



## Ontario Indoor Combined Events Championships, Midget and Youth 1500m Walk Championships & Prep Meet

- Date: Saturday, February 7, 2015
- Location: Toronto Track & Field Centre (York University Campus, Toronto)
- Sanctioned by: Athletics Ontario
- Host Club: Flying Angels Academy
- Competition Director: Earl Letford [flyingangelstrack@hotmail.com](mailto:flyingangelstrack@hotmail.com)
- Entries Chairperson: Suzanne Leroux [suzanneleroux@rogers.com](mailto:suzanneleroux@rogers.com)
- Age Categories
- |        |         |                       |
|--------|---------|-----------------------|
| Bantam | (BG/BB) | born in 2002 or later |
| Midget | (MG/MB) | born in 2000 or later |
| Youth  | (YG/YB) | born in 1998 or later |
| Junior | (JW/JM) | born in 1996 or later |
| Senior | (SW/SM) | open                  |
- Entry Deadline: 11:59 pm, Monday, February 2, 2015
- Championship Fees:
- |                        |         |
|------------------------|---------|
| 1500m Walk, Tetrathlon | \$25.00 |
| Pentathlon             | \$30.00 |
- Non-Championship Events Fees:
- |  | Before the Deadline | After the Deadline* |
|--|---------------------|---------------------|
| - AO-registered (or AC/USATF-registered) | \$10.00 per event   | \$17.00 per event   |
| - Not registered with AO                 | \$15.00 per event   | \$25.00 per event   |
- \* where accepted
- Note: All fees include 13% HST    HST # 104002357RT
- Entry Method: TRACKIE: <http://www.trackie.com/online-registration/event.php?id=1813>
- No entries are to be dropped off at the Athletics Ontario (AO) office.  
No telephone entries. No faxed entries. NO REFUNDS.
- Waiver: Every participant is required to sign the waiver form attached. For athletes under the age of 18, a parent or guardian's signature must appear on the waiver. The waiver form must be submitted at the registration desk on the day of the competition.
- Payment: Via Trackie with on-line payment OR Entries via Trackie with advance payment by cheque. No cash or credit payments accepted. Cheque payable to: Athletics Ontario, 3 Concorde Gate, Suite 211, Toronto, ON M3C 3N7.  
Payment must be received in the AO office no later than Friday February 6.



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### Post Entries:

Entries in championship events received after the entry deadline will be accepted at the discretion of Athletics Ontario and only if it does not cause a disruption of the conduct of the meet. These entries will be subject to a \$50.00 per event entry fee if accepted. To be eligible for post entry, athletes must have been registered with Athletics Ontario by the registration deadline of 11:59 pm, Monday, February 2, 2015.

Athletes who intend on entering non-championship events on the day of the competition must complete their entry(ies) no later than 90 minutes prior to the revised start time of the event(s). If events are full, entries received after February 2 will not be accepted on the day. The revised schedule will be posted at [www.athleticsontario.ca](http://www.athleticsontario.ca) by February 6 and will note any events that are closed for further entries.

### Entry Confirmations:

As entries are processed, the performance lists will be made available on line on the Athletics Ontario website at: [www.athleticsontario.ca](http://www.athleticsontario.ca). Please check on line to confirm your entries following the entry deadline.

### Eligibility:

In Championship events, athletes residing in Ontario must be registered and their clubs affiliated for 2015 with Athletics Ontario by the Entry Deadline.

**Athletes not registered with Athletics Ontario by the Entry Deadline will be subject to a \$50 late registration fee, in addition to the regular membership fee, payable to Athletics Ontario prior to picking up their bib number.**

Athletes registered with Athletics Ontario as "Unattached" or "Disassociated" do not require a club affiliation.

Athletes residing in Ontario but representing a club from outside the province must be registered with their association and must be entered by their respective clubs.

Athletes residing outside of Ontario must be registered for 2015 with their provincial or state associations.

### Schedule:

The schedule is subject to minor adjustments. Arrive early. Along with the performance lists, a Final schedule will be posted at: [www.athleticsontario.ca](http://www.athleticsontario.ca) by February 6.

### Check-in Procedure:

**The standard check-in procedure used at AO Championships will be in use at this meet. Athletes entered in track events must check in at the designated check-in area separately for each event no sooner than 90 minutes and no later than 30 minutes prior to the scheduled or re-scheduled start time of the race.**



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**Athletes entered in field events must check in at their event site before the start of the first trial for any competitor in the event.**

**Athletes who fail to check-in as required will not be allowed to compete in the event. Please allow extra time for bad weather, traffic problems, etc. Picking up bib numbers does not constitute a check-in.**

**Lane & Heat Assignments:** Lanes, Heats and Sections will be assigned according to the rules of the IAAF/AO. Lane 1 will be vacant for all sections of the 150m and 200m events.

Following the check-in period, a list of heat and lane assignments will be posted at the start area for each event.

**Awards:** Gold, Silver, and Bronze medals will be awarded to the first three finishers from Ontario in each Championship event. No awards are given in the non-championship events.

**Indoor Club Championships Scoring** (applies to Combined Events and 1500m Walk only)

The top 6 Ontario athletes in each event and category will earn points for their clubs as follows: 1st – 7 points, 2nd – 5, 3rd – 4, 4th – 3, 5th – 2, 6th – 1.

**Facility:** Synthetic surface on 5-lane 200m banked oval and 8-lane sprint straight and field event approaches. Concrete throwing circle. Change room facilities and showers are available. Bring your own lock and towel.

**Facility Rules & Regulations:** Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length.

Only coaches, officials and meet volunteers will be permitted into the fieldhouse. All others must go to the spectator viewing area. Meet organizers will provide passes for AO coaches registered by the meet entry deadline.

NO street shoes on track surface.  
NO electronic devices are allowed in the competition area

**Off Limits:** All competition and official working areas are off limits to non-competitors at all times.

**Starting Blocks:** Official blocks will be supplied by meet management. However, any starting block complying with IAAF rules may be used. With the exception of events specifically identified as age-class events, starting blocks will be required by all athletes.



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**Start Rule modified for Bantams:**

In non-combined event competitions staged for Bantams only, one false start will be allowed per race without disqualification of an athlete. Any further false starts shall result in disqualification of the athlete making a false start.

**Sweatsuit Rule:**

To help the meet stay on schedule athletes must have removed their sweatsuits, Leggings, etc. and be ready to run by the time they are called to the start line. Please convey this information to the athletes.

**Implements**

All throwing implements will be provided by the meet management. Personal implements will be allowed and once checked in, will be entered into the competition equipment pool.

**Sportsmanship:**

Proper conduct extends to all athletes on and off the field during the meet and to parents, friends, and coaches especially at the meet site.

**Protests:**

All protests must be made as outlined in IAAF rule 146. In all cases, protests must be filed within 30 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The cost of \$25.00 will be returned if the protest is upheld or not considered frivolous by the Jury.

**Events:**

**Championship Events**

Midget Girls	Tetrathlon	60mH, HJ, SP, 200m
Youth Girls	Pentathlon	60mH, HJ, SP, LJ, 800m
Junior Women	Pentathlon	60mH, HJ, SP, LJ, 800m
Senior Women	Pentathlon	60mH, HJ, SP, LJ, 800m
Midget Boys	Tetrathlon	60mH, SP, HJ, 200m
Youth Boys	Pentathlon	60mH, LJ, SP, HJ, 1000m
Junior Men	Pentathlon	60mH, LJ, SP, HJ, 1000m
Senior Men	Pentathlon	60mH, LJ, SP, HJ, 1000m

Midget and Youth Girls 1500m Walk  
Midget and Youth Boys 1500m Walk

**Non-Championship Events**

60m	BG-BB-W-M	High Jump	OW-OM
150m	BG-BB	Pole Vault	OW-OM
200m	OW-OM	Long Jump	OW-OM
300m	MG-MB	Shot Put	W-M
400m	OW-OM	Weight Throw	W-M
800m	OW-OM	Triple Jump	OW-OM



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Midget and Youth 1500m Walk Championships  
& Prep Meet**

1200m	BG-BB-MG-MB
1500m	OW-OM
2000m	MG-MB
3000m	OW-OM
60m Hurdles	BG-BB-MG-MB-YG-YB-JW-JM-SW-SM
1500m Walk	OW (with Ontario Midget/Youth Girls Championship)
1500m Walk	OM (with Ontario Midget/Youth Boys Championship)

Specifications for Hurdling Events:

EVENT	DISTANCE	#	HEIGHT(m)	To 1st Hurdle	Between Hurdles
Bantam Girls	60m	5	0.762	12.00m	7.50m
Bantam Boys	60m	5	0.762	12.00m	7.50m
Midget Girls	60m	5	0.762	12.00m	8.00m
Midget Boys	60m	5	0.840	13.00m	8.50m
Youth Girls	60m	5	0.762	13.00m	8.50m
Youth Boys	60m	5	0.914	13.72m	9.14m
Junior Women	60m	5	0.840	13.00m	8.50m
Junior Men	60m	5	0.990	13.72m	9.14m
Senior Women	60m	5	0.840	13.00m	8.50m
Senior Men	60m	5	1.067	13.72m	9.14m

Seed Times:

Indoor 2014, outdoor 2014 and current indoor season performances achieved in AO-sanctioned or approved competitions will be accepted. Wind-assisted outdoor performances are acceptable. Outdoor times will be converted to indoor times (e.g., 0.5s added to outdoor 200m time; 1.1s added to outdoor 400m time). Estimates will not be accepted.

Performances from similar events will be accepted and will be converted:

Prep Meet Event	Acceptable Alternatives for Seed Purposes
60m	50m indoors; 100m outdoors
150m	200m indoors; 200m outdoors
200m	150m or 300m indoors; 150m, 200m or 300m outdoors
300m	200m or 400m indoors or outdoors
400m	300m or 600m indoors or outdoors
800m	600m or 1000m indoors or outdoors
1200m	800m or 1000m or 1500m indoors or outdoors
1500m	800m or 1200m or 2000m indoors or outdoors
2000m	1500m or 3000m indoors or outdoors
3000m	2000m indoors or outdoors
60m H	50m Hurdles



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As a guide for coaches who need to decide which performance to submit for seeding purposes at the Prep meets please see the conversion chart below.

Initially, if using outdoor performances, do the following operations:

<u>Outdoor Event</u>	<u>Convert Outdoor Time to Indoor</u>
150m	add 0.25s to outdoor time
200m	add 0.50s
300m	add 0.80s
400m	add 1.10s
800m	add 2.40s
1200m	add 3.50s
1500m	add 3.90s
2000m	add 4.58s
3000m	add 5.90s

Then do the following calculations:

<u>Convert:</u>	<u>Calculation:</u>
50m to 60m:	50m time x 1.158
100m outdoors to 60m:	100m time x 0.648
150 to 200m:	150m time x 1.369
200m to 150m:	200m time x 0.731
200m to 300m:	200m time x 1.597
300m to 200m:	300m time x 0.6261
300m to 400m:	300m time x 1.404
400m to 300m:	400m time x 0.713
600m to 400m:	600m time in sec. x 0.615
600m to 800m:	600m time in sec. x 1.435
800m to 1200m:	800m time in sec. x 1.645
800m to 1500m:	800m time in sec. x 2.0588
1000m to 800m:	1000m time in sec. x 0.7654
1200m to 1500m:	1200m time in sec. x 1.2747
1500m to 1200m:	1500m time in sec. x 0.7845
1500m to 2000m:	1500m time in sec. x 1.3921
2000m to 1500m:	2000m time in sec. x 0.7183
2000m to 3000m:	2000m time in sec. x 1.5457
3000m to 2000m:	3000m time in sec. x 0.6470



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Specifications for Throwing Events:

Shot Put

BG	BB	MG	MB	YG	YB	JW	JM	SW	SM
3.00kg	3.00kg	3.00kg	4.00kg	3.00kg	5.00kg	4.00kg	6.00kg	4.00kg	7.26kg

Weight Throw

MG	MB	YG	YB	JW	JM	SW	SM
5.45kg	7.26kg	7.26kg	9.072kg	9.072kg	11.338kg	9.072kg	15.876kg

Spectator Admission Fees: \$2.00 per day per person (12 and under FREE)

How to get to the Toronto Track & Field Centre:

Due to subway construction, the parking lot adjacent to the west end of the Toronto Track and Field Centre will be closed. Therefore, follow the instructions below to the new location.

1. Follow Highway 401 to Highway 400 North.
2. Follow Highway 400 North top the Steeles Avenue exit.
3. Go East (left) on Steeles, past Jane Street and the University Northwest Gate to the next set of lights.
4. Turn right on Founders Road
5. Immediate first left entrance to parking lot.
6. Follow the pathway to the main doors of the Track Centre.

Accommodations: Athletics Ontario strongly recommends: (Make sure to ask for the Athletics Ontario rate)

**Comfort Inn North York**  
 66 Norfinch Drive  
 North York, ON M3N 1X1  
 (416) 736-4700  
 Room Rate: \$84.99  
 \*\*Based upon availability\*\*  
**\*Complimentary Parking & Comfort Sunshine Continental Breakfast**

**Holiday Inn Express North York**  
 30 Norfinch Drive  
 North York, ON M3N 1X1  
 (416) 665-3500  
 Room Rate: \$105.99  
 \*\*Based upon availability\*\*  
**\*Complimentary Parking & Buffet Breakfast.**



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Track	TENTATIVE Schedule – Saturday, February 7, 2015			
	Events on straightaway and oval will be run concurrently. Sections will run from <b>FAST</b> to <b>SLOW</b> .			
Time	Straightaway Event	Oval Event	Check-In Window	Age Group
10:00	60m Hurdles			MG Tetrathlon
	60m Hurdles			YG Pentathlon
	60m Hurdles			JW + SW Pentathlon
	60m Hurdles			MB Tetrathlon
	60m Hurdles			JM Pentathlon
	60m Hurdles			YB + SM Pentathlon
10:15		1500m Walk		MG+YG+OW
		1500m Walk		MB+YB+OM
10:35		1200m		BG + MG
		1200m		BB + MB
10:45	60m Hurdles			SM
	60m Hurdles			JM
	60m Hurdles			YB
	60m Hurdles			JW + SW
	60m Hurdles			MB
	60m Hurdles			YG
	60m Hurdles			MG
	60m Hurdles			BG + BB
11:05		3000m		OW
11:30		3000m		OM
11:30	60m			BG
	60m			BB
11:40	60m Heats			OW top 16 to finals
	60m Heats			OM top 16 to finals
12:05		2000m		MG
		2000m		MB
<b>LUNCH</b>	12:40 – 1:30	12:40 – 1:30		
1:30		800m		OW
2:00		800m		OM
2:00	60m 2 Timed Finals			OW
	60m 2 Timed Finals			OM
2:45		400m		OW
3:15		400m		OM
3:50		300m		MG & MB
4:05		150m		BG
		150m		BB
4:20		200m		OW
5:05		200m		OM
5:50		1500m		OW
		1500m		OM
TBD		200m		MG Tetrathlon
TBD		200m		MB Tetrathlon
TBD		800m		YG+JW+SW Pentathlon
TBD		1000m		YB+JM+SM Pentathlon





**Ontario Indoor Combined Events Championships,  
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<b>FIELD</b>		<b>TENTATIVE Schedule – Saturday, January 7, 2015</b>		
<b>Time</b>	<b>Event</b>			<b>Age Group</b>
9:00	Weight Throw			All Age Groups (Men followed by Women)
10:00	High Jump			OM
10:00	Pole Vault			OW
11:00	Shot Put			M All Age Groups
11:30	Long Jump			M Pentathlon
11:50	High Jump			W Tetra/Pent
12:15	Shot Put			MB Tetrathlon
1:30	Shot Put			M Pentathlon
<b>LUNCH</b>				
1:30	Long Jump 2 pits			OW
2:00	Pole Vault			OM
2:30	Shot Put			W Tetra/Pent
3:00	High Jump			M Tetra/Pent
3:30	Long Jump			W Pentathlon
4:00	Shot Put			W (All Age Groups)
4:30	Long Jump 2 pits			OM
4:30	High Jump			OW
6:00	Triple Jump 2 pits			OW + OM



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SANCTIONED AND REQUIRED BY:      ATHLETICS ONTARIO

**RELEASE, WAIVER AND INDEMNITY**

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IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

**2015 AO Indoor Combined Events Championships & Prep Meet, February 7, 2015**

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

Athletics Ontario  
City of Toronto

Athletics Ontario Officials  
Toronto Track & Field Centre

Flying Angels Academy  
Suzanne Leroux

Earl Letford

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property **HOWSOEVER CAUSED**, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event **AND NOTWITHSTANDING** that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I **FURTHER HEREBY UNDERTAKE** to **HOLD AND SAVE HARMLESS** and **AGREE TO INDEMNIFY** all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I **ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED** to the above **WAIVER, RELEASE AND INDEMNITY**. I **WARRANT** that I am physically fit to participate in this event and I **AGREE** to withdraw from the race if so requested by the designated medical officer.

_____	_____	_____
Date	Print Name	Signature
		If under 18 years, Parent or Guardian or Power of Attorney to sign below.

_____	_____	_____
Date	Print Name	Signature of Parent or Guardian Or Power of Attorney

**Canadian Anti-Doping Program (CADP)**

Athletics Canada has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to all individuals, whether in the role of athletes or athlete support personnel, who are registered for and participate in this event. By signing below, I acknowledge that I am aware that the CADP applies to me and that I am subject to the CADP. Completion of an online education course may be required as part of my registration of this event. By participating in this event, I consent to the application of the CADP to me. For further information, please visit the Athlete Zone on the CCES website [www.cces.ca/athletezone](http://www.cces.ca/athletezone).

_____	_____	_____
Date	Print Name	Signature
		If under 18 years, Parent or Guardian or Power of Attorney to sign below.

_____	_____	_____
Date	Print Name	Signature of Parent or Guardian Or Power of Attorney