



Presents

2019 Ontario Indoor Championship Series Meet #3

U14, U16, and U20 Championships

March 2 – 3, 2019

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

Technical Package

Table of Contents

Registration	3
Entry Deadline.....	3
Age Categories	3
Eligibility.....	3
Fees	3
Confirmation	3
Method and Payment	3
Late.....	3
Waiver	4
Competition Details	4
Schedule.....	4
Check-In Procedure.....	4
Awards	4
Coaches Facility Access	4
Technical Details	5
Events Offered	5
Implements	5
Specifications for Hurdling Events	5
Specifications for Throwing Events.....	5
Shot Put.....	5
Weight Throw	5
Lane Assignment.....	5
Scoring.....	6
Relay Rules	6
Seed Times	6
Protests	7
General Information	8
Location.....	8
Directions	8
Parking	8
Via TTC	8
Host Organizer	9
Organizing Committee	9
Food	9
Recommended Hotels.....	9
Facility	9
Starting Blocks.....	9
Facility Regulations	9
Results.....	9
Photos	10
First Aid	10

Registration

Entry Deadline

11:59pm, Tuesday, February 26, 2019

Age Categories

U14 born in 2006 or after
U16 born in 2004 or after
U20 born in 2000 or after

Eligibility

There are no entry standards for this championship.

Only Registered Athletics Ontario/Athletics Canada members may register for this competition.

Athletes not registered with Athletics Ontario/Athletics Canada by the normal entry deadline (February 26, 2019 11:59PM EST) will be subject to a \$50 late registration fee, in addition to the regular membership fee, payable to Athletics Ontario. If this fee is not paid by the closure of the Athletics Ontario office Friday, February 8 at 5:00PM EST, the athlete will be scratched from the competition.

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 2019 with their provincial or state associations.

Fees

	Before Deadline	After Deadline
Championship Events	\$25	\$50
All Relays	\$35	\$60

*All fees include HST and Trackie fees.
HST# 10400235RT

Confirmation

As Entries are processed, the start lists will be made available online at the Athletics Ontario website at <https://athleticsontario.ca/events/2019-icsm3/>. Please check online to confirm your entries following the entry deadline.

Method and Payment

Trackie Online: www.Trackiereg.com/2019-icsm3. No entries are to be dropped off at the Athletics Ontario (AO) office. No telephone entries. No faxed entries. All payments are made via Trackie with on-line payment.

NEW THIS YEAR: Refunds will be processed for scratches up until the late entry deadline for each championship (The late entry deadline for this championship is **10:00AM EST, Thursday, February 28, 2019**). Refunds are automatically processed if a scratch is made on the Trackie registration page.

Late

Entries will be accepted after the entry deadline of Tuesday February 26 at 11:59pm EST but fees will be increased as stated above. See “**Fees.**” The deadline for late entries will be Thursday February 28 at 10:00am EST. To be eligible for post entry, athletes must have been registered with the provincial branch by the normal entry deadline. 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. Please find the waiver at the end of this document.

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. The POA waiver can be found on the championships page: <https://athleticsontario.ca/events/2019-icsm3/>

Waivers sent to Athletics Ontario ahead of the meet should have it sent to randolphfajardo@athleticsontario.ca.

Competition Details

Schedule

The schedule is subject to minor adjustments and can be found on the championship website: <https://athleticsontario.ca/events/2019-icsm3/>.

If there are changes to this schedule, a revised FINAL schedule will be posted online by February 26 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

Only 2019 registered coaches with a pass will have access to the competition area. Any coaches with passes for previous years may reuse their passes this year. Please bring your pass to the accreditation area to receive a 2019 stamp. Coaches that need new passes will be able to pick them up at the accreditation area on the day of the event.

Technical Details

Events Offered

Championship Events

60m	U14G – U14B – U16G – U16B – U20W – U20M
150m	U14G – U14B
200m	U16G – U16B – U20W – U20M
300m	U14G – U14B – U16G – U16B
400m	U20W – U20M
800m	U14G – U14B – U16G – U16B – U20W – U20M
1200m	U14G – U14B – U16G – U16B
1500m	U20W – U20M
2000m	U14G – U14B – U16G – U16B
3000m	U20W – U20M
60mH	U14G – U14B – U16G – U16B – U20W – U20M
800m RW	U14G – U14B
1500m RW	U16G – U16B
3000m RW	U20W
5000m RW	U20M
High Jump	U14G – U14B – U16G – U16B – U20W – U20M
Pole Vault	U16G – U16B – U20W – U20M
Long Jump	U14G – U14B – U16G – U16B – U20W – U20M
Triple Jump	U16G – U16B – U20W – U20M
Shot Put	U14G – U14B – U16G – U16B – U20W – U20M
Weight Throw	U16G – U16B – U20W – U20M
4x200m	U14G – U14B – U16G – U16B – U20W – U20M
4x800m	U14G – U14B – U16G – U16B – U20W – U20M
SMR	U16G – U16B – U20W – U20M

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.

Specifications for Hurdling Events

Event	Distance	#	Height(m)	To 1 st Hurdle	Between Hurdles
U14 Girls	60m	5	0.762	12.00m	7.50m
U14 Boys	60m	5	0.762	12.00m	7.50m
U16 Girls	60m	5	0.762	12.00m	8.00m
U16 Boys	60m	5	0.840	13.00m	8.50m
U20 Girls	60m	5	0.840	13.00m	8.50m
U20 Boys	60m	5	0.990	13.72m	9.14m

Specifications for Throwing Events

Shot Put

U14G	U14B	U16G	U16B	U20W	U20M
3.00kg	3.00kg	3.00kg	4.00kg	4.00kg	6.00kg

Weight Throw

U16G	U16B	U20W	U20M
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: 1st – 7 points, 2nd – 5 points, 3rd – 4 points, 4th – 3 points, 5th – 2 points, 6th – 1 point. **Only one relay team per club will score in each event. Second, third, etc. teams from clubs will not influence the scoring.**

Relay Rules:

In Provincial Championship events the four athletes on the team shall wear identical club tops. Small differences in design owing to the uniforms having been manufactured at different times or by different suppliers are permitted. In case of a dispute, the Technical Delegate, or in his/her absence, the Track Referee, shall decide.

Clubs must enter teams in the appropriate age category. Example – a team made up of 4 Midgets must enter the Midget category and **may not** move up to the Youth category.

A team may move up if at least one person from that team represents the age group. Example – a team with three U14 athletes and one U16 athlete must compete in the U16 category.

An athlete may compete in different age groups in different relay events only. For example, an athlete may not compete in the midget boys' 4x200m and the junior men's 4x200m.

Relay Declaration forms will be available at the check-in table and must be submitted at the check-in table as well. Completed declaration forms with names of the runners in running order, must be turned in to the meet organizers no later than 30 minutes prior to the published or announced start time for the respective events. Only athletes whose names were included on the list of potential relay runners sent to the Entries Chairperson by 3:00pm on Friday March 1 are eligible.

Seed Times:

Indoor 2018, outdoor 2018 and current indoor 2019 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 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.

Host Organizer



Organizing Committee

Meet Director	Earl Letford	track@flyingangels.ca
Officials Coordinator	Kathryn Dertinger	aooavailability@gmail.com
Technical Delegate	Randolph Fajardo	randolphfajardo@athleticsontario.ca
Facility Manager	Maria-Julia Di Corpo	mdicorp@toronto.ca

Food:

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

Recommended Hotels

Athletics Ontario has partnered with Event Connect for accommodations.

Sponsor Hotel with discounted rates have been coordinated for all travel teams attending Athletics Ontario Indoor Championship Meets.

All rate through Event Connect are guaranteed to be the lowest group rates available – we ask that all clubs that require accommodations book at an existing Sponsor Hotel or submit your requests for any hotel in the market.

For clubs requiring assistance selecting their team hotel, please contact your dedicated Team Support Specialists at teamsupport@eventconnect.io or 1-888-723-2064.

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

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 5mm (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 January 20, 2018, following the completion of the meet.

Please click on the following link for the meet results.

<https://athleticsontario.ca/events/2019-icsm3/>

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 rd 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

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 Indoor Championship Series Meet #3, March 2-3, 2019

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

Athletics Ontario
Athletics Ontario Officials

Flying Angels Academy
Earl Letford

Toronto Track and Field Centre
City of Toronto

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
------	------------	---

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 2019 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.

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
------	------------	---