



**Royal Canadian Legion  
District E  
Track and Field Championships**

**LOCATION:** ST. THERESA'S HIGH SCHOOL,  
(MIDLAND – MAP ATTACHED)  
**DATE:** SATURDAY, JUNE 21<sup>st</sup>, 2014  
**REGISTRATION:** 9:00 AM  
**OPENING CEREMONIES:** 9:30 AM  
**FIRST EVENT:** 10:00 AM

**OPEN TO EVERYONE**

**Age Divisions**

**17 years and under (as of Dec. 31, 2014)**  
**15 years and under (as of Dec. 31, 2014)**  
**13 years and under (as of Dec. 31, 2014)**

**For further information contact  
Ken McKinnon 905-473-2372**

**District Commander  
Mike GIOVANETTI**

**Meet Director  
Ben RAYFIELD  
705-345-5460**

**Entries Director  
Ben RAYFIELD  
5 Price Drive  
Orillia, Ontario  
L3V 6H2**

**[drbenrayfield@hotmail.com](mailto:drbenrayfield@hotmail.com)**

**FAX #705-326-2001**

**District Track & Field Chairman  
Ken McKINNON  
#905-473-2372 (Res)**

**District Track & Field Co-Chairman  
Jim REID  
#705-687-8133 (Res)**

## MEET INFORMATION

### Facility:

- Asphalt 6 lane track, 6 mm spikes allowed
- There will be starting blocks, but you are encouraged to bring your own if you have them
- Washrooms are available
- Refreshments are available
- First aid will be provided
- Everyone is to come self contained for lunch. Cafeteria will not be open.

### Entries: (Two ways – Pick **ONE** only)

- Athletes can enter a maximum of 3 events
- \$2.00 per athlete per event
- Make cheques payable to “District E Track and Field”
- No post entries accepted
- **INCLUDE A SIGNED WAIVER WITH EACH ENTRY FORM – WAIVERS CAN BE BROUGHT TO THE MEET WITH EACH INDIVIDUAL ATHLETE**
- Include entries on entry form with event number
- See trackdatabase.com / Meet code **891XW** OR Send entries to:

#### **Entries Director**

**Ben RAYFIELD**

**5 Price Drive**

**Orillia, Ontario**

**L3V 6H2**

**[drbenrayfield@hotmail.com](mailto:drbenrayfield@hotmail.com)**

**FAX #705-326-2001**

**FAXED Entries are due by Friday, June 13<sup>th</sup>, 2014 – 4:00 pm**

**\*\*\*NO PHONE ENTRIES\*\*\***

**Provincial Meet: Brampton – July 11/12, 2014**

Eligibility for entry to the Provincial meet will be based on performance at the District E Meet and by Legion Provincial Standards. The Provincial team will be selected upon completion of the District E Meet. Athletes will be notified by telephone. Information packages for the Provincial Meet can be picked up the day of the District Meet.

**Rules:** Athletics Ontario rule apply

**Seeding:**

- Athletes will be assigned lanes according to seed times. Please seed athletes properly. Do not embarrass your athletes.

**Heats/Finals:**

- The 100 metre event has been scheduled with heats and finals. If there are 13 or more athletes, we will run heats and finals. If there are less than 13 athletes, we will run a timed final only. In a timed final all top seeds will be in the same heat. They will run slowest to fastest heats.

**Field Events:**

- Track events take precedence over field schedules. If the timing of a field event and track event conflict, the athlete must check in at both events, notify both officials of the conflict, and be ready to run the track event on time. The athlete will be able to return to the field event upon completion of the race with the following two exceptions:
  - 1) If the completion has progressed to the final six competitors then the event is closed
  - 2) In high jump, or pole vault, the competitor must jump at the current height. The bar may not be lowered.

**Jumps/Throws:**

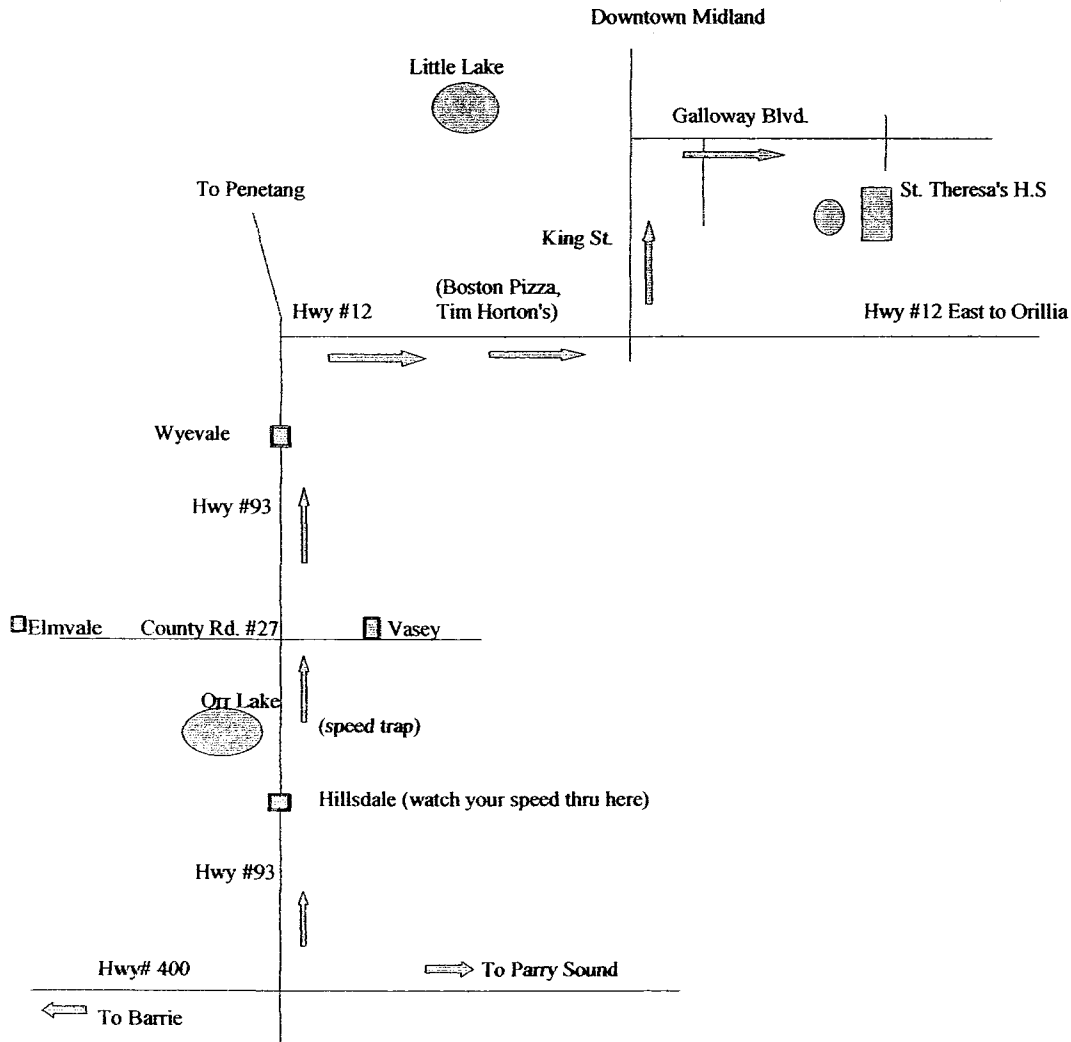
- Each athlete will be allowed 3 jumps/throws for the following events: long jump, triple jump, shot put and javelin. The top 6 will advance to have an additional 3 more attempts.

**High Jump**

**Pole Vault:**

- Athletes will be allowed 3 trials at each height and will be unable to progress to the next height unless a successful jump is made. Ties will be decided upon by the least number of misses.

# Directions to St. Theresa's High School Midland, Ontario



St. Theresa's High School  
347 Galloway Blvd.  
Midland, Ontario

**THE ROYAL CANADIAN LEGION  
TRACK AND FIELD PROGRAM  
PARENTAL-GUARDIAN CONSENT/PERSONAL HEALTH RECORD FORM**  
(Select one or all three by indicating with an "X")

District

Provincial

National

(PLEASE PRINT)

NAME OF ATHLETE: \_\_\_\_\_ FEMALE / MALE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

PHONE:(\_\_\_\_) \_\_\_\_\_ DATE OF BIRTH: Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PROVINCIAL HEALTH CARD NO./EXPIRYDATE: \_\_\_\_\_

DATE OF LAST COMPLETE MEDICAL CHECKUP: \_\_\_\_\_

If not available at the above address and phone number during the event(s), please provide the address and phone number where a parent or legal guardian may be reached.

PARENT OR LEGAL GUARDIAN:

ADDRESS: \_\_\_\_\_

PHONE:(\_\_\_\_) \_\_\_\_\_

The parent or legal guardian is assuming full responsibility for the applicant's health being such that athletic activities will in no way aggravate any conditions present. It is assumed that the parent will know their child's condition or seek competent advice before completing the form. If for any reason the athlete's medical status changes after this form has been assigned and your consent should be withdrawn or changed, the parent/guardian is obligated to notify their Royal Canadian Legion - Provincial Command (905-841-7999) or Dominion Command in Ottawa at (613-591-3335).

List any illness or disability, including allergies, which might affect the applicant's ability to perform at this event.

Clearly indicate all medications that the applicant must use during the event period. These must be clearly marked and handed to the nurse upon arrival. (Name of medication, condition for which it is prescribed, and dosage).

I hereby, for myself, my heirs, executors and administrators, release and forever discharge The Royal Canadian Legion, its agents, servants, representatives, successors and assignee and other bodies, corporate firms associations or person connected with the competitors of any and from any and all rights, claims, demands and actions whatsoever that I may have for any and all loss, damage to my equipment or injury sustained by me during the said competition. I also give consent for the free use of my name and/or picture in any broadcast, telecast or other account of the above event. I attest and verify that I am physically fit. I further provide my consent for the provision of emergency medical treatment, if necessary.

SIGNATURE OF ATHLETE: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

**THE ROYAL CANADIAN LEGION  
TRACK AND FIELD PROGRAM  
PARENTAL-GUARDIAN CONSENT/PERSONAL HEALTH RECORD FORM**  
(Select one or all three by indicating with an "X")

District                       Provincial                       National

A variety of therapeutic services may be provided for the athletes attending a Legion District, Provincial and/or National Track and Field Competition. The therapists may be student therapists that are completing clinical hours as part of their educational program. The athletes may wish to receive treatment before their events to limber up their muscles or following their event to cool down and prevent lactic acid build up in their limbs. The student therapists will be supervised by registered therapists at all times and the treatment will be performed through clothing or directly on skin on areas already exposed (i.e. legs, arms, etc.).

ALL athletes under the age of 18 must have a parent or legal guardian sign the consent form before any of the therapeutic services are performed.

**In order for an athlete to be eligible for these services, the following form must be completed, signed and provided to the Legion Provincial Command, which the athlete is representing:**

First/Family Name of Athlete: \_\_\_\_\_ Female/Male: \_\_\_\_\_

Phone Number:(\_\_\_\_) \_\_\_\_\_

Do you have any condition(s) that we should be aware of: e.g. diabetes, cancer, phlebitis or high blood pressure?     Yes             No

Are you taking any medications?     Yes     No

If yes, please inform your student therapist and/or supervisor as certain conditions may make it inadvisable to receive certain types of treatment.

**Please indicate on the list below, which forms of treatment you will/will not allow your child to undergo:**

	WILL ALLOW (✓)	WILL NOT ALLOW (✓)
First Aid Treatment	<input type="checkbox"/>	<input type="checkbox"/>
Cryotherapy (ice)	<input type="checkbox"/>	<input type="checkbox"/>
Heat Therapy	<input type="checkbox"/>	<input type="checkbox"/>
Massage Therapy	<input type="checkbox"/>	<input type="checkbox"/>
Physiotherapy	<input type="checkbox"/>	<input type="checkbox"/>
Athlete Injury Taping	<input type="checkbox"/>	<input type="checkbox"/>
Acupuncture	<input type="checkbox"/>	<input type="checkbox"/>

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(I give my consent for my child to be treated by a student therapist)

**Signature of Athlete:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(I consent to having a student therapist provide treatment)

**PLEASE BRING A COPY OF THE COMPLETED FORMS TO THE TREATMENT AREA AND GIVE TO THE SUPERVISOR IN CHARGE**



**ROYAL CANADIAN LEGION  
ONTARIO PROVINCIAL COMMAND**

I, the undersigned, grant to The Royal Canadian Legion, Ontario Provincial Command permission to use images of me photographed at the 2014 Track and Field Championships for purposes of display, ceremonies, publication and digital representation and other purposes in relation to the promotion of The Royal Canadian Legion and/or the Legion Provincial Track and Field Championships. I also give consent for the free use of my name and/or picture in any broadcast, telecast or other account of the above event.

\_\_\_\_\_  
Name of Athlete (please print)

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Name of Parent/Guardian (please print)

\_\_\_\_\_  
Signature of Parent/Guardian

## LEGION E - EVENT SCHEDULE

### **Track Events \*\* Steeplechase is offered at this meet\*\***

Order of all races is G13, G15, G17, B13, B15, B17 except hurdles  
(This will allow us to combine age groups without disrupting the order of competition. Also, make sure your athlete checks to see if ages will be combined. For example in the 1500m we often combine the G13 and G15 into one race.)

*Please be present by at least 9:00am in order to register and receive your number*

<b>Time</b>	<b>Event</b>	
10:00am	1500m/2000m Steeplechase	Final
10:30am	Sprint Hurdles (order is G13, B13, G15, G17, Hep Girls, B15, B17, Hep Boys)	Timed Finals
11:00am	1500m/ 1200m	Timed Finals
11:40am	100m (Less than 12 will run timed final only)	Heats/Finals
12:10pm	300m(U13 and 15) / 400m(U17)	Timed Finals
12:40pm	100m	Finals (if necessary)
1:15pm	Intermediate Hurdles (200mh/ 300mh) (order is G13, B13, G15, G17, B15, B17)	Timed Finals
1:45pm	200m (includes Heptathlon 200m)	Timed Finals
2:30pm	800m	Timed Finals
3:00pm	3000m/2000m	Timed Finals
3:45pm	Heptathlon 800m	

**This is a rolling schedule for the track events... We will run ahead of schedule if we are able. For example if the Sprint hurdles are done at 10:45 the 1500m/1200m will start at 10:45. Arrive at the track in plenty of time so as not to miss your event.**

### **Field Events (Jumps) \*\*Pole Vault is offered at this meet\*\***

All athletes will get 6 attempts in the long and triple jumps unless there are more than 8 entries in an age group in which case only the top 8 athletes after their first 3 jumps will get an additional 3 jumps. In the high jump the athlete can continue until they have 3 consecutive misses.

<b>Time</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>High Jump</b>	<b>Pole Vault</b>
10:00am				All girls and boys
10:00am	All girls		All boys	
11:30am	All boys		All girls	
1:00pm		All girls		
1:45pm		All boys		
2:00pm				

### **Field Events (Throws) \*\* Discus is offered at this meet\*\***

<b>Time</b>	<b>Javelin</b>	<b>Shot Put</b>	<b>Discus</b>
10:00am	All girls	All boys	
11:00am			All girls
12:00pm	All boys	All girls	
1:00pm			All boys

### **Heptathlon**

10:30am	Sprint Hurdles
10:30am	Shot Put
11:30pm	High Jump
12:00pm	Javelin
1:45pm	200 m (1 <sup>st</sup> 200m heat)
2:30pm	Long Jump
3:45pm	800 m



Meet Name: Legion District E  
Meet Code: **891XW**  
Meet Date: Jun 21, 2014  
  
Entry Close Date: **Jun 20, 2014 @ 11:55 pm**

**If this is your first meet with the Track Database online entries:**  
*(Returning Users, see below)*

Select 'Register' from the menu on the left to bring you to the registration page that will allow you to register your team. On your first visit to the registration system you will need to provide all the information required. OFSAA & CISAA have restricted modification abilities as much of their information is generated automatically.

Registration now uses a username and password, the username you create must be unique and cannot be changed. This username and password can be shared between the coaching team to allow multiple coaches to do registrations for segments of the team.

When you enter team data, be sure to use an email address which is checked often as any communication with either the meet convener, or trackDatabase.com will likely be time sensitive. Using the online entry system, your entries will be emailed to you prior to the entry close date in order to allow you time to review your entries and make any changes needed. These dates are set by your convener and should be noted in your meet package.

**Returning Users:**

Select 'Login' from the menu on the left and use the username and password from your previous meet(s).

**Joining a Meet:**

To join a new meet, select 'Join Meet' from the left menu. You will be prompted to enter the meet code provided by the convener. After entering this code and clicking the join meet button you will be added to the meet and it will now appear on your meet homepage.

**Adding your entries:**

The sign-up for relays is located under the "Athlete" heading. Select 'Relay Entries' to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

For all other events, you can select them in the edit view for each athlete, check the box beside the event to register for it, clicking submit at the bottom of the page will save the data entered. Seed times may optionally be entered for running events in the box provided.

**Copy Entries:**

After choosing the meet to edit, click the "copy entries" button, located at the top of the entries listing. This will bring up a form to select the meet you would like to copy the entries from. After selecting the source meet, a listing of all the athletes and entries from your team will come up, click the box beside the entries you would like to copy and click copy entries. The system will alert you if any of the copied entries are for events that don't match the current meet, or would violate entry limits.











