



**Ontario Masters
Athletics**



athletics
ontario



Fédération québécoise
d'athlétisme



Presents

2019 Ontario Outdoor Championship Series Meet #2

U18, U20 and Open Provincial Combined Events Championships
Masters Provincial Combined Events Championships
U20 and Open Canadian Combined Events Championships

June 15 - 16, 2019

**Varsity Stadium
299 Bloor St W
Toronto, ON
M5S 1W2**

Technical Package

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Registration

Entry Deadline

11:59pm, Tuesday, June 11, 2019

Age Categories

U18 born in 2002 or after
U20 born in 2000 or after
Open All age groups
Masters born on June 15, 1989 or earlier

Eligibility

There are no entry standards for this championship.

Only Registered Athletics Canada members may register for this championship. Athletics Canada athletes registered 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	Dec: \$35	\$50
	Hept: \$32	\$50
	Pent: \$30	\$50
	*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-ao-ocsm2/>. Please check online to confirm your entries following the entry deadline.

Method and Payment

Trackie Online: www.Trackiereg.com/2019-ao-ocsm2. 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.

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, June 13, 2019**). Refunds are automatically processed if a scratch is made on the Trackie registration page. Absolutely no refunds will be processed after this date.

Late

Entries will be accepted after the entry deadline of Tuesday June 11 at 11:59pm EST but fees will be increased as stated above. See “**Fees.**” The deadline for late entries will be Thursday June 13 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 the late 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-ao-ocsm2/>

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-ao-ocsm2/>.

Any changes to the schedule will be indicated on the championship page. A revised FINAL schedule will be posted online by June 12 at 3:00pm EST.

Check-In Procedure

Athletes in the Combined Events Championships will be checked into their event after picking up their bib number at the registration desk. Athletes will only need to report to the officials at their respective events from that point on.

Awards

Gold, Silver, and Bronze medals will be awarded to the first three finishers from Athletics Ontario and Ontario Masters in each **championship** event.

Medals will also be provided to Fédération Québécoise d'Athlétisme who place in the top 3 overall for their province.

Overall top three athletes in the U20 and Open divisions will also receive Athletics Canada medals.

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

Pentathlon	Masters (30+) Women – Masters (30+) Men
Heptathlon	Women: U18 – U20 – Open
Decathlon	Men: U18 – U20 – Open

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.

Athletes in the Combined Events are asked to drop off their equipment to the certification no later than 1 hour prior to the start of the event. Implements may be dropped off at the beginning of day one.

Specifications for Hurdling Events

Event	Distance	#	Height(m)	To 1 st Hurdle	Between Hurdles
U18 Women	100m	10	0.762	13.00m	8.50m
U18 Men	110m	10	0.914	13.72m	9.14m
U20 Women	100m	10	0.840	13.00m	8.50m
U20 Men	110m	10	0.990	13.72m	9.14m
Open Women	100m	10	0.840	13.00m	8.50m
Open Men	110m	10	1.067	13.72m	9.14m

Specifications for Throwing Events

Shot Put

U18 Women	U20 Women	Open Women	U18 Men	U20 Men	Open Men
3.00kg	4.00kg	4.00kg	5.00kg	6.00kg	7.26kg

Discus

U18 Women	U20 Women	Open Women	U18 Men	U20 Men	Open Men
1.00kg	1.00kg	1.00kg	1.50kg	1.75kg	2.00kg

Javelin

U18 Women	U20 Women	Open Women	U18 Men	U20 Men	Open Men
500g	600g	600g	700g	800g	800g

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 eight individual and relay team finishers in each championship event will earn points for their club as follow: 1st – 10 points, 2nd – 8 points, 3rd – 6 points, 4th – 5 points, 5th – 4 points, 6th – 3, 7th – 2 points, 8th – 1 point.

Only Ontario U18/U20/Open athletes will receive points for team scores.

Seed Times:

Outdoor 2018 and current indoor 2019 season performances achieved in AO- sanctioned or approved competitions will be accepted.

All Combined Events athletes are asked to send all their individual event seed performances to Randolph Fajardo randolphfajardo@athleticsontario.ca.

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:

Varsity Stadium
299 Bloor St W
Toronto, ON
M5S 1W2
Ph# (416) 978-6428



Parking:

There is parking available on the North side of Bloor St. One is at 2 Bedford Rd and second behind the InterContinental, 220 Bloor St W, Toronto, ON M5S 1T8. The entrance to the parking for the InterContinental is off of Bedford Rd, just north of the Starbucks (1 Bedford Rd, Toronto, ON M5R 2J7).

Via TTC:

St. George Station is on line 2 and is directly north of Varsity Stadium. It is highly recommended to travel to the facility via subway if possible if arriving mid day as parking may fill quickly during the day.

Host Organizer



Organizing Committee

Meet Director	Bob Westman	bob.westman@utoronto.ca
Officials Coordinator	Kathryn Dertinger	aoavailability@gmail.com
Technical Delegate	Randolph Fajardo	randolphfajardo@athleticsontario.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. Visit the championship website for a list of hotels that have been contracted for the championship.
<https://athleticsontario.ca/events/2019-ao-ocsm2/>

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.

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 June 16, 2019, following the completion of the meet.

Please click on the following link for the meet results. A link to live results will also be available on Athletics Ontario's homepage or on the Championship page:

<https://athleticsontario.ca/events/2019-ao-ocsm2/>

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:

Toronto General Hospital: Emergency Department
190 Elizabeth St
Toronto, Ontario
M5G 2C4
(416) 340-3946

Directions from the Varsity Stadium to Toronto General Hospital: Emergency Department

From: Varsity Stadium
299 Bloor St W
Toronto, ON
M5S 1W2

1. Head south on Devonshire Pl 0.19km
2. Turn left onto Hoskin Ave 0.25km
3. Turn right on Queen's Park Crew W 0.65km
4. Continue onto University Ave 0.27km
5. Turn left onto Gerrard St W 0.27km
6. Toronto General Hospital will be on the corner of Gerrard St W and Elizabeth St.

Toronto General Hospital: Emergency Department
190 Elizabeth St
Toronto, Ontario
M5G 2C4
(416) 340-3946

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 Championship Series Meet #2, June 15 - 16, 2019

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

Athletics Ontario
Athletics Ontario Officials

University of Toronto Track Club
University of Toronto

Varsity Stadium
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
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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 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
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Date	Print Name	Signature of Parent or Guardian or Power of Attorney
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