



**Ontario Masters  
Athletics**



**Presents**

**2018 Athletics Ontario & Ontario Masters Athletics  
Cross Country Championship**

**November 11, 2018**

**Seneca King City Campus  
13990 Dufferin St.  
King City, Ontario  
L7B 1B3**

**Technical Package**

# Table of Contents

Registration .....	3
Entry Deadline.....	3
Age Categories .....	3
Eligibility.....	3
Masters .....	3
Fees .....	3
Method and Payment .....	3
Late Entries .....	3
Confirmation .....	4
Waiver .....	4
Bib Pick Up .....	4
Competition Details .....	4
Schedule.....	4
Check-In Procedure.....	5
Awards .....	5
Course .....	5
Technical Details .....	5
Events Offered .....	5
Team Declaration.....	5
Protests .....	5
General Information .....	6
Host Organizing Club.....	6
Organizing Committee .....	6
Hotels .....	6
Facility Regulations .....	6
Results.....	6
Photos .....	6
First Aid .....	7
Location.....	7

## Registration

Entry Deadline: 11:59pm, Monday, November 5, 2018

Age Categories:	Bantam (BG/BB)	U14	born in 2005 or after
	Midget (MG/MB)	U16	born in 2003 or after
	Youth (YG/YB)	U18	born in 2001 or after
	Junior (JW/JM)	U20	born in 1999 or after
	Senior (SW/SM)	20 and over	born in 1998 or before
	Post Comp	30 and over	born in 1988 or before
	Masters	30 and over	born in 1988 or before

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 and championship event entry fees, 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.

Masters: Ontario Masters Championship (30+ years of age): For specific information on Masters eligibility, scoring, awards, etc. for the Ontario Masters Athletics Championship race, please check <http://ontariomasters.ca/cross-country/> or contact Doug Smith at: [douglasj.smith@sympatico.ca](mailto:douglasj.smith@sympatico.ca)

Fees: **Before Deadline (November 5, 2018 @ 11:59PM EST):** \$25 per event  
**After Deadline (November 6 – 8, 2018 @ 10:00AM EST):** \$50 per event  
\*All fees include HST and Trackie fees. HST# 10400235RT

Method and Payment: Trackie Online: <https://www.TrackieReg.com/2018-ao-xc-champs>  
No entries are to be dropped off at the Athletics Ontario (AO) office. All payments are made via Trackie with on-line payment. **NO REFUNDS.**

Late Entries: Entries will be accepted after the entry deadline of Monday November 5<sup>th</sup> 11:59pm EST but fees will be increased as stated above (\$50 per entry). The

deadline for late entries will be Thursday November 8<sup>th</sup> at **10:00am** EST. To be eligible for post entry, athletes must have been registered with the provincial branch by the time of 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.

**Confirmation:**

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

**Waiver:**

Every participant is required to sign the waiver form found at the end of this technical package. 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. Please use the following link to also find the waiver on our championship page: <http://athleticsontario.ca/events/2018-ao-xc-champs/>

**Bib Pick Up:**

Registration will be open to pick up club packages/individual bib numbers on:  
Saturday, November 11: To be announced on our championship site  
Sunday, November 11 throughout the day

## 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/2018-ao-xc-champs/>. A final schedule will be posted by November 7 at 4:00pm EST.

<b>Start Time</b>	<b>Age Group</b>	<b>Distance</b>
9:15 am	Masters	5000m
10:15 am	Senior Women	8000m
11:00 am	Moment of Silence	
11:15 am	Senior Men	10000m
10:30 am	Awards	Masters
11:15 am	Awards	SW
12:00 pm	Awards	SM
12:15 pm	Bantam Girls	2000m
12:30 pm	Bantam Boys	2000m
12:45 pm	Midget Girls	4000m
1:15 pm	Midget Boys	4000m
1:30 pm	Awards	BG, BB, MG, MB
1:45 pm	Youth Girls	5000m
2:15 pm	Youth Boys	6000m
3:00 pm	Junior Women	6000m
3:45 pm	Junior Men	8000m
Awards	YG, YB, JW, JM, Overall Team Championship	

**Check-In Procedure:** Please check in with the clerk at the course at least 10 minutes prior to the start of the race.

**Awards:** Gold, Silver, and Bronze medals will be awarded to the first three finishers from Ontario in each **championship** event. Non-Ontario athletes will receive medals if they place in the top 3 overall.

AO Championship medals will also be awarded to the first four finishers on **each of the top three scoring teams** from Ontario in each age category (U14 – Open). OMA medals will be provided to those entered in the Master division **only**. Post-Competitive athletes do not receive medals.

Additional medals will be available to all non-scoring runners on any of the top three teams. To be eligible, the runner(s) must complete the race. Additional medals may be purchased at the meet for a cost of \$5.00 each. Team coaches or managers should arrange to obtain the medal(s) prior to awarding.

**Course:** Course details, loop distances, and an overhead map will be available on the championship website here: <http://athleticsontario.ca/events/2018-ao-xc-champs/>

## Technical Details

### Events Offered:

	<b>U14</b>	<b>U16</b>	<b>U18</b>	<b>U20</b>	<b>Open</b>	<b>30+</b>
<b>Girls/Women</b>	2km	4km	5km	6km	8km	5km
<b>Boys/Men</b>	2km	4km	6km	8km	10km	5km

\*Open women will be allowed to run in the open men’s 10k race if they so choose. Please email [randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca) to arrange this.

**Team Declaration:** Teams need not be declared unless a club intends to enter more than one team in a category. In this case, the names of the runners on each team **MUST** be emailed to Randolph Fajardo: [randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca) no later than 3:00pm, Saturday November 10. With the exception of consolidation to a single team. Clubs may not alter the declared teams after Friday, 3:00pm. All declared teams will be eligible for awards. Only AO (or other provincial or states) affiliated club teams shall be eligible to enter the team competition.

Declared teams may only have a maximum of 6 athletes and a minimum of 4. The top four finishes on each declared team will score points.

**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

### Host Organizing Club

Newmarket Huskies Track Club



### Organizing Committee

Meet Director

Chris Deighan

[cdeighan1228@rogers.com](mailto:cdeighan1228@rogers.com)

Registration Coordinator

Derek Hackshaw

[derek.hackshaw@gmail.com](mailto:derek.hackshaw@gmail.com)

Officials Coordinator

Pat McLean

[commstructure@gmail.com](mailto:commstructure@gmail.com)

Technical Director

Randolph Fajardo

[randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca)

### Hotels

RoomRoster has a number of preferred rates at hotels near the event. For assistance in choosing your team's hotel, please email the Travel Team Coordinators via [teamsupport@roomroster.com](mailto:teamsupport@roomroster.com). For all inquiries on hotel reservations, please call Reservations Management by dialing 1-888-723-2064.

### Facility Regulations:

Maximum spike length is **13mm (1/2")**. Spiked shoes may be checked at any time for spike length. All competition and official working areas are off limits to non-competitors at all times.

NO electronic devices are allowed in the competition area.

### Results:

Results will be posted on Sunday November 11, 2018 following the completion of the meet. Please follow this link for the meet results.

<http://athleticsontario.ca/events/2018-ao-xc-champs/>

### 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:

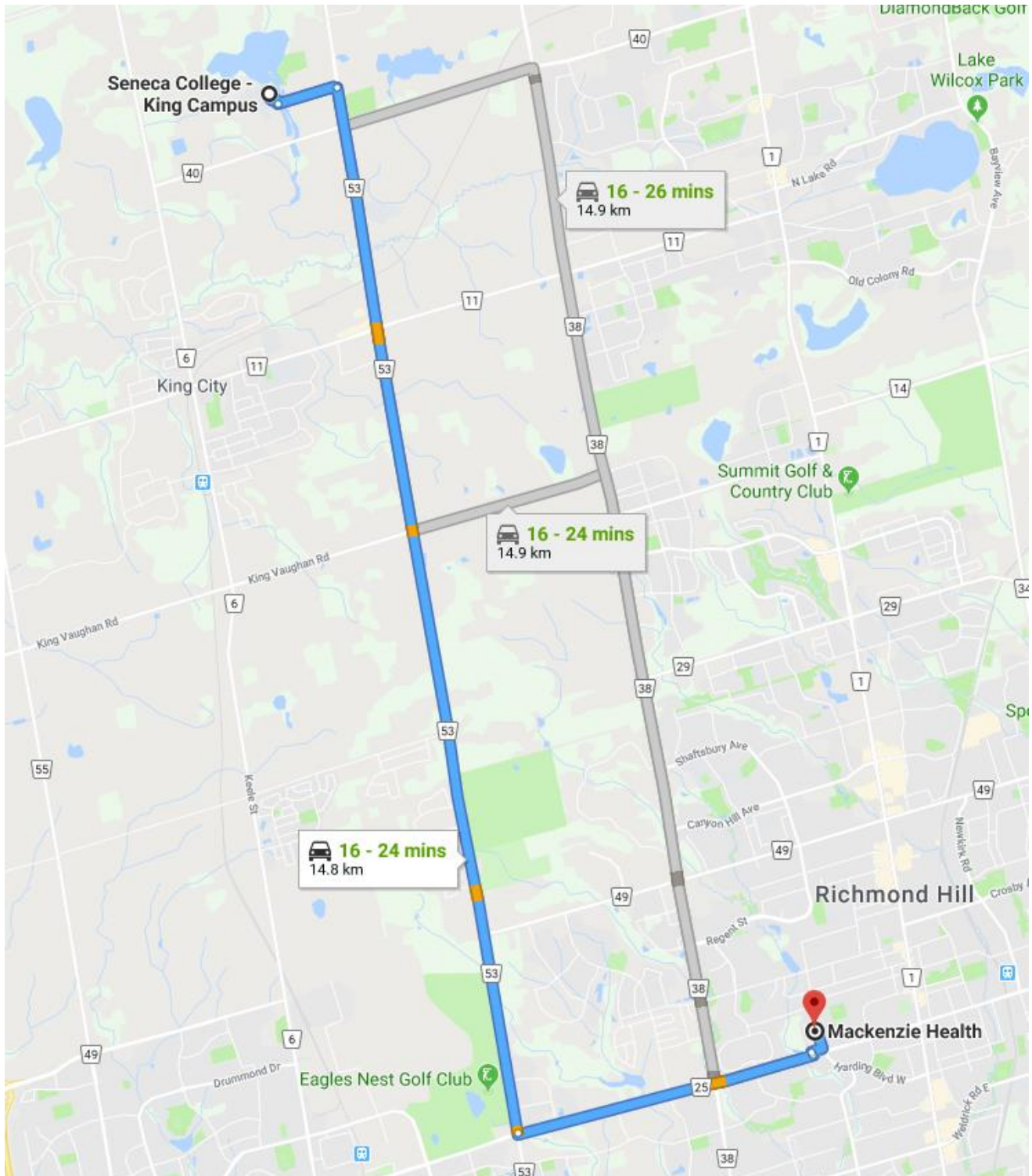
**Mackenzie Health**

10 Tranch St, Richmond Hill, Ontario, L4C 4Z3

Location:

Seneca College – King Campus

13990 Dufferin St, King City, Ontario, L7B 1B3



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

**Athletics Ontario and Ontario Masters Athletics Cross Country Championship, November 11, 2018**

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

Athletics Ontario  
Ontario Masters Athletics

Athletics Ontario Officials  
Newmarket Huskies Track Club

Seneca College  
King City

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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**Media Consent**

I hereby authorize any images or video footage taken of myself, in whole or in part, individually or in conjunction with other images and video footage, to be displayed on the Athletics Ontario website and other official channels, and to be used for media purposes including promotional presentations and marketing campaigns. I also authorize any media material created by myself within, or for, Athletics Ontario over the course of the 2017 season.

I waive rights to privacy and compensation, which I may have in connection with such use of my name and likeness, including rights that may be created in connection with video production, editing and promotion therewith.

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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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