26th ANNUAL McGILL TEAM CHALLENGE 2022, 26e ÉDITION

General Information—Renseignements généraux

DATES: Friday/Saturday, Jan 21-22, 2022

TIMES
Friday : 9am - 9:30pm
Saturday : 10am - 5pm

PLACE
Tomlinson Fieldhouse
475 Pine Avenue West
Montreal, QC
H2W 1S4

CATEGORIES
Open and Senior only (including throws and hurdles)

ENTRY FEE/EARLY ENTRY PERIOD

www.Trackiereg.com/mtc2022
Until Monday January 17th, 11pm
$25 per event
$350 per roster: Men's and women's teams are separate rosters

LATE FEE/LATE ENTRY PERIOD

www.Trackiereg.com/mtc2022
Monday January 17th 11:01pm - Wednesday January 19th 12:00 pm
$50 per event

LOCKER ROOMS
Locker rooms and showers are available, please bring your own lock and towel. **Do not leave valuables in your locker.**

HOTEL

See Page 6 for details
Delta Montreal
475 President Kennedy Ave.
Montreal, QC, H3A 1J7

Please book early as rooms will be released 4 weeks prior to the meet.

TEAM PACKAGES
Team packages can be picked on Friday morning at the Timing/Results room on the second floor of the Sports Complex.

DATES: Vendredi et samedi, 21 -22 jan 2022

HEURES
Vendredi : 09h00 - 21h30 / Samedi : 10h00 - 17h00

LIEU
Tomlinson Fieldhouse
475 avenue des Pins Ouest
Montréal, QC
H2W 1S4

CATÉGORIES
Ouvert et Sénior seulement (incluant les lancers et haies)

FRAIS D'INSCRIPTIONS/PÉRIODE D'INSCRIPTION RÉGULIÈRE

www.Trackiereg.com/mtc2022
Jusqu'à lundi 17 janvier, 23h00
25$ par épreuve
350$ par équipe. Les équipes masculines et féminines sont distinctes

FRAIS D'INSCRIPTIONS TARDIVES/PÉRIODE D'INSCRIPTION TARDIVE

www.Trackiereg.com/mtc2022
Du lundi 17 janvier 23h01 - mercredi 19 janvier 12h00
50$ par épreuve

VESTIAIRES
Seront à votre disposition. Apportez votre cadenas et serviette. **Veuillez ne pas laisser d'objets de valeur dans les vestiaires**

HOTEL

Détails à la page 6
Delta Montreal
475 President Kennedy Ave.
Montreal, QC, H3A 1J7

S'il vous plaît réserver le plus tôt possible. Les chambres seront libérées 4 semaines avant la rencontre.

TROUSSES DES ÉQUIPES
Les documents d'information seront disponibles ou à la salle des résultats au deuxième étage le vendredi matin.

26th ANNUAL McGILL TEAM CHALLENGE 2022, 26e ÉDITION

COVID-19 Guidelines

Règles COVID-19

All participants (excluding athletes, volunteers and officials), must register using this link, in order to comply with sanitary measures for contact tracing. **Participants can also register in-person, the day of the competition**. The list will be kept for 30 days. www.Trackiereg.com/trackmtc2022

All participants (athletes, officials, volunteers and coaches) must provide proof of adequate vaccination.

All participants (athletes, officials, volunteers and coaches) must wear a mask at all times. Exception : athletes who are warming up or competing.

Tous les participants (excluant les athlètes, bénévoles et officiels), doivent s'inscrire via ce lien afin de respecter les mesures sanitaires quant à la recherche des contacts en cas de contamination. **Vous pouvez également vous inscrire en présentiel, la journée de la competition.** Les données seront conservées 30 jours www.Trackiereg.com/trackmtc2022

Tous les participants (athlètes, officiels, bénévoles et entraîneurs) doivent fournir une preuve de vaccination adequate.

Tous les participants (athlètes, officiels, bénévoles et entraîneurs) doivent porter un masque en tout temps. Exception : athlètes en échauffement ou en compétition.

26th ANNUAL McGILL TEAM CHALLENGE 2022, 26e ÉDITION

Standards for Non-University Athletes
Minimas pour les athlètes non-universitaires

Women Femmes	Event Épreuve	Men Hommes
8.01	**60m**	7.19
42.18	**300m**	36.26
01:36.72	**600m**	01:23.09
02:58.27	**1000m**	02:34.22
04:48.92	**1500m**	04:02.13
10:09.31	**3000m**	08:45.81
9.26	**60m H**	8.40
1.63	**HJ**	2.00
3.46	**PV**	4.57
5.12	**LJ**	6.46
10.91	**TJ**	13.83
11.71	**SP**	13.44
14.06	**WT**	14.28
3346	**Pent**	3122

SPORT. ÉDUCATION. FIERTÉ.

26th ANNUAL McGILL TEAM CHALLENGE 2022, 26e ÉDITION

Technical Information (1/2) - Renseignements techniques (1/2)

ENTRIES

www.Trackiereg.com/mtc2022

Early bird
All non-University entries before 11pm, Monday January 17th (no entries by email).

Late entries
No entries will be permitted after 12pm, Wednesday January 19th.

ATHLETE AFFILIATION
Athletes must be registered with their provincial body in the competitive sector in order to participate in this meet.

RELAY TEAMS
One team per university, women/men

CHECK-IN TABLE
Events will be seeded at the check-in table, as such the following procedure must be followed:
Report to the check-in table a minimum of one (1) hour before the start of your event. Field events check-in on site, PV - 60min, HJ - 40min, LJ, TJ, Throws, Multi-events - 30min,
You will not be able to compete if you miss the check in procedure!!!

FINAL SCHEDULE
The final schedule will be posted in the afternoon of Wednesday, January 19th. Schedule is subject to modification based on final entries.

INSCRIPTIONS

www.Trackiereg.com/mtc2022

Période régulière
Toutes les inscriptions non-universitaires avant 23h, le lundi 17 janvier (aucune inscription par courriel)
www.Trackiereg.com/mtc2022

Inscriptions tardives
Aucune inscription acceptée après 12h, le mercredi 19 janvier.

AFFLIATION DES ATHLÈTES
Les athlètes qui souhaitent participer à cette rencontre doivent être membreS de leur Fédération provinciale dans le volet compétitif

ÉQUIPES DE RELAIS
Une équipe par université, femmes/hommes

CHAMBRE D'APPEL
Piste : La composition des vagues sera faite à partir de la liste des athlètes qui se seront présentés à la chambre d'appel dans les délais prescrits. Veuillez vous présenter à la chambre d'appel au moins une (1) heure avant votre épreuve.
Concours : Veuillez vous presenter directement à l'aire de l'épreuve . PV - 60min, HJ– 40min, LJ,TJ, Mult, lancer-30min
Aucun athlète ne pourra participer à une épreuve de piste sans avoir respecté la procédure de la chambre d'appel!!!

HORAIRE FINAL
L'horaire final sera affiché le mercredi 19 janvier, en après-midi. L'horaire est sujet à modification selon les dernières inscriptions.

26th ANNUAL McGILL TEAM CHALLENGE 2022, 26e ÉDITION

Technical Information (2/2) - Renseignements techniques (2/2)

THROWS
Please bring your own throwing implements. Senior category only.
See tentative schedule for registration cap. Priority will be given to University entries. All other entries will be placed on the waiting list and will be notified Tuesday January 18th.

COMBINED EVENTS
Maximum of 12 athletes. Priority will be given to University entries. All other entries will be placed on the waiting list and will be notified
Tuesday January 18th.

SPIKES
Spikes must be 7mm or ¼ in pyramids. No ¼ in pins or Christmas trees.

SCORING
10-8-6-5-4-3-2-1

RESULTS
www.mcgilltrack.com

SECURITY
For security purposes, the wearing of headphones is NOT PERMITTED on the track or in the infield. This prevents athletes from hearing instructions and delays the meet. Please keep the starting areas clear for the officials.

LANCERS
S.V.P. apportez vos propres engins de lancer. Catégorie Sénior seulement.
Voir l'horaire provisoire pour connaître le nombre maximal d'inscriptions. La priorité sera accordée aux athlètes Universitaires. Les autres inscriptions seront placées sur une liste d'attente et seront avisées le mardi 18 janvier.

ÉPREUVES COMBINÉES
Maximum de 12 athlètes. La priorité sera accordée aux athlètes Universitaires. Les autres inscriptions seront placées sur une liste d'attente et seront avisées le mardi 18 janvier.

POINTES
Les pointes ne devront être plus longues que 7mm de type pyramidale. Les pointes en forme d'arbre de noël ne seront pas acceptées.

POINTAGE
10-8-6-5-4-3-2-1

RÉSULTATS
www.mcgilltrack.com

SÉCURITÉ
Pour des raisons de sécurité, et pour éviter les délais, les écouteurs ne sont pas permis dans la zone de compétition. S'il vous plait, gardez les zones de départ libres pour permettre le travail des officiels.

2021 Room Rates

Thank you for choosing **Delta Hotels Montreal**, located at 475 President-Kennedy Avenue, Montreal, QC H3A 1J7, (514) 286-1986, to host the **McGill Team Challenge**. This letter outlines the requirements we discussed for your event. We are committed to meeting your needs, delighting your guests, and providing high quality service and attention to detail during your group's stay.

Rooms Information: The Hotel agrees that it will provide, and McGill University intends to use, 120 room nights in the pattern set forth below:

Date	Day	Standard	Total Rooms
01/20/2022	Thu	45	45
01/21/2022	Fri	45	45
01/22/2022	Sat	30	30

Start Date	End Date	Room Type	Single	Double
01/20/2022	01/22/2022	Standard	$165.00	$165.00

The Hotel's room rates are subject to applicable state and local taxes (currently **TAX**%) in effect at the time of check out.

The group room rates listed above are net non-commissionable. McGill University will be responsible to pay any commissions due to any agency for this event.

Please have the guests in your group directly call Marriott Reservations at 1 (844) 860-3753 on or before **Friday, January 7, 2022**, (**the "Cutoff Date"**) to make their sleeping room reservations. Please advise guests to identify themselves as part of the McGill University group staying at the Delta Hotels Montreal, located at 475 President-Kennedy Avenue, Montreal, QC H3A 1J7.

All reservations must be guaranteed with a major credit card. The hotel will not hold any reservations unless secured by credit card.

INDIVIDUAL GUESTROOM CANCELLATION

Individual reservations may be cancelled up until 72 hours local time prior to arrival with no penalty. Cancellations received after this time will be subject to one night's room & tax, applied to the credit card used to guarantee the reservation.

DELTA HOTELS
MARRIOTT

26th ANNUAL McGILL TEAM CHALLENGE 2022, 26e ÉDITION

Friday January 21

Time	Schedule/Horaire	F/M	Sections	No of Ath.	Sections	Notes
12:00	Weight Throw	F				Max 15
13:45	Weight Throw	M				Max 15
15:30	60m	M	Heptathlon			Max 12
15:40	60m Hurdles /Haies		Pentathlon			Max 12
16:00	1000m	F	Timed Sections Chrono			
16:00	Long Jump	M	Heptathlon			
16:15	High Jump	F	Pentathlon			
16:40	1000m	M	Timed Sections Chrono			
17:00	Shot Put	M	Heptathlon			
17:10	3000m	F	Timed Sections Chrono			
17:15	Triple Jump	W				Max 24
18:00	Pole Vault	M	Open			
18:10	3000m	M	Timed Sections Chrono			
18:15	High Jump	M	Heptathlon			
18:30	Shot Put	F	Pentathlon			
19:00	Opening Ceremony		cérémonie d'ouverture			
19:30	60m	F	Heats			
19:45	Long Jump	F	Pentathlon			
19:50	60m	M	Heats			
20:35	60m (B & A)	F	Final(e)			
20:40	60m (B & A)	M	Final(e)			
20:50	800m	F	Pentathlon			
20:55	4x 800m	F	Timed Sections Chrono			
21:10	4x 800m	M	Timed Sections Chrono			
21:25	4x 200m	F	Timed Sections Chrono			No lane 1
21:40	4x 200m	M	Timed Sections Chrono			No lane 1

Saturday, January 22, 2022

Time	Schedule/Horaire			
09:30	Long Jump	M		Max 30
10:00	60m Hurdles /Haies	M	Heptathlon	
10:10	60m Hurdles/Haies	M	Heats/Vagues	
10:20	60m Hurdles/Haies	F	Heats/Vagues	
10:45	60m Hurdles/Haies	M	Final(e)	
10:45	Pole Vault	M	Heptathlon	
10:55	60m Hurdles/Haies	F	Final(e)	
11:05	600m	F	Timed Section Chrono	
11:30	600m	M	Timed Section Chrono	
12:00	High Jump	F	Open	
12:00	Shot Put	F	Open	Max 20
12:00	Long Jump	F	Open	Max 30
12:10	Track break			
13:00	300m	F	Timed Sections Chrono	No lane 1
13:45	300m	M	Timed Sections Chrono	No lane 1
14:15	Shot Put	M	Open	Max 20
14:15	Pole Vault	F	Open	
14:30	High Jump	M		
14:35	1000m	M	Heptathlon	
14:45	1500m	F	Timed Sections Chrono	
15:00	Triple Jump	M		Max 24
15:40	1500m	M	Timed Sections Chrono	
16:25	4x400m	F	Timed Sections Chrono	
16:40	4x400m	M	Timed Sections Chrono	

26th Annual McGill Team Challenge 2022— Records & USports Standards

Event 1 Women 60 Meter Dash Open

Meet 7.29 2014 Kimberly Hyacinthe - Vainqueurs

Fieldhouse 7.29 2014 Kimberly Hyacinthe - Vainqueurs

USports Standard 7.50

Event 2 Women 300 Meter Run Open

Meet 37.46 2014 Kimberly Hyacinthe - Vainqueurs

Fieldhouse 37.46 2014 Kimberly Hacynthe - Vainqueurs

USports Standard 38.68 39.23 Flat

Event 3 Women 600 Meter Run Open

Meet 1:29.26 2020 Sonia Gaskin - York TC

Fieldhouse 1:29.26 2020 Sonia Gaskin - York TC

USports Standard 1:29.91 1:31.01 F

Event 4 Women 1000 Meter Run Open

Meet 2:46.81 2019 Maggie Smith - Halifast Athletics

Fieldhouse 2:45.1h 2003 Sarah Ali-Khan - McGill

USports Standard 2:45.37 2:47.18 F

Event 5 Women 1500 Meter Run Open

Meet 4:18.80 2018 Genevieve Lalonde - OSPR

Fieldhouse 4:18.75 2007 Megan Brown - Toronto

USports Standard 4:24.25 4:26.89 F

Event 6 Women 3000 Meter Run Open

Meet 9:11.69 2009 Megan Brown - Toronto

Fieldhouse 9:11.69 2009 Megan Brown - Toronto

USports Standard 9:30.53 9:35.42 F

Event 7 Women 60 Meter Hurdles 33 in. Open

Meet 8.19 2016 Nikita Holder - Flying Angels TC

Fieldhouse 8.19 2016 Nikita Holder - Flying Angels TC

USports Standard 8.38

Event 8 Women 4x200 Meter Relay Open

Meet 1:38.32 2019 Guelph - Guelph

Fieldhouse 1:37.57 1999 Saskatchewan

USports Standard 1:38.98 1:40.52 F

Event 9 Women 4x400 Meter Relay Open

Meet 3:43.90 2013 Toronto

Fieldhouse 3:43.90 2013 Toronto

USports Standard 3:46.85 3:49.86 F

Event 10 Women 4x800 Meter Relay Open

Meet 8:59.29 2013 Guelph - Guelph

Fieldhouse 8:56.63 2007 Toronto

USports Standard 9:01.24 9:07.48 F

Event 11 Women Long Jump Open

Meet 6.01m 2012 Laurence Beaudet - Montreal

Fieldhouse 6.17m 1998 Alice Falaiye - Toronto

USports Standard 5.92m

Event 12 Women Triple Jump Open

Meet 12.56m 2014 Julia Wallace - Guelph

Fieldhouse 12.76m 1999 Michelle Hastick - Unattached

USports Standard 12.01m

Event 13 Women High Jump Open

Meet 1.85m 2020 Barbara Bitchoka - CANI TC
Fieldhouse 1.89m 1998 Natalja Jackheere - Belgium

USports Standard 1.71m

Event 14 Women Pole Vault Open

Meet 4.35m 2013 Melanie Blouin - Laval

Fieldhouse 4.35m 2013 Melanie Blouin - Laval

USports Standard 3.83m

Event 15 Women Shot Put 4 Kg Open

Meet 15.27m 2014 Brittney Crew - York

Fieldhouse 16.22m 2009 Julie Labonte - Sherbrooke

USports Standard 13.63m

Event 16 Women Weight Throw 20 lbs Open

Meet 17.88m 2009 Annie Larose - Sherbrooke

Fieldhouse 18.25m 2011 Galina Mityaeva - Unattached

USports Standard 16.78m

Event 17 Women Indoor Pentathlon Open

Meet 3777 2016 Helena Reinfels - McGill

Fieldhouse 4380 2007 Jessica Zelinka - Calgary

USports Standard 3722

Event 18 Men 60 Meter Dash Open

Meet 6.71 2014 Dante Richards-Kwok - York

Fieldhouse 6.56 2002 Nick Macrozonaris - St-Laurent Select

USports Standard 6.81

Event 19 Men 300 Meter Run Open

Meet 32.95 2002 Shane Niemi - York

Fieldhouse 32.95 2002 Shane Niemi - York

USports Standard 33.77 34.34 F

Event 20 Men 600 Meter Run Open

Meet 1:16.90 2014 Luguelin Santos - Club Puma

Fieldhouse 1:16.90 2014 Luguelin Santos - Club Puma

USports Standard 1:18.80 1:19.98 F

Event 21 Men 1000 Meter Run Open

Meet 2:21.02 2015 Charles Philibert-Thiboutot - Laval

Fieldhouse 2:21.02 2015 Charles Philibert-Thiboutot - Laval

USports Standard 2:24.62 2:26.61 F

Event 22 Men 1500 Meter Run Open

Meet 3:43.21 2016 Charles Philibert-Thiboutot - Laval

Fieldhouse 3:43.21 2016 Charles Philibert-Thiboutot-Laval

USports Standard 3:48.28 3:51.24 F

Event 23 Men 3000 Meter Run Open

Meet 8:00.09 2019 Mike Tate - Speed River TFC

Fieldhouse 8:00.09 2019 Mike Tate - Speed River TFC

USports Standard 8:08.89 8:15.88 F

Event 24 Men 60 Meter Hurdles 42 in. Open

Meet 7.86 2015 Sekou Kaba - Ottawa Lions

Fieldhouse 7.75 2006 Charles Allen - Ottawa Lions

USports Standard 8.21

Event 25 Men 4x200 Meter Relay Open

Meet 1:26.80 2012-01-27 Ottawa

Fieldhouse 1:24.85 2007 Legacy Athletics

USports Standard 1:26.92 1:28.48 F

Event 26 Men 4x400 Meter Relay Open

Meet 3:16.30 2019 Guelph

Fieldhouse 3:14.12 2008 Calgary

USports Standard 3:16.01 3:19.14 F

Event 27 Men 4x800 Meter Relay Open

Meet 7:34.54 2014 Victoria

Fieldhouse 7:30.83 2008 Victoria

USports Standard 7:33.13 7:39.61 F

Event 28 Men Long Jump Open

Meet 7.63m 2010 Christopher Greenaway - Ottawa

Fieldhouse 7.63m 2010 Christopher Greenaway - Ottawa

USports Standard 7.28

Event 29 Men Triple Jump Open

Meet 15.46m 2013 Olivier Huet - Sherbrooke

Fieldhouse 16.15m 2003 Shawn Peters - Regina Athletics TC

USports Standard 14.51m

Event 30 Men High Jump Open

Meet 2.16m 2018 Sean Cate - Guelph

Fieldhouse 2.27m 1996 Kwaku Boateng - Concordia

USports Standard 2.08m

Event 31 Men Pole Vault Open

Meet 5.40m 2008-01-25 Jason Wurster - Toronto

Fieldhouse 5.40m 2008 Jason Wurster - Toronto

USports Standard 4.87m

Event 32 Men Shot Put 7.26 Kg Open

Meet 18.33m 2013 Tim Hendry - Guelph

Fieldhouse 18.33m 2013 Tim Hendry - Guelph

USports Standard 15.69m

Event 33 Men Weight Throw 35 lbs. Open

Meet 20.47m 2014 Daniel Nova - Unattached

Fieldhouse 23.61m 2007 Jim Steacy - Lethbridge

USports Standard 16.78m

Event 34 Men Indoor Pentathlon Open

Meet 3848 2015-01-24 Taylor Corney - Guelph

Fieldhouse 3877 2007 Jamie Adjetey-Nelson - Windsor

None

Event 34 Men Indoor Heptathlon

Meet 4979 2018 Mark Emode - Guelph

Fieldhouse 4979 2018 Mark Emode-Guelph

USports Standard 4671