



Presents

2020 Cross Country

November 1 – Sunnybrook 4K

**Sunnybrook Park Sports Field
1132 Leslie St.
Toronto, ON
M3C 3L7**

Technical Package

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Competition Details

Competition Links:

~~Athletics Ontario Meet 1: [September 27](#) Cancelled~~
Athletics Ontario Meet 2: [October 18](#) Don Farquharson Memorial 4K
Athletics Ontario Meet 3: [November 1](#) Sunnybrook 4K

Age Categories:

U20/Open/Masters

Eligibility:

There are no entry standards for this meet.

Athletes residing in Ontario **must** be registered, and their clubs affiliated, with Athletics Ontario for the 2020 season by the Late Entry Deadline. Athletes not registered with Athletics Ontario by the entry deadline will be subject to a 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 or Canada should be registered with their provincial or state associations for the 2020 indoor season. Athletes from other countries will need to contact Randolph Fajardo, randolphfajardo@athleticsontario.ca, in order to be entered into the competition. Please ensure you have your membership number from your local athletics governing body.

Heat Assignment:

There will be a maximum of 20 athletes per heat. Athletes are asked to submit estimated seed performances to spread out the field equally.

Heat assignments will be posted the day before the event.

Waiver:

Every participant is required to sign the waiver form on each respective event website (see links at the beginning of this document). For athletes under the age of 18, a parent or guardian’s signature must appear on the waiver. Clubs that have POA can find a club POA waiver on the event website as well.

COURSE MAP
The entire course is 4km long. Athletes will run the full course once.



Finish

Start

Sunnybrook Park Cricket Ground

Sunnybrook Park

Sunnybrook Park Sports Fields

Sunnybrook Stables

Wilket Creek Wash

COVID-19 Plan (Overhead Maps)





COVID-19 Plan (Regulations)

Due to COVID-19, only a maximum of 25 individuals are allowed on premises during the competition. This number includes athletes, coaches, and officials. All precautions are outlined below.

Arrival and Departure:

Athletes will be allowed to arrive at the competition site 15min prior to the start of their event to continue/complete any warmups before the start of the race.

Athletes **must** leave the competition area after completing their event. Spectators **must** also leave the competition area once the athletes they have arrived with have completed their event.

Sunday Events			
Event Group	Arrival	Event Start	Departure
	10:45	11:00	11:40
	11:30	11:45	12:25
	12:15	12:30	1:10
	1:00	1:15	1:55
	1:45	2:00	After Completion of Race

Health Precautions:

Wearing a mask is highly recommended. It is expected that spectators/coaches/athletes bring their own face masks. It is mandatory if you are unable to maintain 2m between other individuals at the event. Entry to the competition area will be prohibited if proper face coverings are not brought by participants.

A hand sanitizer station will be available by the registration/finish line area. It is recommended for all participants to bring their own PPE and hand sanitizer to minimize touch points while at the competition.

Athletes may use the racecourse for warm-up their routine. Please ensure that athletes are maintaining a minimum 2m distance between each other during the warm-up period.

When greeting or congratulating others at the competition, please refrain from any physical contact such as high fives or hugs.

Equipment brought to the competition site should be kept to an absolute minimum. If you arrive by car, it is recommended to keep all equipment such as backpacks, water, snacks in the vehicle and then leave to warm-down in an alternate site after the competition is complete.

Coaches and spectators will need to register if they plan to attend any of the events. Links to register can be found on each individual event page. Anyone that does not register will not be allowed on premise.

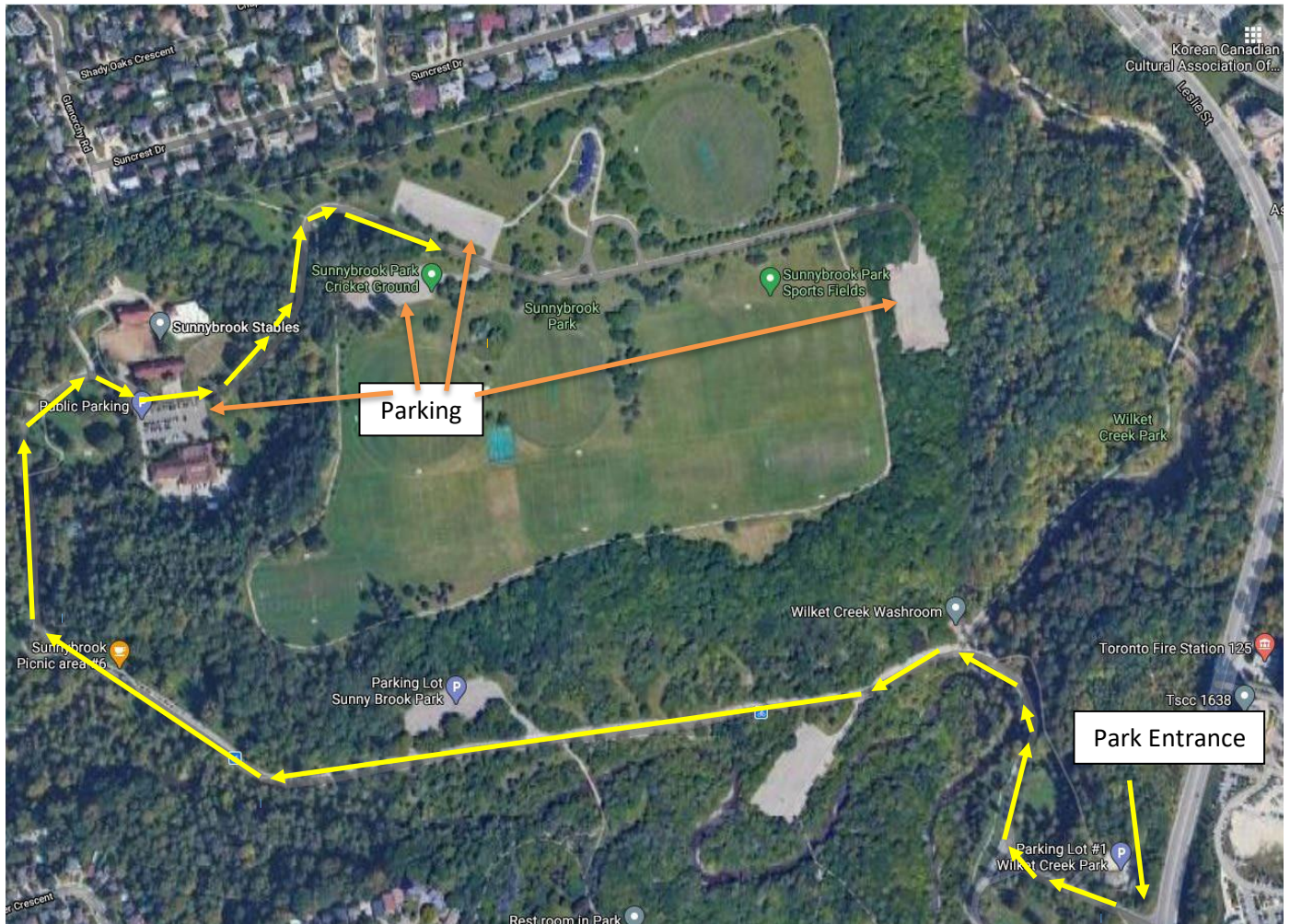
There will be no awards ceremonies at the competition. Any awards will be mailed to participants.

Officials and Volunteers:

Additional regulations that will be utilized at the events by officials and volunteers can be found here: <https://athleticsontario.ca/wp-content/uploads/2020/07/AO-Running-Race-Risk-Assessment-and-Safety-Protocols-v5.pdf>

General Information

Location: Sunnybrook Park Sports Field
1132 Leslie St.
Toronto, ON
M3C 3L7



Contacts: Meet Director Doug Smith douglasj.smith@sympatico.ca
Event Manager Randolph Fajardo randolphfajardo@athleticsontario.ca

Results: Results will be posted on the Monday following the competition.
Please click on the following link for the meet results. <https://athleticsontario.ca/stats/results/>

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:
North York General Hospital
4001 Leslie St.
Toronto, Ontario
M2K 1E1
(416) 756-6000