TTFC			Jueves(Thursday) Pista(Track) TTFC		
8:30 AM	W35-84	Finals	10:00 AM	W55 400 m	Prelims
8:30 AM	M70-89	Finals	10:06 AM	M65 400 m	Prelims
9:30 AM	M60-69	Finals	10:12 AM	M60 400 m	Prelims
10:45 AM	M50-59	Finals	10:18 AM	M55 400 m	Prelims
12:00 PM	M35-49	Finals	10:24 AM	M50 400 m	Prelims
Viernes(Friday) Throws Pentathlon de Lanzamiento TTFC			10:30 AM	M45 400 m	Prelims
8:00 AM	W60-84	Finals	10:36 AM	M35 400 m	Prelims
9:20 AM	M60-99	Finals	12:15 PM	M60 800 m	Prelims
10:30 AM	W35-59	Finals			
2:30 PM	M35-59	Finals	Viernes Campo - Friday Field TTFC		
8:30 AM	M50-59 Long Jump-Salto Largo	Finals	12:00 PM	M30-64 Pole Vault - Pértiga	Finals
8:30 AM	M60-69 Long Jump-Salto Largo	Finals	12:15 PM	W70-89 Long Jump-Salto Largo	Finals
9:00 AM	W35-84 Pole Vault - Pértiga	Finals	12:45 PM	W55-69 Long Jump-Salto Largo	Finals
10:15 AM	M30-49 Long Jump-Salto Largo	Finals	1:45 PM	W30-44 Long Jump-Salto Largo	Finals
10:15 AM	M70-94 Long Jump-Salto Largo	Finals	2:30 PM	W45-54 Long Jump-Salto Largo	Finals
			3:00 PM	M65-89 Pole Vault - Pértiga	Finals

INSTRUCTIONS BEFORE COMPETING

- 1** Pick up your credentials and bib
- 2** Confirm your participation in track events at least one hour before the time of the event
- 3** Check in at the time of the call room schedule for your event

Viernes(Friday) Pista (Track) TTFC

8:30 AM	W35-84 2000 m Steeplechase	Finals	2:25 PM	W70-84 80 Short Hurdles - Vallas 27"	Finals
8:50 AM	M65-94 2000 m Steeplechase	Finals	2:30 PM	W65 80 Short Hurdles - Vallas 27"	Finals
9:10 AM	M60 2000 m Steeplechase	Finals	2:35 PM	W60 80 Short Hurdles - Vallas 27"	Finals
9:40 AM	M30-59 3000 m Steeplechase	Finals	2:40 PM	M80-89 80 Short Hurdles - Vallas 27"	Finals
10:15 AM	W65-79 800 m	Finals	2:48 PM	M75 80 Short Hurdles - Vallas 30"	Finals
10:25 AM	W60 800 m	Finals	2:53 PM	M70 80 Short Hurdles - Vallas 30"	Finals
10:33 AM	W55 800 m	Finals	2:58 PM	W55 80 Short Hurdles - Vallas 30"	Finals
10:41 AM	W50 800 m	Finals	3:03 PM	W50 80 Short Hurdles - Vallas 30"	Finals
10:49 AM	W40-49 800 m	Finals	3:10 PM	W45 80 Short Hurdles - Vallas 30"	Finals
10:57 AM	W30-39 800 m	Finals	3:15 PM	W40 80 Short Hurdles - Vallas 30"	Finals
11:05 AM	M75-94 800 m	Finals	3:25 PM	M65 100 Short Hurdles - Vallas 33"	Finals
11:15 AM	M70 800 m	Finals	3:30 PM	M60 100 Short Hurdles - Vallas 33"	Finals
11:23 AM	M65 800 m	Finals	3:38 PM	W30-39 100 Short Hurdles - Vallas 33"	Finals
11:31 AM	M60 800 m	Finals	3:45 PM	M55 100 Short Hurdles - Vallas 36"	Finals
11:38 AM	M55 800 m	Finals	3:50 PM	M50 100 Short Hurdles - Vallas 36"	Finals
11:45 AM	M50 800 m	Finals	4:00 PM	M40-49 110 Short Hurdles - Vallas 39"	Finals
11:52 AM	M45 800 m	Finals	4:05 PM	M30-39 110 Short Hurdles - Vallas 39"	Finals
11:59 AM	M40 800 m	Finals	4:15 PM	W80-89 400 m	Finals
12:05 PM	M30-39 800 m	Finals	4:18 PM	W75 400 m	Finals
12:15 PM	W40 80 Short Hurdles - Vallas 30"	Prelims	4:21 PM	W70 400 m	Finals
12:25 PM	M65 100 Short Hurdles - Vallas 33"	Prelims	4:24 PM	W65 400 m	Finals
12:30 PM	M60 100 Short Hurdles - Vallas 33"	Prelims	4:27 PM	W60 400 m	Finals
12:40 PM	M50 100 Short Hurdles - Vallas 36"	Prelims	4:30 PM	W55 400 m	Finals
12:50 PM	W60 100 m	Prelims	4:33 PM	W50 400 m	Finals
12:55 PM	W55 100 m	Prelims	4:36 PM	W45 400 m	Finals
1:00 PM	W50 100 m	Prelims	4:39 PM	W40 400 m	Finals
1:10 PM	W45 100 m	Prelims	4:42 PM	W35 400 m	Finals
1:15 PM	W40 100 m	Prelims	4:45 PM	W30 400 m	Finals
1:20 PM	W35 100 m	Prelims	4:48 PM	M80-94 400 m	Finals
1:25 PM	M75 100 m	Prelims	4:51 PM	M75 400 m	Finals
1:27 PM	M70 100 m	Prelims	4:54 PM	M70 400 m	Finals
1:32 PM	M65 100 m	Prelims	4:57 PM	M65 400 m	Finals
1:37 PM	M60 100 m	Prelims	5:00 PM	M60 400 m	Finals
1:42 PM	M55 100 m	Prelims	5:03 PM	M55 400 m	Finals
1:50 PM	M50 100 m	Prelims	5:06 PM	M50 400 m	Finals
1:55 PM	M45 100 m	Prelims	5:09 PM	M45 400 m	Finals
2:05 PM	M40 100 m	Prelims	5:12 PM	M40 400 m	Finals
2:10 PM	M35 100 m	Prelims	5:15 PM	M35 400 m	Finals
2:15 PM	M30 100 m	Prelims	5:18 PM	M30 400 m	Finals

Sabado Campo - Saturday Field VARSITY Estadio			Sabado Campo Saturday Field TTFC		
8:00 AM	W30-49 Discus-Disco	Finals	8:00 AM	M30-49 Javelin - Jabalina	Finals
8:30 AM	M60-69 High Jump-Salto de Altura	Finals	8:00 AM	W70-84 Weight Throw - Peso	Finals
8:30 AM	M70-94 High Jump-Salto de Altura	Finals	9:30 AM	M50-59 Javelin - Jabalina	Finals
9:30 AM	W50-59 Discus-Disco	Finals	9:30 AM	W60-69 Weight Throw - Peso	Finals
11:00 AM	W40-59 High Jump-Salto de Altura	Finals	10:45 AM	M60-69 Javelin - Jabalina	Finals
11:00 AM	W70-94 Discus-Disco	Finals	11:30 AM	W35-49 Weight Throw - Peso	Finals
1:00 PM	M30-59 High Jump-Salto de Altura	Finals	12:30 PM	M70-99 Javelin - Jabalina	Finals
1:00 PM	W60-69 Discus-Disco	Finals	12:45 PM	W50-59 Weight Throw - Peso	Finals
2:15 PM	W60-89 High Jump-Salto de Altura	Finals	2:30 PM	M60-69 Hammer - Martillo	Finals
2:30 PM	M30-59 Hammer - Martillo	Finals	3:45 PM	M70-99 Hammer - Martillo	Finals

INSTRUCTIONS BEFORE COMPETING

- 1 Pick up your credentials and bib
- 2 Confirm your participation in track events at least one hour before the time of the event
- 3 Check in at the time of the call room schedule for your event

Sabado Pista -Saturday Track VARSITY Estadio					
8:00 AM	W55-84 5000 m	Finals	1:39 PM	W40 100 m	Finals
8:30 AM	M70-94 5000 m	Finals	1:42 PM	W35 100 m	Finals
9:05 AM	W30-54 5000 m	Finals	1:45 PM	W30 100 m	Finals
9:40 AM	M60-69 5000 m	Finals	1:48 PM	M80-99 100 m	Finals
10:10 AM	M55 5000 m	Finals	1:51 PM	M75 100 m	Finals
10:35 AM	M50 5000 m	Finals	1:54 PM	M70 100 m	Finals
11:00 AM	M30-49 5000 m	Finals	1:57 PM	M65 100 m	Finals
11:30 AM	W70-84 200 Long Hurdles - Vallas 27"	Finals	2:00 PM	M60 100 m	Finals
11:34 AM	M80-94 200 Long Hurdles - Vallas 27"	Finals	2:03 PM	M55 100 m	Finals
11:45 AM	M75 300 Long Hurdles - Vallas 27"	Finals	2:06 PM	M50 100 m	Finals
11:45 AM	M70 300 Long Hurdles - Vallas 27"	Finals	2:09 PM	M45 100 m	Finals
11:55 AM	W65 300 Long Hurdles - Vallas 27"	Finals	2:12 PM	M40 100 m	Finals
11:55 AM	W60 300 Long Hurdles - Vallas 27"	Finals	2:15 PM	M35 100 m	Finals
12:05 AM	M65 300 Long Hurdles - Vallas 30"	Finals	2:18 PM	M30 100 m	Finals
12:12 AM	M60 300 Long Hurdles - Vallas 30"	Finals	2:30 PM	W75 200 m	Prelims
12:16 PM	W55 300 Long Hurdles - Vallas 30"	Finals	2:32 PM	W60 200 m	Prelims
12:20 PM	W50 300 Long Hurdles - Vallas 30"	Finals	2:38 PM	W55 200 m	Prelims
12:24 PM	W30-49 400 Long Hurdles - Vallas 30"	Finals	2:46 PM	W50 200 m	Prelims
12:35 PM	M55 400 Long Hurdles - Vallas 33"	Finals	2:55 PM	W45 200 m	Prelims
12:40 PM	M50 400 Long Hurdles - Vallas 33"	Finals	3:01 PM	W40 200 m	Prelims
12:50 PM	M45 400 Long Hurdles - Vallas 36"	Finals	3:06 PM	W35 200 m	Prelims
12:55 PM	M40 400 Long Hurdles - Vallas 36"	Finals	3:12 PM	M75 200 m	Prelims
1:00 PM	M30-39 400 Long Hurdles - Vallas 36"	Finals	3:17 PM	M70 200 m	Prelims
1:15 PM	W80-94 100 m	Finals	3:23 PM	M65 200 m	Prelims
1:18 PM	W75 100 m	Finals	3:30 PM	M60 200 m	Prelims
1:21 PM	W70 100 m	Finals	3:40 PM	M55 200 m	Prelims
1:24 PM	W65 100 m	Finals	3:50 PM	M50 200 m	Prelims
1:27 PM	W60 100 m	Finals	4:00 PM	M45 200 m	Prelims
1:30 PM	W55 100 m	Finals	4:10 PM	M40 200 m	Prelims
1:33 PM	W50 100 m	Finals	4:15 PM	M35 200 m	Prelims
1:36 PM	W45 100 m	Finals	4:25 PM	M30 200 m	Prelims

Domingo Sunday Cross Country-Campo Traviesta - Centennial Park			Domingo(Sunday) Campo(Field) VARSITY Estadio		
10:00 AM	W70-99 6k CC	Finals	10:00 AM	W55-64 Triple Jump-Salto Triple	Finals
10:00 AM	M70-99 6k CC	Finals	10:00 AM	W30-49 Shot-Impulsión de la Bala	Finals
10:00 AM	W30-69 8k CC	Finals	10:00 AM	W70-94 Javelin - Jabalina	Finals
10:00 AM	M30-69 8k CC	Finals	11:00 AM	M30-49 Triple Jump-Salto Triple	Finals
			11:30 AM	W30-54 Triple Jump-Salto Triple	Finals
			11:30 AM	W75-94 Shot-Impulsión de la Bala	Finals
			11:30 AM	W60-69 Javelin - Jabalina	Finals
			1:00 PM	M65-94 Triple Jump-Salto Triple	Finals
			1:00 PM	M50-64 Triple Jump-Salto Triple	Finals
			1:00 PM	W65-74 Shot-Impulsión de la Bala	Finals
			1:00 PM	W50-59 Javelin - Jabalina	Finals
			2:45 PM	W65-84 Triple Jump-Salto Triple	Finals
			2:45 PM	W60 Shot-Impulsión de la Bala	Finals
			2:45 PM	W30-49 Javelin - Jabalina	Finals
			3:45 PM	W50-59 Shot-Impulsión de la Bala	Finals

Domingo Campo - Sunday Field TTFC		
10:00 AM	M75-99 Discus-Disco	Finals
10:00 AM	M60-69 Weight Throw - Peso	Finals
11:15 AM	M70 Discus-Disco	Finals
11:30 AM	M30-59 Weight Throw - Peso	Finals
12:30 PM	M60-69 Discus-Disco	Finals
1:30 PM	M70-99 Weight Throw - Peso	Finals
2:15 PM	M50-59 Discus-Disco	Finals
3:45 PM	M30-49 Discus-Disco	Finals

INSTRUCTIONS BEFORE COMPETING

- 1 Pick up your credentials and bib
- 2 Confirm your participation in track events at least one hour before the time of the event
- 3 Check in at the time of the call room schedule for your event

Domino(Sunday) Pista(Track) VARSITY					
10:00 AM	W60-89 5000 m Race Walk-Marcha	Finals	2:54 PM	W40 200 m	Finals
10:50 AM	M55-79 5000 m Race Walk-Marcha	Finals	2:57 PM	W35 200 m	Finals
11:35 AM	W30-59 5000 m Race Walk-Marcha	Finals	3:00 PM	W30 200 m	Finals
12:20 PM	M30-54 5000 m Race Walk-Marcha	Finals	3:03 PM	M85-99 200 m	Finals
1:00 PM	W65-79 1500 m	Finals	3:06 PM	M80 200 m	Finals
1:12 PM	W55-64 1500 m	Finals	3:09 PM	M75 200 m	Finals
1:22 PM	W30-54 1500 m	Finals	3:12 PM	M70 200 m	Finals
1:30 PM	M70-94 1500 m	Finals	3:15 PM	M65 200 m	Finals
1:40 PM	M60-69 1500 m	Finals	3:18 PM	M60 200 m	Finals
1:50 PM	M55 1500 m	Finals	3:21 PM	M55 200 m	Finals
1:59 PM	M50 1500 m	Finals	3:24 PM	M50 200 m	Finals
2:07 PM	M45 1500 m	Finals	3:27 PM	M45 200 m	Finals
2:14 PM	M30-44 1500 m	Finals	3:30 PM	M40 200 m	Finals
2:30 PM	W80-89 200 m	Finals	3:33 PM	M35 200 m	Finals
2:33 PM	W75 200 m	Finals	3:36 PM	M30 200 m	Finals
2:36 PM	W70 200 m	Finals			
2:39 PM	W65 200 m	Finals	3:50 PM	W30-89 4x100 m Relay - Relevos	Finals
2:42 PM	W60 200 m	Finals	4:00 PM	M30-94 4x100 m Relay - Relevos	Finals
2:45 PM	W55 200 m	Finals	4:15 PM	W30-89 4x400 m Relay - Relevos	Finals
2:48 PM	W50 200 m	Finals	4:30 PM	M30-94 4x400 m Relay - Relevos	Finals
2:51 PM	W45 200 m	Finals			

Registration

Entry deadline of June 20, 2019 has passed. Registration is closed.

Athlete's Pub Night

Date: Saturday July 20th 2019

Ticket Price: \$25.00 TICKETS SOLD OUT

Location: The Bedford Academy, Toronto

Link: <https://nccwma2019.com/athletes-party-more/>

Tickets for the NCCWMA Athlete's Pub Night are now sold out...but don't worry: You can still join us!

Event ticket holders will enjoy a beer or a glass of wine and appetizers in a semi-private lounge at the Bedford Academy, just steps away from Varsity Stadium.

For all others, we invite you to drop in at the Bedford Academy to visit with your fellow athletes. The Duke of York Pub, directly across the street from the Bedford Academy, is another great venue to celebrate after Saturday's events at Varsity.

Cash bar and full menu options are available at both venues.

We look forward to seeing you in Toronto soon.

Athlete's Apparel

Fine Designs is the official apparel provider for the NCCWMA2019 Championships. Athletes and supporters are welcome to purchase their apparel online or at Varsity Stadium or TTFC.

COUNTRY CODES

ALBANIA ALB
 ALGERIA ALG
 AMERICAN SAMOA ASA
 ANDORRA AND
 ANGOLA ANG
 ANTIGUA and BARBUDA ANT
 ARGENTINA ARG
 ARMENIA ARM
 ARUBA ARU
 AUSTRALIA AUS
 AUSTRIA AUT
 AZERBAIJAN AZE
 BANGLADESH BNG
 BAHAMAS BAH
 BARBADOS BAR
 BELARUS BLR
 BELGIUM BEL
 BELIZE BIZ
 BENIN BEN
 BERMUDA BER
 BOLIVIA BOL
 BOSNIA AND HERZEGOVINA BIH
 BOTSWANA BOT
 BRAZIL BRA
 BRUNEI BRU
 BULGARIA BUL
 CAMEROON CMR
 CANADA CAN
 CAPEVERDEISLANDS CPV
 CENTRAL AFRICAN REPUBLIC CAF
 CHAD CHA
 CHILE CHI
 CHINA [People's Republic of] CHN
 COLOMBIA COL
 CONGO CGO
 CONGO [Dem. Rep. of] COD
 COOK ISLANDS COK
 COSTA RICA CRC
 CROATIA CRO
 CUBA CUB
 CYPRUS CYP
 CZECH REPUBLIC CZE
 DENMARK DEN
 DJIBOUTI DJI
 DOMINICAN REPUBLIC DOM
 ECUADOR ECU
 EGYPT EGY
 EL SALVADOR ESA
 EQUATORIAL GUINEA GEQ
 ESTONIA EST
 ETHIOPIA ETH
 FIJI FIJ
 FINLAND FIN
 FRANCE FRA
 FRENCH POLYNESIA PYF

THE GAMBIA GAM
 GEORGIA GEO
 GERMANY GER
 GHANA GHA
 GIBRALTAR GIB
 GREAT BRITAIN & N.IRELAND GBR
 GREECE GRE
 GRENADA GRN
 GUAM GUM
 GUATEMALA GUA
 GUINEA GUI
 GUYANA GUY
 HONDURAS HON
 HONGKONG - CHINA HKG
 HUNGARY HUN
 ICELAND ISL
 INDIA IND
 INDONESIA INA
 IRAN IRI
 IRELAND IRL
 ISRAEL ISR
 ITALY ITA
 IVORY COAST CIV
 JAMAICA JAM
 JAPAN JPN
 KAZAKHSTAN KAZ
 KENYA KEN
 KIRIBATI KIR
 KOREA KOR
 KYRGYZSTAN KGZ
 LATVIA LAT
 LEBANON LIB
 LESOTHO LES
 LIECHTENSTEIN LIE
 LITHUANIA LTU
 LUXEMBOURG LUX
 MACEDONIA [Former Yugoslav Republic of] MKD
 MALAYSIA MAS
 MALTA MLT
 MARSHALL ISLANDS MHL
 MAURITANIA MTN
 MAURITIUS MRI
 MEXICO MEX
 MICRONESIA FSM
 MOLDOVA MDA
 MONACO MON
 MONGOLIA MGL
 MONTENEGRO MNE
 MOROCCO MAR
 MOZAMBIQUE MOZ
 MYANMAR MYA
 NAMIBIA NAM
 NAURU NRU
 NEPAL NEP
 NETHERLANDS NED
 NEW ZEALAND NZL

NICARAGUA NCA
 NIGERIA NGR
 NORFOLK ISLAND NFI
 NORTHERN MARIANAS ISLANDS NMI
 NORWAY NOR
 PAKISTAN PAK
 PALAU PLW
 PANAMA PAN
 PAPUA NEWGUINEA PNG
 PARAGUAY PAR
 PERU PER
 PHILIPPINES PHI
 POLAND POL
 PORTUGAL POR
 PUERTORICO PUR
 ROMANIA ROU
 RWANDA RWA
 SAINTKITTS AND NEVIS SKN
 SAINT VINCENT VIN
 SAMOA SAM
 SAN MARINO SMR
 SENEGAL SEN
 SERBIA SRB
 SEYCHELLES SEY
 SINGAPORE SIN
 SLOVAK REPUBLIC SVK
 SLOVENIA SLO
 SOLOMON ISLANDS SOL
 SOUTH AFRICA RSA
 SPAIN ESP
 SRI LANKA SRI
 SUDAN SUD
 SURINAM SUR
 SWEDEN SWE
 SWITZERLAND SUI
 CHINESE TAIPEI TPE
 TAJIKISTAN TJK
 THAILAND THA
 TOGO TOG
 TONGA TGA
 TRINIDAD AND TOBAGO TRI
 TUNISIA TUN
 TURKEY TUR
 TURKMENISTAN TKM
 TUVALU TUV
 UKRAINE UKR
 UNITED ARAB EMIRATES UAE
 UNITED STATES OF AMERICA USA
 URUGUAY URU
 VANUATU VAN
 VENEZUELA VEN
 US VIRGIN ISLANDS ISV
 ZAMBIA ZAM
 ZIMBABWE ZIM

RED INDICATES REGISTERED FOR NCC2019

NCCWMA2019 Accreditation Centre Information

Location: Toronto Track and Field Centre (TTFC) **Wednesday, Thursday and Friday**
Address: 231 Ian MacDonald Blvd Toronto ON
Accreditation Centre and Welcome Centre are on the ground level of the indoor track area
(TTFC is across the street from York Lions Stadium)

Location: Varsity Centre **Saturday and Sunday**
Address: 299 Bloor Street West Toronto ON

The Accreditation Centre will operate during the following hours:

DATE	TIME	STATUS	VENUE(S)
Wednesday July 17 th	1:00pm-6:00pm	Non-Competition Day	TTFC ONLY
Thursday July 18 th	6:30am- 6:00pm*	Competition Day	TTFC and T. Thompson Park
Friday July 19 th	6:30am- 6:00pm	Competition Day	TTFC ONLY
Saturday July 20 th	6:30am- 6:00pm	Competition Day	VARISTY ONLY
Sunday July 21 st	8:30am-3:00pm**	Competition Day	VARISITY and X-Country

Accreditation Badge Collection

All registered athletes, officials, accompanying persons and supporting personnel must collect their registration package from the appropriate Accreditation Centre.

All registered athlete packages, officials, accompanying persons and supporting personnel may pick up on WEDNESDAY, JULY 17th at TTFC from 1:00pm until 6:00 pm.

On THURSDAY, JULY 18th, all remaining packages will stay at TTFC EXCEPT the packages for the Road Race and Road Walk athletes.

*NOTE The packages will be available on location at the non-stadia venue, Tommy Thompson Park, starting at 7:30am. Please arrive with enough time to pick up your package before the start of the race(s).

On FRIDAY, JULY 19th, all remaining packages will stay at TTFC.

On SATURDAY, JULY 20th, all remaining packages will be available at VARSITY

CROSS COUNTRY ACCREDITATION PACKAGES WILL REMAIN AT VARSITY UNTIL CLOSE ON SATURDAY AT 6:00pm.

NOTE: All Saturday and Sunday track and jumping events will take place at Varsity. On Saturday and Sunday there will throwing events at both Varsity and TTFC. **PLEASE CHECK THE SCHEDULE TO ENSURE YOU ARE GOING TO THE CORRECT VENUE.**

On SUNDAY, JULY 21st, Cross Country Accreditation Packages will be sent to Centennial Park. The remote accreditation centre will be open from 8:30am until the race begins at 10:00am. Please arrive with enough time to pick up your package before the start of the race.

For Athletes, the Registration Package will include:

1. Accreditation Badge and lanyard
2. Bibs
3. Eight (8) safety pins
4. Pre-purchased Athlete's Pub Night ticket, if applicable

For other personnel, you will receive an Accreditation Badge and lanyard. Note: Volunteers pick up their accreditation badge at the volunteer sign-in at their first shift.

Purpose of Accreditation Passes

Accreditation passes are designed to ensure NCCWMA2019 participants and personnel are provided with the appropriate level of access to all venues.

All registered athletes, accompanying persons and supporting personnel (i.e: media, photographers, medical staff, team managers and coaches) will receive an event accreditation pass upon checking in at the accreditation centre.

The accreditation pass is only valid for the person to whom it is issued and cannot be transferred or sold. This NCCWMA2019 accreditation pass should be worn at all times in the designated venues/areas, except when athletes are competing. The color coding on each pass determines the access privileges provided to the person.

Green Accreditation Pass holders have access to the field of play

Red Accreditation Pass holders do not have access to the field of play

Control points will be managed by contracted security, volunteers, staff and management. Access to the competition areas at each venue will be restricted to those with a valid reason and accreditation pass.

If a person violates the access control rules, security personnel will hold that person until a resolution is determined (e.g. revocation of accreditation).

Accreditation Check in Process

Step 1: Registration Package pick up

Step 2: Welcome Centre

Step 3: Track events only: Confirm your track events at least one hour before the event at the confirmation desk near the call room.

Required Government Issued ID:

All athletes must present a Government-Issued ID Card which shows the athlete's photo, date of birth and signature, such as:

1. Passport
2. Driver's License
3. Other Government-issued ID Card

***Please note registration packages will not be issued if a government issued ID card is not presented.** If an athlete's Government-Issued ID is not available, the athlete will to visit the Customer Service desk where a Manager or Coordinator will resolve the issue.

Lost or Damaged Accreditation Passes

A replacement for a lost or damaged accreditation pass can be purchased from the customer service desk located in the Accreditation Centre desk for \$20.00 CAD **(cash only)**.

Non-Stadia Athletes Registration Package Pick Up

10K Road Race Walk/ 10km Road Race Thursday July 18th 2019 morning

All Non- Stadia athletes competing in the 10K Road Run on Thursday July 18th morning: If you do not pick up your registration package between 1:00-6:00pm on Wednesday July 17th at the Accreditation Center at TTFC, your registration package will be transported to the Road Run/walk venue at Tommy Thompson Park in advance of the morning race. Visit the mobile accreditation table located near the start line to pick up your package. Please arrive early to allow extra time to pick up your package.

6K/8K Cross-Country Sunday July 21st 2019 morning

All Non- Stadia athletes competing in the 6K/ 8K Cross-Country Runs on Sunday July 21st morning: If you do not pick up your registration package by Saturday July 20th at 6:00pm, your registration package will be brought to the Cross-Country venue at Centennial Park in advance of the morning race. Visit the mobile accreditation table located near the start line to pick up your package. Please arrive early to allow extra time to pick up your package.

All athletes must provide a Government – Issued Photo ID in order to pick up the registration package.

Awards Ceremonies

Medals will be presented for the top three times/marks in each category. Should a guest athlete rank 1st, 2nd or 3rd, their result will be marked with an asterisk (*). A duplicate medal(s) will be awarded to the top three competitors from NCC Member countries.

To encourage participation in the medal ceremonies, the medals will be presented by dignitaries ONSITE at each competition venue 60-90 minutes after each individual event ends. This will permit time for results to be posted and finalized (any protests/appeals considered).

Medalists should check in with the awards desk 50 minutes after the event ends to confirm medal presentation time.

Medalists are asked to check in and to wait in the awards holding area no less than 10 minutes before each award is scheduled to be presented.

Medalists will be escorted from the awards holding area to the podium area. Family members/friends and photographers can go directly to the podium area.

NCCToronto2019 will be using two podiums at the stadium locations. The presentations will rotate between the two podiums to permit photographs by family/friends for five (5) minutes after the medals have been presented. While the photography session on P1 is open, the second podium will be populated and presented with medals. When the second podium is open to photography, P1 will be populated and presented with medals.

For athletes who do not participate in the medal ceremonies, medals can be picked up two (2) hours after the event ends, or the following day(s) AT THE COMPETITION VENUE FOR THAT EVENT until Sunday at 6:00pm.

There is NO onsite engraving this year. The bilingual (English/French) medals are two-sided.

NCCWMA2019 Technical Information Centre (TIC)

The TIC will be located next to the Call Room. Athletes must declare themselves in all track events one hour, at the latest, prior to the start time of their events. Protest forms and relay forms are also available here. Protest forms must be submitted with the appropriate fee of \$50.00 CDN. Once the jury of Appeal has made a decision it will be made available at this area as well.

Location: Toronto Track and Field Centre (TTFC) **Wednesday, Thursday and Friday**

Address: 231 Ian MacDonald Blvd Toronto ON
TIC is on the ground level of the indoor track area

Location: Varsity Centre **Saturday and Sunday**

Address: 299 Bloor Street West Toronto ON
TIC is located beside the call room.

COMPETITION INFORMATION

Confirmation of Entries

Track Athletes must confirm their participation for each Track event entered, at the confirmation desk, no less than one hour before the scheduled start time. Non-stadia, jumps and throws competitors do not need to confirm their entries before their events.

For the 10km road and Cross-Country events it is not necessary to confirm.

Change of Events

Participants are **NOT** allowed to change or add events. They cannot take the place of another athlete in an event. In the case of non-compliance with these rules, the athlete may be disqualified from the entire competition.

Training and Warm Up areas

Training

TTFC is available for use prior to the meet. On days before the competition there may be a user fee charged by the facility. During the competition days athletes may warm up at TTFC on the indoor track. At Varsity (U of T) athletes can warm up on the pathways east of the track.

Warm Up for Field Events

Field events at TTFC may use the indoor facilities. At Varsity, there is limited facility for field event warm up. Athletes at both sites will be allowed a short warm up at their event area.

Equipment and Implements

Use of Official and Personal Implements

The LOC will provide at least three (3) IAAF implements complying with IAAF/WMA specifications for each throwing event. Personal implements are permitted for competition, provided they have previously been officially checked and certified by the Judge at your competition venue equipment control room. Personal Throwing implements shall only be issued to the competition of their owners. Any other competitor in the owner's competition has the right to use that equipment if they so wish.

The deadline for certification of personal implements for Combined Events and Throws Events is two (2) hours before the start of your age group in the venue of the event, if your event starts after 10:00am. If your event starts at 10:00 or earlier the deadline will be one (1) hour before. The location of the technical / weights and measures room at each venue will be clearly marked.

Athletes may collect their personal implements at the end of the event from the equipment room at that venue.

Pole Vault Information

Pole Vault Poles for the NCCWMA2019 Championships

Cost to use poles at this meet:

Pre-Registered & Pre-Paid (online through 6/ 26/ 2019): \$35 USD (\$50 CAN)

Onsite: \$50 USD (\$70 CAN)

[LINK to online rental information](#)

Athletes bringing their own poles are required to register their implement at the pole vault facility next to the check in area at TTFC for Friday's competition. Poles will be securely stored for use by the athlete. A competitor's personal pole can be retrieved at check in prior to their event and at the conclusion of the event.

Competition Procedures

Rules of Competition

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.

Call Room Procedures

All track athletes must DECLARE their intent to compete no later than one (1) hour prior to the start of their event. This will be done at the confirmation desk near the call room at the venue that they will be competing at. Athletes competing on Saturday may declare on Friday at TTFC or one hour before their event on Saturday at Varsity.

Athletes must report to the Call Room for check in for all events – see schedule below.

From there, they will be marshaled to their respective event areas:

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

Check the site maps in the Venue for location of Call Rooms at each Stadium.

Once athletes have reported to the Call Room, they will not be permitted to leave. All necessary information concerning the competition will be provided to the athletes in the Call Room. The Call Room officials will verify the accreditation, competition number, uniform, shoes and personal effects of the athletes. All athletes will be escorted from the Call Room to the competition area. Athletes will be escorted in their full competition clothing to their areas. All other clothing/ shoes will be stored at the call room area for pickup after their event.

Non-Stadia

For non-stadia events, athletes must report to the check in area at the respective competition site at least 20 minutes prior to the event start time for 10km Road Race Walk and 10km Road Race and 10 minutes for the Cross Country.

Languages

English will be the primary language spoken in all NCCToronto 2019 Call Rooms. Where possible, French and Spanish speaking officials will be available. If necessary, athletes may report to the Call Room with an accredited translator.

Uniform

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.

Competition Numbers (Bibs)

All athletes will receive two bibs and eight (8) pins in their registration pack, which must be collected from the Accreditation area.

In all competition, the athlete must wear two bibs, properly attached to their competition top, with one bib on the front and one on the back, except for ~~jumps~~ field events, where the bib may be placed on the front or back or both.

For Non-Stadia races, the bib provided with the transponder must be worn on the front of their competition top.

The bibs must not be cut, bent or otherwise modified, under penalty of disqualification. In relay events, athletes wear their own competition bibs.

Competition Site Exit Procedures

In the high jump and pole vault events, athletes are permitted to leave the competition area after they have been eliminated.

In combined events, athletes will leave the track after the event, with a Judge. It is necessary to be accompanied by a Judge or a technical assistant to use the toilets during the competition.

All athletes must leave the competition area and proceed through the **Call Room Area** where track athletes will collect their personal belongings.

Display of Results

The results will be posted at each competition venue where the events are conducted. Results will also be available on the website at <https://nccwma2019.com/> under "results".

Personal Items

Athletes are not allowed to take into or use in the competition area tape recorders, radios, cell/mobile phones, cameras or any other electronic devices. These items will be confiscated and may be recovered at the call room at the end of the event.

Any advertising on the uniforms or bags of athletes must be in accordance with IAAF rules. Every item not in accordance with these rules will be confiscated and returned at the end of the competition.

Spikes

The call room staff will be responsible for checking the spikes on the athletes' shoes. The maximum length spikes for track events will be 7mm, with 9mm for field events or 12mm for the high jump and javelin. **ONLY** Christmas Tree or Pyramid spikes are allowed. Needle spikes are **not** permitted.

Seeding for Heats (Ranking)

There may be heats for running events from the 100m up to and including the 800m, and athletes will be assigned to heats according to the time provided with their entry.

For events with two rounds, the first round (Prelims) will **always** be conducted at the scheduled time for the prelims. Finals will **always** be conducted at finals time. Events that are straight finals will be run at the time of the final.

Advancement Procedure

The Advancement tables in the WMA Rules of Competition will be used.

Competition Schedule

The Competition Schedule by day and by site is provided on pages 23-26 or is available on the website: <https://nccwma2019.com/wp-content/uploads/2019/07/Schedule-Final-1.pdf>

Schedule Changes

Any change to the competition program will be posted at the call room and online. No event will start earlier than the scheduled time on the program.

Timing and Performance Measurement

Results and Records

The NCCWMA Records Officer automatically records the world records broken during the championships. For enquiries about national records, athletes should contact their team manager.

Post-Competition Procedures

Results for each venue will be posted at that competition site. All final results will be posted online on the website www.nccwma2019.com

Protests and Appeals

Protests and appeals must be made in compliance with the rules of the IAAF and WMA as modified below and appeals submitted no later than one (1) hour after the display of the results. Results will be displayed at each competition venue. A Protest is an immediate disagreement about any aspect of any event. An appeal is a disagreement with a Referees' decision about a Protest. There cannot be an Appeal without a Protest being held and a Referee decision.

Protests

Protests concerning the status of an athlete to participate in the championships or a particular event must be made at accreditation. It is the athletes' responsibility to provide appropriate documentation of proof at that time.

Protests concerning the conduct or the result of an event, should be made immediately to the Head Judge, of the event or the referee. Officials will do everything possible to preserve the rights of the Athlete such as provisionally measuring throws or jumps.

Appeals

If the athlete does not agree with a decision made by the Referee, the athlete or their team manager must then turn in a written appeal to the TIC.

Any appeal must be lodged at the TIC, near the call room. The time limit for lodging an appeal is one (1) hour from the time the results are posted.

If the event is held in the LAST two (2) hours of the day of competition and the TIC has closed, the time allowed for appeal will be extended into the opening time of the TIC the following day. The Appeal shall be in writing using the form provided for this purpose. The forms can be requested from the TIC. The form should be signed by the team manager, the athlete or official acting on behalf of the athlete concerned.

A fee of \$50.00 will be required with the submission of the appeal. If the appeal is not upheld, the fee will not be returned.

An appeal can only be lodged at the TIC. The Jury of Appeal shall issue a written decision. The decision will be available at the TIC.

Starting Blocks

Starting blocks are not mandatory, but only starting blocks provided by the LOC will be allowed.

False Starts

For running events, any athlete who makes a false start will be warned with a yellow card. Athletes who commit two false starts will be notified by a red card and will be eliminated from the competition. This rule also applies to Combined Events.

Composition of Finals

The finals will consist of:

- 8 athletes for the 100m, 200m, the 400m, sprint hurdles and the long hurdles.
- 12 athletes for the 800m.
- For races longer than 800m, there will be direct finals.

See race advancement procedure tables in WMA Rules of Competition.

Lap Timing and Counting

For the races on the track, there will be lap counters and judges who will keep track of the progression of the athletes. All races will be electronically timed.

Timing and lap counting for Non-Stadia will be by the chip that is part of your front bib. As the chip is a disposable item it is not necessary to return it. Timing will be by gun start.

Track Relays

Relay Team entries must be made using the official form available from the TIC. The Team Manager must hand in the completed form with the \$25.00 CDN for each relay to the TIC before the deadline of 2:30 pm on Saturday. Late relay forms will NOT be accepted.

All runners must have been entered in an individual event and must wear their own bibs.

Only one team entry in each 5-year age group will be accepted from each country.

One team member must be from the entered age group, the other team members may be in the same age group or from an older age group. An athlete can compete for only one age group for each relay distance (4x100 / 4x400m).

On the form, the team manager must list the names of four (4) members of the team and up to three (3) substitutes (alternates or reserves), if the team wishes to use substitutes (potential replacements). The submitted names should show the order of running. The final running order (using only the runners from the submitted names on relay entry form) must be made when checking in to the call room. If a team does not compete in the running order given to the call room, they will be disqualified.

Affiliates who do not have a team manager should submit their forms directly to the TIC.

Relay teams comprising members of several countries or a mixture of men and women will not be allowed to run.

Field Events

Vertical Jumps

For competitions where age categories are mixed, the winner of each age group may request a special height not in-official progression. The other competitors will not be allowed to jump at this special height but will resume the competition at the next official height.

Starting Heights and Progression in the Competition

The starting heights will be determined at the event. Below are the progressions. The competition will **NOT** start at a height lower than the equipment permits

High Jump		Pole Vault	
Ages	Progression	Ages	Progression
W30-59	5cm	W35+	10cm
W60+	3cm	M30-69	15cm
M30 -69	5cm	M70+	10cm
M70+	3cm		

Horizontal Jumps and Throws

The event will be conducted as a final. Each athlete will have 3 jumps or throws. The 8 athletes in each age group with the best performances will have a further three trials. The competing order for the last three trials shall remain the same as the trials.

Combined Events

Athletes will only move from one competition area to another as instructed by the combined events referee. Athletes will have to bring with them own drinks and food during the events.

The referee will be the official source of information for the location and schedule of events.

The referee will announce the results to the participants at the end of each event.

The starting heights in the vertical jumps are determined by the athletes.

Throws Pentathlon

The order of events for the Throwing Pentathlon will be:
Hammer, Shot Put, Discus, Javelin, and Weight.

Non-Stadia Events: 10km Race Walking Cross Country and 10km Road Race

There are no team awards for non-stadia events.

Cross Country

The Cross Country events will be held in a rolling parkland with tree cover. Races will be conducted in the following categories:

6km Cross Country (Male and Female age groups 70 and over)

8km Cross Country (Male and Female age groups 30- 65)

A Refreshment post will be provided at every lap as stated in the rules of the IAAF and WMA. No personal drinks will be allowed. Medical staff will be present on the course and at the start and finish lines.

Results will be available in the area of competition and online at <https://nccwma2019.com/>.

Awards will be given at the competition venue at the conclusion of the races.

Race-Walking Events

Race-walking will be judged by a team of international race-walking judges.

Athletes can be disqualified during or after the race.

Road Race-Walking Race

The road-walking loops are 2 km. The races will start on the road and finish in Tommy Thompson Park (See page 16 for a map of the course.)

The athletes are allowed to have their own refreshments. They must be clearly marked with the bib number and will be available on the table for personal refreshments. Athletes are required to give their personal refreshments to the staff at least one (1) hour before the start of the race. For this they must bring the drinks to the tables provided for this purpose in the refreshment area. A maximum of two officials per country may be stationed behind the drinks table to manage the personal refreshments of the athletes competing. No refreshments to be issued outside the refreshment zone. Country representatives must not in any way interfere with the progress of the race.

An athlete who receives or collects refreshment or water from a place other than the official stations or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card.

Medical staff will be located around the course and near the finish line.

10km Road Race

The 10km Road Races (2 5km laps) will start and finish at the same site as the race walk.

Start times for age groups in the 10km Road Race are as listed in the Competition Timetable.

Medals will be awarded to the top three (3) individuals in each age category, men and women, at the awards site at the competition venue at the conclusion of the event. There are no team medals awarded for this event.

The maximum time to complete in the 10Km Road Race will be 1hour 30 minutes.

Safety Officers

A Safety Director has the overall responsibility for the safety of athletes competing in the championships, safety aspects at competition venues and generally to ensure the overall safety of all aspects of the competition.

Safety Officers have the authority to withdraw from competition any athlete whose continued participation in the competition would, in the opinion of the Safety Officers, endanger the athlete's health and/or the safety of the other competitors. The decision to withdraw an athlete from any competition may be exercised by the Safety Director, a Safety Officer or through Deputies appointed to assist the Safety Officers.

Wherever possible the Safety Officers will consult with a Medical representative before taking action to withdraw an athlete from competition.

Safety Officers and any appointed Deputies will be clearly identified.

Withdrawal Procedure

Safety Officers or their appointed Deputies will initially orally speak with the athlete to alert them of safety or health concerns, or, if appropriate, issue a yellow card warning to the athlete. If the concerns continue and a decision is taken to remove the athlete from the competition because of health and or safety reasons, a RED card will be shown to the athlete as well as an oral instruction, advising that the athlete has been disqualified. The athlete must then immediately cease to participate in the event and leave the competition area.

Accommodations

The 2019 NCCWMA Championships is pleased to partner with Sport-Travel as our official Accommodations provider.



All participants & attendees requiring housing for the event should utilize the services of Sport-Travel.

With over two decades in the industry, Sport-Travel comes highly recommended for their commitment to securing the lowest rates, providing professional service and simplifying the booking process.

Please book via the [link](#) or contact Sport-Travel office at 1 800 304 6346 x 222 or x 226 for all your accommodation needs.

The Chelsea Hotel is the official meet hotel
Address: 33 Gerrard St W, Toronto, ON M5G 1Z4

Medical Information

In an emergency, seconds count. When police, fire or medical emergencies occur, call 9-1-1. Trained emergency call takers will provide you with the information and assistance you need.

In an emergency call 9-1-1

Key Facts

- When using a cellular phone be prepared to give the exact location of the emergency. The call is free.
- At a business or other location, you may need to dial an outside line before dialing 9-1-1.
- At a pay phone, dial 9-1-1. The call is free.
- For TTY access (Telephone Device for the Deaf), press the space bar announcer key repeatedly until a response is received.
- If you do not speak English, you must stay on the line while the call taker contacts our telephone translations service.

Tips When You Call

Remain calm and speak clearly. Identify which emergency service you require (police, fire or ambulance) and be prepared to provide the following information:

- a description of what is happening
 - the location
 - your name, address and telephone number
- Please remain on the line to provide additional information if requested to do so by the call taker. Do not hang up until the call taker tells you to do so.

If you are in a life-threatening situation, dial 911 or go to your nearest hospital emergency department.

If you are unsure whether it is an emergency, visit your closest hospital emergency department or call Telehealth Ontario toll-free at 1-866-797-0000.

Nearest hospitals

Toronto General Hospital Emergency Dept.

190 Elizabeth Street
Enter at corner of Elizabeth and Gerrard Streets
R. Fraser Elliott Building – Ground Floor
Phone: 416 340 3946
[TGH Maps & Directions](#)

Humber River Hospital Emergency Dept.

1235 Wilson Ave
Toronto, ON
Canada M3M 0B2
416-242-1000
[HRH Map & directions](#)

St. Michael's Hospital Emergency Department

Regional Trauma & Stroke Centre

30 Bond Street
Corner of Victoria St and Shuter St Northwest side of the Hospital
Phone: 416-864-5094
[SMH Maps & Directions](#)

Sun Safety and Heat Stress

The weather in Toronto in July is often very hot and sunny. Please be mindful of sun safety and possible heat stress. Water stations will be available at each venue. Please ensure you have a re-fillable water bottle with you. (See page 10 for information about Safe Tap Water in Toronto.)

Treatment:

- Drink cool water
- Fan or spray affected individual with water
- Gently massage and stretch affected muscles
- Move to a cool area
- Loosen clothing
- Lie down
- Eat a salty snack

Prevention Strategies:

- Wear a hat, preferably with a wide brim
- Wear light, loose & comfortable clothing
- Apply lip protection of minimum 15 SPF
- Take rests or breaks whenever you need to, preferably out of the sun
- Reduce activity levels and /or heat exposure
- Move around and avoid standing in one place for too long.
- Athletes, coaches, volunteers, officials and spectators should ALL check on each other to help spot the symptoms that often precede heat stroke
- Wear sunglasses
- Wear sunscreen min. 30 SPF
- Drink fluids regularly

Seek medical attention IMMEDIATELY if you see these signs of a heat stroke:

- Hot, dry, red skin
- Irrational behavior
- Fainting and convulsions

ENGLISH	FRENCH (Polite // Familiar) USE POLITE version unless you know the person well	SPANISH (Polite // Familiar) USE POLITE version unless you know the person well
BASICS		
Yes / No	Oui /Non	Si/ No
Please	S'il vous plaît // s'il te plaît	Por Favor
Thank You (very much)	Merci (beaucoup)	(Muchas) Gracias
EMERGENCY	URGENCE	EMERGENCIA
Help!	Au Secours !	¡Socorro!
Call the police	Appelez la police	Llame la policía
I need help!	J'ai besoin d'aide	¡Necesito ayuda!
I'm wounded	Je suis blessé	Estoy herido
I've been robbed	J'ai été volé	He sido robado
I need ... assistance	J'ai besoin ... d'assistance	Necesito ... su ayuda
.. An ambulance	... d'une ambulance	.. una ambulancia
I need a wheelchair	J'ai besoin d'un fauteuil roulant	Necesito una silla de ruedas
.. A Fibrillator	.. Un Fibrillateur	.. Un Fibrilador
... nurse / doctor	... d'une infirmière / d'un Docteur	.. Una enfermera / un doctor
I need to nurse my baby	J'ai besoin d'allaiter mon bébé	Necesito amamantar a mi bebe
I'm hot, I need to cool down	J'ai chaud, J'ai besoin de me refroidir	Tengo calor, necesito refriarme
Where is...	Ou est/Ou se trouve ...	¿Dónde Esta ...
the First Aid station (nearest)	Le Poste de secours (plus proche)	la estación de primeros auxilios (más cercana)
...Security Post	Le poste de sécurité	la estación de seguridad
.. A Drugstore	... une Pharmacie	... una Farmacia

Tourism Information

Toronto and the surrounding area are filled with excellent day trips and exciting opportunities. Some were created by nature (Niagara Falls), some for arts and society (ROM and AGO), while others were created for the fearless daredevil (CN Tower Edge Walk).

Bus tours from downtown Toronto to Niagara Falls (1.5 hours away)

<https://citysightseeingtoronto.com/niagara-falls/>

Wine tours from downtown Toronto to Niagara-on-the-Lake (2 hours away)

<https://www.winetourstoronto.com/>

CN Tower (downtown)

<https://www.cntower.ca/en-ca/home.html>

City Pass Toronto (Savings pass for multiple attractions in Toronto)

<https://www.citypass.com/toronto>

Ripley's Aquarium (downtown, beside CN Tower)

<https://www.ripleyaquariums.com/canada/>

Art Gallery of Ontario (AGO) (15-minute walk from Varsity Stadium)

<https://ago.ca/>

Royal Ontario Museum (ROM) (Beside Varsity Stadium)

<https://www.rom.on.ca/en>

Toronto Zoo (1 hour by transit from downtown)

<http://www.torontozoo.com/>

Kensington Market (Street Market, 20-minute walk from Varsity Stadium)

<https://www.seetorontonow.com/my-toronto/kensington-market-neighbourhood-guide/>

Greektown Danforth (Food district, 15 minutes by transit from Varsity Stadium)

<http://greektowntoronto.com/>

General Tourism Information for Toronto

<https://www.seetorontonow.com/>

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Thank you to our partners!



Toronto 2019

