

TORONTO TRACK AND FIELD CENTRE

TRACK AND FIELD CENTRE – TRACK ETIQUETTE

- All athletes between 6 – 13 years of age are to be directly supervised at ALL times by an adult/coach/guardian
- The maximum ratio of adults/coaches/guardians to athletes within this age range is 1 coach to every 6 athletes
- Younger children between 6 and 8 years of age and new youth to the facility are strongly advised to be at arm's length until they are well familiarized with the facility's flow and potential safety hazards
- All users must look both ways before crossing any lanes on the oval and the straight tracks
- Listen for when people are calling "track" behind you and kindly move out of the oncoming sprinters way
- Be aware of who else is using a lane and how fast they are moving before you begin sprinting in that lane
- Do not use the jogging lane as a means of returning to the start of the 100m straight. Please use the blue space along the North wall
- No music devices permitted on the 5 lane indoor oval or 8 lane outdoor oval track

TRACK AND FIELD CENTRE – FACILITY REGULATIONS

OVAL TRACK

- Lane 1: Slow Lane (35-45 second 200's). Race walkers use Lane 1 only.
- Lane 2: Intermediate Lane (25-35 second 200's)
- Lane 3 – 5: Fast Lanes (sprinting only)
- Start intervals at a safe location on the track
- When completing an interval in any lane; stop, look and cross other lanes when safe
- Use the Recovery Lane (INSIDE THE CURBING) to walk or jog after an interval
- NO walking or jogging on the Oval Track
- Joggers and walkers are requested to use the 6th lane (Outside Lane) (see posting for daily direction)
- Outdoor 400m track; lanes are slowest to fastest speed, beginning on the inside lane



100m STRAIGHT TRACK

- Lane 1-5: Sprints
- Lane 6-8: Hurdles
- Please note:
 - During training/practice all sprinters will start at the 100m straight start. The TTFC will put markers to let participants know where 50m and 60m is.
 - Starting blocks will ONLY be permitted at the 50m/60m start during permitted events to fall in line with photo timing.
- When using the sprint and hurdle lanes walk back to the start along the North Wall of the field house
- Be aware of athletes using the lane beside you before you cross lanes
- NO weights are to be used on any tracks
- NO backwards drills on any tracks

30m WARM-UP STRAIGHT TRACK

- Use the 30m indoor warm-up straight track for drills, starts and hurdles
- Use the Long Jump/Triple Jump Runways for warm-up and drills when NOT being used by the jumpers
- Pre-approved Sleds can be use on the 30m straight track ONLY

ADDITIONAL IMPORTANT SAFETY NOTES:

- NO head phones when sprinting or using the oval track. No playing of music out loud within the facility.
- NO Ball/Object playing of any kind (ie. Baseballs, footballs, soccer balls, tennis, frisbee)
- NO Sport equipment outside track and field to be used (ie. Golf club, baseball bat, hockey stick, lacrosse stick, tennis racquet)

Please note:

- No person is permitted in the facility without the appropriate entrance fee
- Participants are only permitted in the facility within the hours of operation
- Participants who disregard announcements during closing time and stay past the allocated time are subject to review the code of conduct with the community recreation programmer
- No unauthorized parking is permitted. All vehicles are subject to being tagged and/or towed at owner's expense
- All participants must complete a drop in/membership form with emergency contact information