



Presents

2020 Central Region Cross Country Championships

November 14 – 15

**Milne Dam Conservation Park
8251 McCowan Rd.
Markham, ON
L3P 3J3**

Technical Package

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Competition Details

Age Categories:

U8: born in 2013 or after
U10: born in 2011 or after
U12: born in 2009 or after
U14: born in 2007 or after
U16: born in 2005 or after
U18: born in 2003 or after
U20: born in 2001 or after
Open: born in 2000 or before
Masters: on November 15, 1990 or before

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. Athletes not registered with Athletics Ontario by the entry deadline will be subject to a 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. Please ensure you have your membership number from your local athletics governing body.

Entry Deadline:

Tuesday, November 11, 11:59pm EST for AO competitive members. After closing, and the entries have been reviewed, and deemed that there is space available to accept late entries, college and University groups will then be able to register with AO as an Unattached Competitive athlete at a discounted rate of \$25, and entry will be re-opened to allow additional entries until 11:59pm EST on Thursday, November 12.

Fees:

Entry to the event is \$25
*All fees include HST and Trackie fees.
HST# 10400235RT

Heat Assignment:

There will be a maximum of 40 athletes per heat. Athletes are asked to submit estimated seed performances to spread out the field equally. Each heat will go 2 at a time at the start line with a 5 second interval in between each start. Athletes will start from fastest to slowest.

Heat assignments will be posted the day before the event.

Waiver:

Every participant is required to sign the waiver form on each respective event website (see links at the beginning of this document). For athletes under the age of 18, a parent or guardian's signature must appear on the waiver. Clubs that have POA can find a club POA waiver on the event website as well.



COVID-19 Plan (Regulations)

Due to COVID-19, only a maximum of 40 athletes are allowed on premises during the competition. This number includes athletes, coaches, and officials. All precautions are outlined below.

Arrival and Departure:

Athletes will be allowed to arrive at the competition site 15min prior to the start of their event to continue/complete any warmups before the start of the race.

Athletes **must** leave the competition area after completing their event. Spectators **must** also leave the competition area once the athletes they have arrived with have completed their event.

Saturday, November 14			
Event Group	Arrival	Event Start	Departure
U12 & U14 Girls – 2km		10:30am	
U12 & U14 Girls – 2km		10:50m	
U12 & U14 Boys – 2km		11:10am	
U12 & U14 Boys – 2km		11:30am	
U8 & U10 Girls & Boys – 1km		12:00pm	
U16 Girls – 4km		12:15pm	
U16 Girls – 4km		12:45pm	
U16 Boys – 4km		1:15pm	
U16 Boys – 4km		1:45pm	

Sunday, November 15			
Event Group	Arrival	Event Start	Departure
Masters Mixed – 4K		11:00am	
Masters Mixed – 4K		11:30am	
U18 & U20 Girls – 6K		12:15pm	
U18 & U20 Girls – 6K		12:45pm	
U18 & U20 Boys – 6K		1:30pm	
U18 & U20 Boys – 6K		2:00pm	
Open Women & Men – 8km		2:45pm	
Open Women & Men – 8km (if needed – shift schedule back 30min)			

Health Precautions:

Athletes are asked to do any warmups on the north west field to keep the number of individuals at the competition site to an absolute minimum. Athletes may jog along the course but are asked to stay away from the start/finish area until their allocated arrival time.

Wearing a mask is highly recommended. It is expected that spectators/coaches/athletes bring their own face masks. It is mandatory if you are unable to maintain 2m between other individuals at the event. Entry to the competition area will be prohibited if proper face coverings are not brought by participants.

A hand sanitizer station will be available by the registration/finish line area. It is recommended for all participants to bring their own PPE and hand sanitizer to minimize touch points while at the competition.

Athletes may use the racecourse for warm-up their routine. Please ensure that athletes are maintaining a minimum 2m distance between each other during the warm-up period.

When greeting or congratulating others at the competition, please refrain from any physical contact such as high fives or hugs.

Equipment brought to the competition site should be kept to an absolute minimum. If you arrive by car, it is recommended to keep all equipment such as backpacks, water, snacks in the vehicle and then leave to warm-down in an alternate site after the competition is complete.

Coaches and spectators will need to register if they plan to attend any of the events. Links to register can be found on each individual event page. Anyone that does not register will not be allowed on premise.

Awards will be given for each region, rather than on a provincial level. There will be no awards ceremonies on site this year. Digital certificates will be awarded to the top 3 finishers and teams of each age division, for each region.

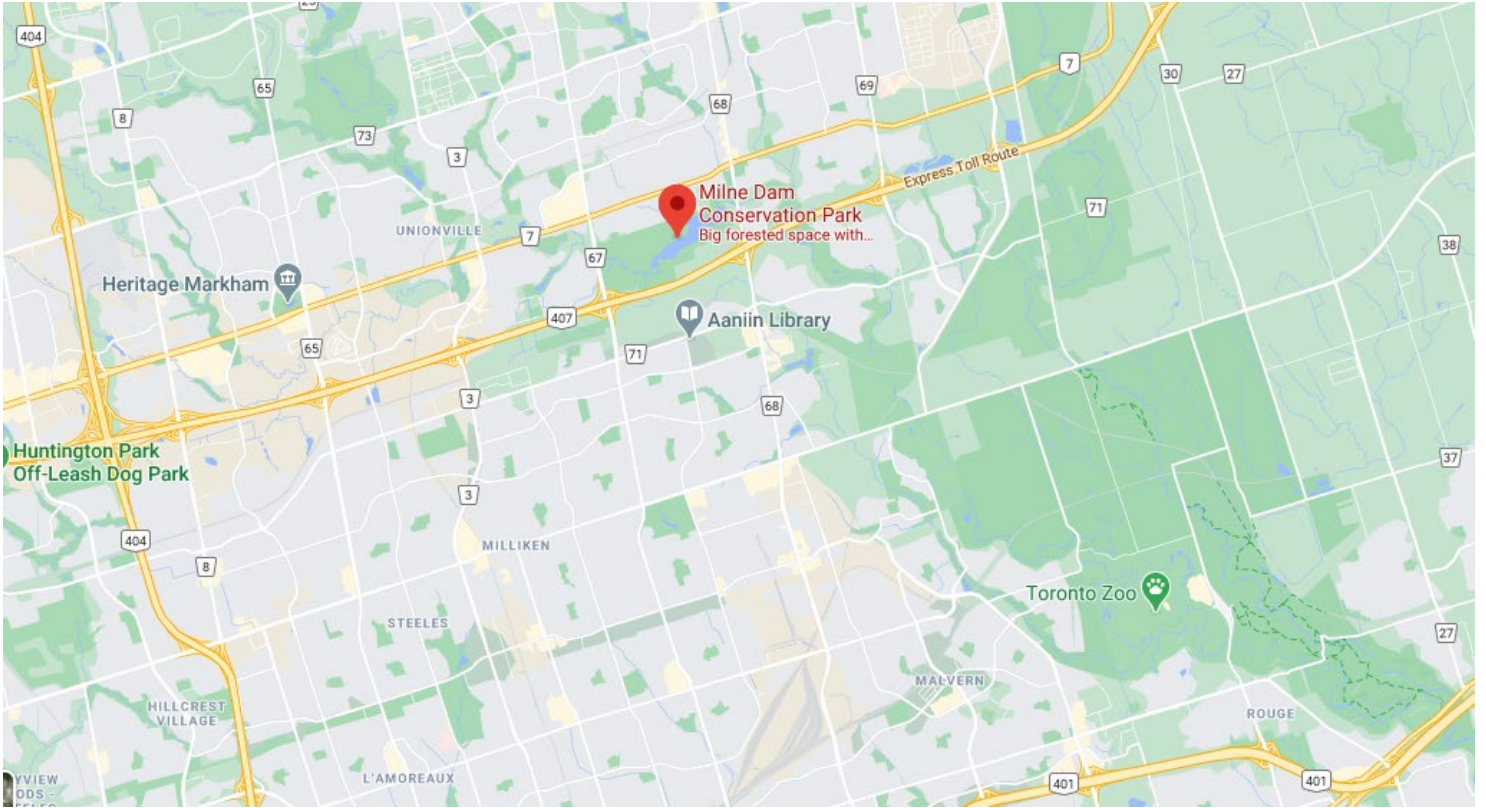
Officials and Volunteers:

Additional regulations that will be utilized at the events by officials and volunteers can be found here: <https://athleticsontario.ca/wp-content/uploads/2020/07/AO-Running-Race-Risk-Assessment-and-Safety-Protocols-v5.pdf>

General Information

Location:

Milne Dam Conservation Park
8251 McCowan Rd.
Markham, ON
L3P 3J3



- Contacts:** Meet Director Randolph Fajardo randolphfajardo@athleticsontario.ca
- Results:** Results will be posted on the Monday following the competition.
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
4001 Leslie St.
Toronto, Ontario
M2K 1E1
(416) 756-6000