



**Presents**

**The London 10,000m  
2017 Ontario 10,000m Track Championship**

**May 13, 2017**

**TD Waterhouse Stadium  
100 Philip Aziz Avenue  
London, Ontario  
N6A 3K7**

**Technical Package**

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## Competition Details

**Schedule:** The schedule is subject to minor adjustments. Please refer to the championship webpage for all up to date information: <http://athleticsontario.ca/events/ao-10k-track-running-championships/>. A final schedule will be posted by May 12 at 4:00pm EST.

**Check-In Procedure:** The standard check-in procedure used at Athletics Ontario 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 start time of the race.

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.

**Awards:** Gold, Silver, and Bronze medals will be awarded to the first three finishers from Ontario in each **championship** event.

**Schedule:** The schedule is subject to minor adjustments. If there are changes to this schedule, a revised FINAL schedule will be posted, online at: <http://athleticsontario.ca/events/ao-10k-track-running-championships/> by May 12 at 4:00pm EST.

Tentative Schedule – Saturday May 13, 2017		
Time	Event	Check-In Window
7:10	Women 800m	N/A
7:20	Men 800m	N/A
7:30	Women 1500m	N/A
7:40	Men 1500m	N/A
7:55	Women 10,000m	6:55 – 7:25
8:40	Men 10,000m	7:10 – 8:10
9:20	AO & OMA 10,000m Awards Presentation	

## Registration

**Entry Deadline:** 11:59 pm, Monday, May 8, 2017 for 10,000m Championship  
11:59 pm, Thursday, May 11, 2017 for Non-Championship entries

**Age Categories:**

Junior (JW/JM)	U19/U20	born in 1998 or after
Senior (SW/SM)	Over 20	born in 1997 or before

**Eligibility:** There are no entry standards for this meet.

Athletes residing in Ontario must be registered and their clubs affiliated for 2017 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 2017 with their provincial or state associations.

Fees:

Event	Before May 9th	May 9 <sup>th</sup> -11 <sup>th</sup>
10,000m	\$25.00/entry	\$50.00/entry
800m & 1500m	\$16.00/entry	\$16.00/entry

If not registered with Athletics Ontario/Canada, add \$2.00 insurance fee

Method and Payment:

Trackie Online: <https://www.trackie.com/online-registration/event/rclds-1-the-london-10-000m-including-athletics-ontario-ontario-masters-10-000m-championships/15393/#.WPeTvqK1uM8>

No entries are to be dropped off at the Athletics Ontario (AO) office. No telephone entries. No faxed entries. NO REFUNDS.

Payments made via Trackie with on-line payment.

Confirmation:

After you register, please check the Trackie.Reg entry list to confirm your entry went through.

Waiver:

Every participant is required to agree to the online waiver. For athletes under the age of 18, a parent or guardian must do so during online registration.

## General Information

Host Organizing Club:



Meet Director: Steve Weiler [steveweiler@hotmail.com](mailto:steveweiler@hotmail.com)

Location: TD Waterhouse Stadium  
100 Philip Aziz Avenue  
London, Ontario  
N6A 3K7

Directions: Take the Highbury Ave. N (Exit 189) from the 401. Head northward and make a left (North West) on Hamilton Road. Drive to Horton St. E, making a left (west). Once at Wharncliffe Rd, make a right to go North. The road will then turn into Western Rd. Follow the road and make a right on Philip Aziz Ave. The parking lot will be located on the right hand side with the facility just south of the lot.

Hotels: Recommended accommodations are at Ontario Hall: [www.stayatwestern.ca](http://www.stayatwestern.ca)

Elite Accommodations: The host club will cover shared accommodations for a **limited number** of elite athletes travelling more than 3 hours to race in London. To be eligible for free accommodations, athletes must:

- 1) Have run under the following times at a sanctioned track meet or record eligible road race since January 1<sup>st</sup>, 2016
- 2) Contact the meet director by Monday, April 24<sup>th</sup>, 2017
- 3) Register for the London 10,000m by Tuesday, April 25<sup>th</sup>, 2017

Senior Men: sub-30:40 10,000m/31:00 road 10k  
Senior Women: sub-36:30 10,000/36:50 road 10k  
Junior Men: sub-31:40 10,000m/32:00 road 10k

Eligible athletes will receive:

- \*1 night accommodations if travelling 3-5 hours to London
- \*2 night accommodation if travelling >5 hours to London

Results: Results will be posted on Monday May 15, 2017 following the completion of the meet. Please follow this link for the meet results.  
<http://athleticsontario.ca/events/ao-10k-track-running-championships/>

Photos: Photos captured by the Athletics Ontario team will be posted on the Athletics Ontario social media sites (Facebook, Twitter, Instagram, etc.) during and

following the meet. All athletes are given the opportunity to sign a waiver/release form regarding photography.

Facebook page: <https://www.facebook.com/Athletics-Ontario-135196239850966/?fref=ts>

**First Aid:** Medical Personnel will be on-site.

The closest hospital is as follows:

St. Joseph's Hospital  
268 Grosvenor St.  
London, Ontario  
N6A 4V2  
(519) 646-6100

## Technical Details

**Events Offered:** Championship Event  
10,000m JM – SW – SM

Individual  
800m Open to all  
1500m Open to all

**Scoring:** The top 8 athletes in each events and category will earn point for their clubs as follows:  
1<sup>st</sup> – 10 points, 2<sup>nd</sup> – 8 points, 3<sup>rd</sup> – 6 points, 4<sup>th</sup> – 5 points, 5<sup>th</sup> – 4 points, 6<sup>th</sup> – 3 point, 7<sup>th</sup> – 2 points, 8<sup>th</sup> – 1 point.

**Pacing:** Athletes will be coordinated by the Meet Director to pace the top men and top women.

**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.

SANCTIONED AND REQUIRED BY: ATHLETICS ONTARIO

**RELEASE, WAIVER AND INDEMNITY**

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

**2017 AO & OMA 10,000m Track Championships, Saturday, May 13, 2017**

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

Athletics Ontario  
Athletics Ontario Officials

London Runner Distance Club  
Steve Weiler

City of London  
TD Waterhouse Stadium

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.

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

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Date	Print Name	Signature of Parent or Guardian or Power of Attorney
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**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).

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

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