



**Presents**

**2018 Ontario Indoor Championship Series Meet #3**

- U14 (Bantam), U16 (Midget), U20 (Junior)

**March 3 – 4, 2018**

**Toronto Track and Field Centre  
231 Ian MacDonald Blvd.  
Toronto, Ontario  
M3J 1P3**

**Technical Package**

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## Registration

Entry Deadline: 11:59pm, Monday, February 26, 2018

Age Categories: Bantam (BG/BB) U13 & U14 born in 2005/2006 or after  
Midget (MG/MB) U15 & U16 born in 2003/2004 or after  
Junior (JW/JM) U19 & U20 born in 1999/2000 or after

Eligibility: There are no entry standards for this meet.

Athletes residing in Ontario must be registered and their clubs affiliated for 2018 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 2018 with their provincial or state associations.

Fees:	<b>Before Deadline</b>	<b>After Deadline</b>
	<b>Championship Events</b>	
	\$25 per event	\$50 per event
	<small>*All fees include HST and Trackie fees. HST# 10400235RT</small>	

Confirmation: As Entries are processed, the start lists will be made available online at the Athletics Ontario website at <http://athleticsontario.ca/events/2018-indoor-csm3/>. Please check online to confirm your entries following the entry deadline.

Method and Payment: Trackie Online: [www.Trackiereg.com/2018-indoor-csm3](http://www.Trackiereg.com/2018-indoor-csm3). No entries are to be dropped off at the Athletics Ontario (AO) office. No telephone entries. No faxed entries. NO REFUNDS.

All payments are made via Trackie with on-line payment.

Late: Entries will be accepted after the entry deadline of Monday February 26 at 11:59pm EST but fees will be increased as stated above. See “**Fees.**” The deadline for late entries will be Thursday March 1 at 11:59pm. To be eligible for post entry, athletes must have been registered with the provincial branch by the time of the entry. See “**Eligibility.**” Entries received after this deadline will be

accepted at the discretion of Athletics Ontario and only if it does not cause a disruption to the conduct of the meet.

**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.

Clubs that have power of attorney may sign a single waiver and must include a list of all athletes that will be competing as part of that waiver.

Waivers sent to Athletics Ontario ahead of the meet should have it sent to [office@athleticsontario.ca](mailto:office@athleticsontario.ca).

## Competition Details

**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/2018-indoor-csm3/> by Tuesday, February 27 at 3:00pm 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 or re-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.

**Coaches Facility Access:**

Coaches will need to register for a coach's pass at the following link. <https://www.trackie.com/online-registration/event/ao-2018-indoor-coaches-passes/20245/#.Wk-1bd-nGUk>

Only 2018 registered coaches with a pass will have access to the competition area.

## Technical Details

### Events Offered:

#### Championship Events

60m	U14/U16/U20 Female – U14/U16/U20 Male
150m	U14 Female – U14 Male
200m	U16/U20 Female – U16/U20 Male
300m	U14/U16 Female – U14/U16 Male
800m	U14/U16/U20 Female – U14/U16/U20 Male
1200m	U14/U16 Female – U14/U16 Male
1500m	U20 Female – U20 Male
2000m	U14/U16 Female – U14/U16 Male
3000m	U20 Female – U20 Male
60mH	U14/U16/U20 Female – U14/U16/U20 Male
800m RW	U14 Female – U14 Male
1500m RW	U16 Female – U16 Male
3000m RW	U20 Female
5000m RW	U20 Male
High Jump	U14/U16/U20 Female – U14/U16/U20 Male
Pole Vault	U16/U20 Female – U16/U20 Male
Long Jump	U14/U16/U20 Female – U14/U16/U20 Male
Triple Jump	U16/U20 Female – U16/U20 Male
Shot Put	U14/U16/U20 Female – U14/U16/U20 Male
Weight Throw	U16/U20 Female – U16/U20 Male

### Implements:

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

### Specifications for Hurdling Events:

Event	Distance	#	Height(m)	To 1 <sup>st</sup> 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
Junior Women	60m	5	0.840	13.00m	8.50m
Junior Men	60m	5	0.990	13.72m	9.14m

### Specifications for Throwing Events:

#### Shot Put

BG	BB	MG	MB	JW	JM
3.00kg	3.00kg	3.00kg	4.00kg	4.00kg	6.00kg

#### Weight Throw

MG	MB	JW	JM
5.45kg	7.26kg	9.08kg	11.34kg

**Lane Assignment:**

Lanes, Heats, and Sections will be assigned according to the rules of IAAF/AO.

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

**Scoring:**

The top six individual and relay team finishers in each championship event will earn points for their club as follow: 1<sup>st</sup> – 7 points, 2<sup>nd</sup> – 5 points, 3<sup>rd</sup> – 4 points, 4<sup>th</sup> – 3 points, 5<sup>th</sup> – 2 points, 6<sup>th</sup> – 1 point.

**Seed Times:**

Indoor 2017, outdoor 2017 and current indoor 2018 season performances achieved in AO- sanctioned or approved competitions will be accepted. 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.

If using converted times, please indicate where and when the performance was achieved when entering the seed into Trackie. Please also email this information to [randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca) to expedite seed validations. **Any seeds that fail to produce validation of the performance will results in a NT.**

\* Seeds for **field** events do not need to be converted or verified.\*

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

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

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, 1000m, 1500m indoors or outdoors
1500m	800m, 1200m, or 2000m indoors or outdoors
2000m	1500m or 3000m indoors or outdoors
3000m	2000m indoors or outdoors
60mh	50mh indoors or outdoors

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 0.68
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:	400 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

#### 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.

## General Information

Location: Toronto Track and Field Centre  
231 Ian MacDonald Blvd  
M3J 1P3  
Ph# (416) 392-2812



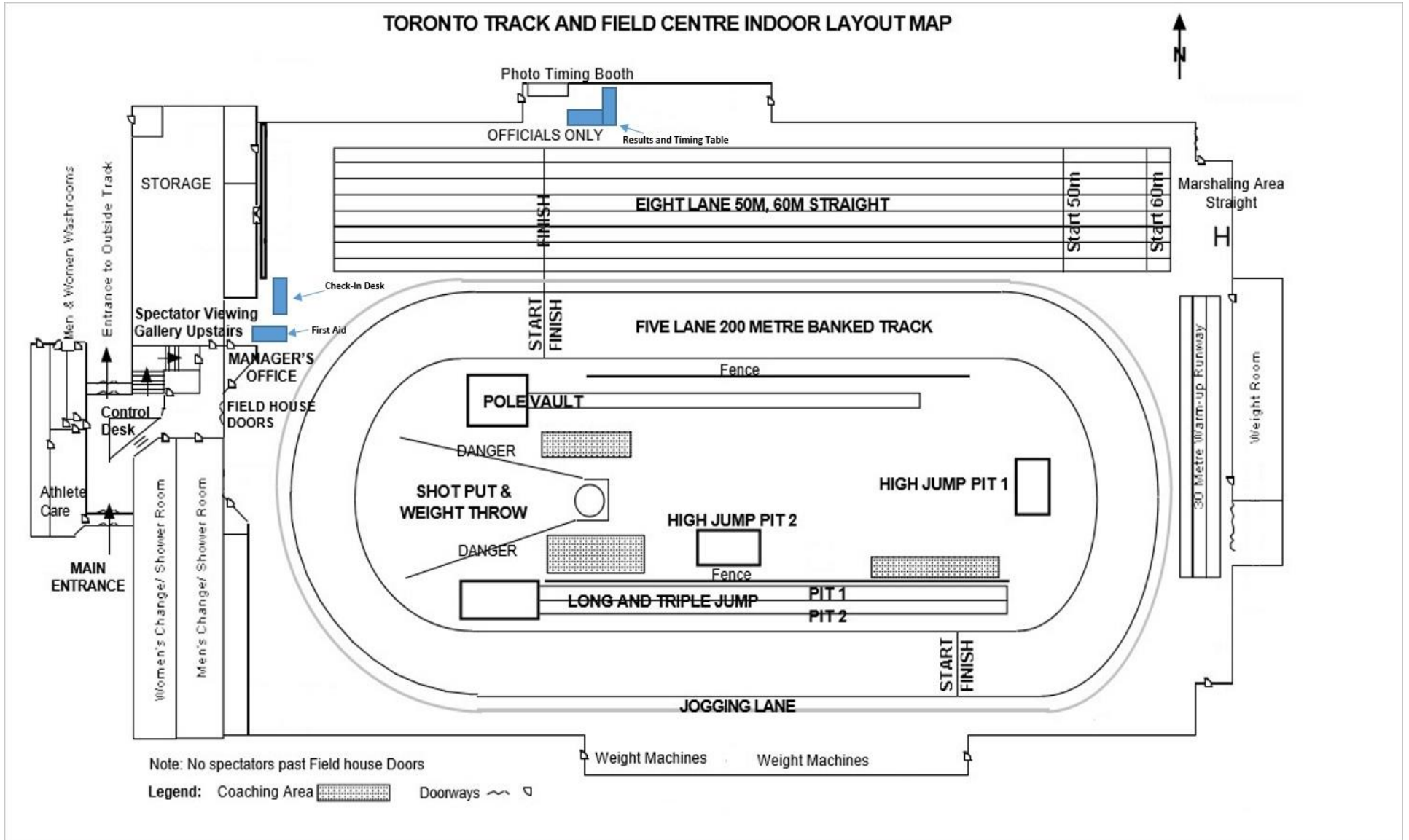
**Directions:** Take the 401 into the city of Toronto and take exit 359 to merge onto ON-400 N toward Barrie. Take the Steeles Avenue W. exit, and head East. The university will be on the right hand side (South side) of the road. Turn into Founders Road towards the roundabout and make another right onto Ian MacDonald Boulevard. The Toronto Track and Field Centre will be the first building on the right hand side (North side) of Ian MacDonald Boulevard.

**Parking:** There is parking available on the east side of Founders Road as you turn into the York University campus from Steeles Ave W. Parking here is \$5/day on weekends.

**Via TTC:** Northbound, line 1 goes directly to Pioneer Village Station, located right beside the Toronto Track and Field Centre. Alternatively, the 60 comes from both directions along Steeles Ave W., which is directly north of the Toronto Track and Field Centre.



Floor Plan:



Host Organizer



## Organizing Committee

Meet Director  
Technical Director  
Facility Manager

Earl Letford  
Randolph Fajardo  
Maria-Julia Di Corpo

[track@flyingangels.ca](mailto:track@flyingangels.ca)  
[randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca)  
[mdicorp@toronto.ca](mailto:mdicorp@toronto.ca)

## Food:

Food and refreshments will be available for purchase on site for cash only.

## Recommended Hotels

### **Courtyard Toronto Vaughn**

150 Interchange Way  
Concord, On  
L4K 5P7  
(905) 660-9938



Each room is non-smoking and consists of 2 double bed and can hold up to 4 people.

Includes: Free WiFi and parking

### **Extended Stay Canada**

3600 Steeles Ave W  
Vaughn, On  
L4L 8P5  
1-800-804-3724



Each room is non-smoking and consists of 2 double bed and can hold up to 4 people.

Includes: Free WiFi and parking

### **Best Western Plus Toronto North York Hotel & Suites**

50 Norfinch Drive  
North York, On  
M3N 1X1  
(416) 663-9500



Each room is non-smoking and consists of 2 double bed and can hold up to 4 people.

Includes: Free WiFi and parking

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

Please refer back to page 10 for the floor plan.

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.

Facility Regulations: Maximum spike length is 6mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length.

No pin style spikes are allowed on the track. Only pyramid spikes will be allowed.

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 the track surface.

NO electronic devices are allowed in the competition area.

Results: Results will be posted on Sunday March 4, 2018, following the completion of the meet.

Please follow this link for the meet results.

<http://athleticsontario.ca/results/2018-indoor/>

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 (Refer to page 8 for the map):

North York General Hospital

555 Finch Ave W.

Toronto, Ontario

M2R 1N5

(416) 633-9420

Directions from the Toronto Track and Field Centre to Toronto General Hospital

From: Toronto Track and Field Centre

231 Ian MacDonald Blvd.

Toronto, Ontario

M3J 1P3

- |   |        |
|---|--------|
| 1. Head east on Ian MacDonald Blvd.                                   | 0.15km |
| 2. At the roundabout, take the 3 <sup>rd</sup> exit onto Founders Rd. | 0.28km |
| 3. Turn right onto Steeles Ave W.                                     | 2.0km  |
| 4. Turn right onto Alness St.   | 2.1km  |
| 5. Turn left onto Finch Ave W.  | 2.0km  |
| 6. Turn right onto Virgilwood Dr.                                     | 0.34km |

North York General Hospital

555 Finch Ave W.

M2R 1N5

(416) 633-9420