



G M A A

Greater Montreal Athletic Association – 5925 Monkland Ave, Suite 101, H4A 1G7
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Outdoor Track & Field 2025

Subject to change based on exam sched and the track reservation.

Qualifying Meets: Girls: May 5th and May 12th
Boys: May 6th and May 13th

Date Selection: Once you have registered on S1 please send us an e-mail with your preferred dates. If you do not have a preference, dates will be assigned for you.

Championships: Girls: May 14th
Boys: May 20th

The top 8 in each event from each meet will qualify for the championships. ****1200's, 1500m, 2000m and 3000m a minimum time must also be met in the qualifying to qualify for the championships. ****

Locations: All meets will be held at Riverside Park in LaSalle, Rue Raymond, Montréal, QC H8P 3L2

Events and Categories: The events as well as the age categories have changed from previous years, please reference the handbook prior to registering.

Bantam Categories will be permitted to register 3 students per event. Two (2) Relay Teams are permitted, only one may qualify for the Championship Meet.

Cadet & Juvenile Categories will be permitted to register 5 students per event, however, only the top 3 students from each school can qualify for the Championship Meet. One (1) Relay Team is permitted

Provincials: June 6th, 7th & 8th in Saguenay Lac-Saint-Jean, Quebec

These dates are in exam time, please consult with your Administration to confirm whether or not you are able to send students (and staff) to this event.

Officials for qualifying meets: Every school will be assigned a duty for the qualifying meets. The official **MUST** be an adult – you need to bring student helpers, but there must be an adult in charge of the event. In the case of javelin and discus, 2 schools will be assigned so that there are 2 adults working the event.

We do not want students in the landing area of these events.

Photo finish will be used at all meets.

Officials for Championship Meets: The office will hire the officials. If you would like to work at the championships, please let us know in the office or at the qualifying meets.

Preparation of athletes: Please make sure that your athletes are trained for the events they are entering.

SPORT. EDUCATION. PRIDE.



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Do not put someone in an event if they do not know what they are doing. The official in charge of the event has the right to refuse participation in this case – especially if there is a danger factor i.e., discus and javelin). **This includes the finish line judges in the 1200m, 1500m, 2000m and 3000m have the right to remove students who are not prepared and are simply out for a “leisurely stroll”.**

Substitutions in Area Meets: There will be no additions at the qualifying meets, only substitutions, each school will be permitted a **maximum of 4 substitutions** on the day of the meet. Coaches will receive their sub cards in their package at the coaches meeting, no additional cards will be given out. Please make sure you have all your registrations in before the meets.

**** There are no substitutions permitted in the championship meets. ****

Supervision of Students during competition and over lunch – Coaches are responsible for supervising their students at all times, including the lunch break.

Students must be always wearing a school shirt.

Unless participating in an event, students are not permitted on the infield.

First Aid: There will be a therapist at each of the meets.

Handbook Revision and Governing Rules

Staff Member – There must be a staff member from each school before the students will be allowed to compete.

Eligibility – Please check the ages carefully. Also make sure that your athletes are not serving a suspension from another sport.

Uniform – an identifiable shirt is necessary for all students of each school. Athletes can be disqualified if not wearing an identifiable shirt from their school.

Coaches Commitment program – must be complete before the area meets. The new coaches commitment program only needs to be done once, but the coach must be registered to the team on S1 to track this.

The False Start Rule will be applied. The false start rule will be applied in all GMAA track and field meets, each race is permitted one false start which will be charged to everyone. For any further false start, that runner will be disqualified.