



athletics
ontario



Ontario Masters
Athletics

London Runner
Distance Club

Presents

Athletics Ontario Outdoor Track & Field Championship Series #1

Runners Choice London Distance Series #1: The London 10,000m
Athletics Ontario 10,000m Track Championship
Ontario Masters Association 10,000m Track Championship

May 10, 2019

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

Technical Package

Competition Details

Schedule:

The schedule is subject to minor adjustments. Please refer to the championship webpage for all up to date information: <https://athleticsontario.ca/events/2019-ao-ocsm1/>. A final schedule will be posted by May 9 at 4:00pm EST.

Tentative Schedule – Friday May 10, 2019		
Time	Event	Check-In Window
7:15	Women 800m	N/A
7:22	Men 800m	N/A
7:30	Women 1500m	N/A
7:38	Men 1500m	N/A
7:55	Women 10,000m	6:25 – 7:25
8:40	Men 10,000m	7:10 – 8:10
9:20	AO & OMA 10,000m Awards Presentation	

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.

Technical Details

Events Offered:

Championship Event		Non-Championship	
10,000m	JM – SW – SM	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:
1st – 10 points 2nd – 8 points 3rd – 6 points 4th – 5 points
5th – 4 points 6th – 3 point 7th – 2 points 8th – 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.

Registration

Entry Deadline: **11:59 pm, Tuesday, May 7, 2018 for 10,000m Championship**
11:59 pm, Thursday, May 9, 2018 for Non-Championship entries

Age Categories: U20 born in 2000 or after
Open born in 1999 or before

Eligibility: There are no entry standards for this meet.

Athletes residing in Ontario must be registered and their clubs affiliated for 2019 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 2019 with their provincial or state associations.

Fees:

Event	Before May 7th	May 8 th -9 ^h
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: A link for online registration can be found on the Championship Page for the event: <https://athleticsontario.ca/events/2019-ao-ocsm1/>.

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 also sign the waiver.

General Information

Host Organizing Club:



Meet Director:

Steve Weiler

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 Wharnccliffe 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

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. For more information on elite accommodations please email: steveweiler@hotmail.com

Results:

Results will be posted on Friday May 10, 2019 following the completion of the meet. Please follow this link for the meet results.
<https://athleticsontario.ca/events/2019-ao-ocsm1/>.

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

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 Outdoor Track & Field Championship Series #1, Friday, May 10, 2019

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.

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
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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.

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
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