



**Presents**

**2020 Athletics Ontario Indoor Championship Series #4**

**Ontario U14, U16, & U20 Championships**

**February 29 – March 1**

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

**Technical Package**

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# Registration

Entry Deadline: 11:59pm, Tuesday, February 25, 2020

Age Categories: U14 born in 2007 or after  
U16 born in 2005 or after  
U20 born in 2001 or after

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 (Thursday, February 27 @ 10:00pm EST). 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 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](mailto:randolphfajardo@athleticsontario.ca), in order to be entered into the competition.

Fees:	<b>Events</b>	<b>Relay (SMR)</b>
<b>Before Deadline:</b>	\$25 per event	\$35 per relay team
<b>After Deadline:</b>	\$50 per event	\$60 per relay team
	*All fees include HST and Trackie fees. HST# 10400235RT	

Method and Payment: Trackie Online <http://www.trackiereg.com/2020-ao-icsm4> All payments are made via Trackie.

Confirmation: As Entries are processed, performance lists will be made available online at the Athletics Ontario website at <https://athleticsontario.ca/events/2020-ao-icsm4/>. Please check online to confirm your entries following the entry deadline.

Late Entries: Entries will be accepted after the entry deadline of Tuesday, February 25 11:59pm EST but fees will be increased as stated above (\$50/ event and \$60/relay). The deadline for late entries will be Thursday February 27 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.

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 is also available at the end of this package and can be submitted to the accreditation table. Clubs that have POA can find a club POA waiver on the championship website: <https://athleticsontario.ca/events/2020-ao-icsm4/>.

## 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/2020-ao-icsm4/>. A final schedule will be posted by Thursday, February 27 at 12:00pm EST.
- Declaration Procedure:** Athletes entered in track events must declare for their event at the designated declaration area for each event **no later than 45 minutes** prior to the scheduled start time of the race.
- Athletes entered in field events do not need to declare for their event. They will only need to go to their event and check-in with the officials before the start of the event.
- Track athletes who fail to declare as required will be scratched from their 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 event.
- Non-Ontario athletes will be eligible for medals. These non-Ontario athletes will not offset medal placements for registered Ontario athletes (example: a non-Ontario athlete that places first in an event will receive a gold medal. If second overall was an Ontario athlete, him/her would also receive a gold medal as they were the first overall Ontario athlete. The process continues until three Ontario athletes are awarded medals).
- Scoring:** The top 6 athletes in each events and category will earn point for their clubs as follows:
- |                            |                            |                            |                            |
|----------------------------|----------------------------|----------------------------|----------------------------|
| 1 <sup>st</sup> – 7 points | 2 <sup>nd</sup> – 5 points | 3 <sup>rd</sup> – 4 points | 4 <sup>th</sup> – 3 points |
| 5 <sup>th</sup> – 2 points | 6 <sup>th</sup> – 1 point  |                            |                            |
- Lane & Heat 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.
- Setup for Starting Blocks:** Athletes will only be allocated one minute (60 seconds) to setup his/her blocks, including their runoff, before the start of their race.
- The use of starting blocks is optional for athletes under 16 years of age. Official blocks will be supplied by meet management. However, any starting blocks complying with World Athletics rules may be used.
- 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.

## Technical Details

### Events Offered:

#### Championship Events:

	Female			Male		
	U14	U16	U20	U14	U16	U20
60m	X	X	X	X	X	X
150m	X			X		
200m		X	X		X	X
300m	X	X		X	X	
400m			X			X
800m	X	X	X	X	X	X
1200m	X	X		X	X	
1500m			X			X
2000m	X	X		X	X	
3000m			X			X
60mH	X	X	X	X	X	X
800mW	X			X		
1500mW		X			X	
3000mW			X			
5000mW						X
HJ	X	X	X	X	X	X
PV		X	X		X	X
LJ	X	X	X	X	X	X
TJ		X	X		X	X
SP	X	X	X	X	X	X
WT		X	X		X	X
Medley Relay (2-2-4-8)		X	X		X	X

### Implements:

All throwing implements will be provided by meet management. Personal implements will be allowed and once check in, will be added to the competition equipment pool.

	Female			Male		
	U14	U16	U20	U14	U16	U20
SP	3.00	3.00	4.00	3.00	4.00	6.00
WT		5.45	9.08		7.26	11.34

\*all implement weights are in kilograms (kg)

### Specifications for Events:

All specifications for throwing and hurdling events can be found on Appendix 3 of Athletics Ontario's ***Policies & Procedures for the Staging of Provincial Championships***. Please follow the link to find the document: <http://athleticsontario.ca/wp-content/uploads/2018/04/PP-2018.pdf>

### Seed Times:

Indoor 2019 (starting November 1, 2018), outdoor 2019 and current 2020 indoor performances achieved at AO- sanctioned or approved competitions will automatically 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. **Performances achieved at MTA, elementary or high school meets that do not appear on Athletics Canada rankings will also be accepted on a case by case basis.**

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](mailto:randolphfajardo@athleticsontario.ca) to expedite seed validations. Any seeds that fail to produce validation of the performance will result in a NT. Seeds for field events do not need to be converted or verified. It is highly recommended to submit a seed performance for vertical or horizontal jumps. As a guide for coaches who need to decide which performance to submit for seeding purposes, please see the conversion chart on the next page.

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:	400m 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

## 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.

**Contacts:**

Event Manager	Randolph Fajardo	<a href="mailto:randolphfajardo@athleticsontario.ca">randolphfajardo@athleticsontario.ca</a>
Officials Coordinator	Kathryn Dertinger	<a href="mailto:aoavailability@gmail.com">aoavailability@gmail.com</a>
Facility Manager	Maria-Julia Di Corpo	<a href="mailto:mdicorp@toronto.ca">mdicorp@toronto.ca</a>

Recommended Hotels:

		
<b>Courtyard Toronto Vaughn</b> 150 Interchange Way Concord, ON L4K 5P7 905-660-9938	<b>Extended Stay Canada</b> 3600 Steeles Ave W Vaughn, ON L4L 8P5 1-800-804-3724	<b>Best Western Plus</b> 50 Norfinch Drive North York, ON M3N 1X1 416-663-9500

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.

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 or boots on the track surface. Please ensure you bring running shoes to change into as you will not be allowed into the facility without them. NO electronic devices are allowed in the competition area.

Results:

Results will be posted on Sunday March 1, 2020, following the completion of the meet. 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  
555 Finch Ave W.  
Toronto, Ontario  
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's Indoor Track and Field Championship Series Meet #4, February 29 – March 1, 2020**

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

Athletics Ontario  
Athletics Ontario Officials

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.

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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 to be used for media purposes including promotional presentations and marketing campaigns for Athletics Ontario. I also authorize any media material created by myself within, or for, Athletics Ontario over the course of the 2020 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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