



Presents

2020 Athletics Ontario Indoor Championship Series #5

Ontario U8, U10, U12 Indoor Championships

March 7

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

Technical Package

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Registration

Entry Deadline: 10:00AM, Thursday, March 5, 2020

Age Categories: U8 born in 2013 or after
U10 born in 2011 or after
U12 born in 2009 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 (Friday, March 6 @ 10:00AM 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, in order to be entered into the competition.

Fees:	Events	Relay: 4x200m	
	Before Deadline:	First Event \$10 Additional Events \$5 each	\$20 per relay team
	After Deadline:	\$20 per event *All fees include HST and Trackie fees. HST# 10400235RT	\$20 per relay team

Method and Payment: Trackie Online <http://www.trackiereg.com/2020-ao-icsm5> 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-icsm5/>. Please check online to confirm your entries following the entry deadline.

Late Entries: Entries will be accepted after the entry deadline of Thursday, March 5 10:00AM EST but fees will be increased as stated above (\$20 per individual event or relay). The deadline for late entries will be Friday March 6 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 submit a waiver form, signed by a parent or guardian. The waiver is available at the end of this package and can be submitted to the accreditation table upon arrival. Clubs that have POA can find a club POA waiver on the championship website: <https://athleticsontario.ca/events/2020-ao-icsm5/>.

Completed waiver forms can also be emailed to randolphfajardo@athleticsontario.ca. Waivers must be submitted before a bib number can be given to an athlete.

Competition & Technical 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-icsm5/>. A final schedule will be posted by Thursday, March 5 at 12:00pm EST.
- Check-In Procedure:** Athletes do not need to declare for their event before their event. They will just need to show up to their event and check-in with the officials that are present.
- Awards:** Gold, Silver, and Bronze medals will be awarded to the first three finishers from Ontario in each event.
- Scoring:** The top 6 athletes in each events and category will earn point for their clubs as follows:
 1st – 7 points 2nd – 5 points 3rd – 4 points 4th – 3 points
 5th – 2 points 6th – 1 point
- Lane & Heat Assignment:** Lanes, Heats, and Sections will be assigned according to the rules of IAAF/AO.
- Starting Blocks:** Starting blocks will not be used at this competition.
- Events Offered:**

	Female			Male		
	U8	U10	U12	U8	U10	U12
50m	X			X		
60m		X	X		X	X
150m	X	X	X	X	X	X
300m	X	X	X	X	X	X
600m		X	X		X	X
1000m			X			X
60mH		X	X		X	X
400mW		X			X	
800mW			X			X
Vertical Jump	X	X	X	X	X	X
HJ		X	X		X	X
LJ	X	X	X	X	X	X
Ball Throw	X			X		
SP		X	X		X	X
4x200m		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		
	U8	U10	U12	U8	U10	U12
SP	Ball	2.00	2.72	Ball	2.00	2.72

*all implement weights are in kilograms (kg)

- Hurdles:**

	Female		Male	
	U10	U12	U10	U12
60mH	0.457m / 18 in	0.610m / 24 in	0.457m / 18 in	0.610m / 24 in

Total Hurdles: 5 / Distance to first hurdle: 11.5m / Distance in between hurdles: 7m

- 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.**

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	randolphfajardo@athleticsontario.ca
Officials Coordinator	Kathryn Dertinger	aoavailability@gmail.com
Facility Manager	Maria-Julia Di Corpo	mdicorp@toronto.ca

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 always off limits to non-competitors.

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 Saturday March 7, 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 #5, March 7, 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.

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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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.

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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