



Procedures and Technical Rules for Ontario Provincial Championships

2022 - 2023

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DEFINITIONS



DEFINITIONS

Abbreviations (Event)

Official abbreviations for events are as follows:

m	meters	LJ	Long Jump
H	Hurdles	TJ	Triple Jump
S/C	Steeplechase	SP	Shot Put
HJ	High Jump	DT	Discus Throw
PV	Pole Vault	JT	Javelin Throw
RW	Race Walk	HT	Hammer Throw
SMR	Sprint Medley Relay (200m – 200m – 400m – 800m)		
DMR	Distance Medley Relay (1200m – 400m – 800m – 1600m)		

AC

Athletics Canada.

Age Categories

Age categories for athletes will be determined by the age that an athlete will be on December 31 of the competition year.

AO

Athletics Ontario.

AOOEC

Athletics Ontario Officials Executive Council.

Competitions & Technical Manager

An Athletics Ontario staff, in charge of logistics of Athletics Ontario Championships and technical rules.

HOC

Host organizing committee.

Sanctioning

Athletics competitions in Ontario must be sanctioned by Athletics Ontario for results to be accepted for rankings, team selection, and seeds at major events.

Technical Delegate

An individual appointed by Athletics Ontario to represent the organization and ensure the technical and procedural rules of provincial competitions are being adhered to. The Athletics Ontario Competitions and Technical Manager will normally assume this position.

WA

World Athletics.



ATHLETICS ONTARIO PROVINCIAL COMPETITIONS

ATHLETICS ONTARIO PROVINCIAL COMPETITIONS

Rule 1

Provincial Competitions

1. Except where noted otherwise in this handbook, the rules of the World Athletics and Athletics Canada shall apply to all provincial championships. Modifications must be approved prior to the event by the AO Competitions and Technical Manager.

Rule 2

Authorisation to Stage Competitions

1. **Provincial** championships are automatically sanctioned by AO. Insurance coverage is provided as per the AO insurance policy. It is the responsibility of the HOC to understand the insurance policy provided by AO to ensure that additional activities undertaken by the HOC in connection with the meet have proper coverage in place.

Bidding for and Awarding of Championships

2. A notice to all clubs calling for bids for the various championships to be held the following year shall be issued in late summer or early fall.
3. The championship hosts are selected by ad-hoc Bid Committee, and recommend the Host Organizing Committees to the Board of Directors.
4. The host Organizing Committee shall receive a Championship Agreement following the Bid Selection announcements. The agreement shall be signed by the AO Competitions and Technical Manager and the Competition Director of the HOC. AO will retain the original copy and return a scanned copy to the HOC for their records.

Rule 3

Regulations Governing the Conduct of Athletics Ontario Provincial Competitions

Athletics Ontario Championships

1. The following championships will be staged on an annual basis. The dates are to be set by the competitions committee.
 - (a) Indoor Relays



(b) Indoor Combined Events

(c) Indoor Individual Athletics

(i) U8

(ii) U10

(iii) U12

(iv) U14

(v) U16

(vi) U18

(vii) U20

(viii) Open

(ix) Masters

(d) Outdoor Relays

(e) Outdoor Combined Events

(f) Outdoor Individual Athletics

(i) U8

(ii) U10

(iii) U12

(iv) U14

(v) U16

(vi) U18

(vii) U20

(viii) Open

(ix) Masters

(g) Long Walks (Road or Track)

(h) Cross Country

(i) Road Running Races¹

2. Two or more of the championships in Section 3.1 may be combined at the discretion of the [AO Competitions & Technical Manager](#) in consultation with the AO Board and/or AO [Competition](#) Committee.
3. Any of the championships may incorporate a dual meet versus another branch. Any additional costs associated with inclusion of the additional competition will be the responsibility of AO.
4. From time to time, it may be necessary to modify the specifications or distance of an event due to competition scheduling considerations or difficulty in introducing a new event (e.g., 3000m steeplechase for women). Any proposals for modification should be directed to the AO Competitions and Technical Manager who, after consultation with the AO Board of Directors and the AO Technical Committee, will announce the decision. Any modifications accepted should be communicated to the membership as soon as possible. ²

¹ Road race championships shall be conducted as determined from time to time by AO and its designate.

² Some events may not be held in some years, due to lack of participants, suitable hosts, or facilities.

5. The following events shall be conducted at the respective [championships as per section 3.1](#):

(a) Indoor Athletics Events³

Indoor Track & Field						
	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
600m			X			X
1000m			X			X
60mH		X	X		X	X
400mW		X			X	
800mW			X			X
Standing HJ	X			X		
HJ		X	X		X	X
Standing LJ	X			X		
LJ		X	X		X	X
Ball Throw	X			X		
SP		X	X		X	X
4x200m	X	X	X	X	X	X
Tetrathlon		X	X		X	X

Indoor Track & Field										
	Female					Male				
	U14	U16	U18	U20	OW	U14	U16	U18	U20	OM
60m	X	X	X	X	X	X	X	X	X	X
150m	X					X				
200m		X	X	X	X		X	X	X	X
300m	X	X				X	X			
400m			X	X	X			X	X	X
800m	X	X	X	X	X	X	X	X	X	X
1200m	X	X				X	X			
1500m			X	X	X			X	X	X
2000m	X	X				X	X			
3000m			X	X	X			X	X	X
60mH	X	X	X	X	X	X	X	X	X	X
800m RW	X					X				
1500m RW		X					X			
3000m RW			X	X	X			X		
5000m RW									X	X
HJ	X	X	X	X	X	X	X	X	X	X
PV		X	X	X	X		X	X	X	X
LJ	X	X	X	X	X	X	X	X	X	X
TJ		X	X	X	X		X	X	X	X
SP	X	X	X	X	X	X	X	X	X	X
WT		X	X	X	X		X	X	X	X
4X200m	X	X	X	X	X	X	X	X	X	X
4X400m			X	X	X			X	X	X
4X800m	X	X	X	X	X	X	X	X	X	X
SMR		X	X	X	X		X	X	X	X

³ Indoor event specifications can be found in Appendix 3



Tetrathlon	X	X				X	X			
Pentathlon			X	X	X			X		
Heptathlon									X	X

(b) Indoor combined events shall occur in the following order:

Female Tetrathlon (U10, U12):	60mH, HJ, SP, 150m
Female Tetrathlon:	60mH, HJ, SP, 200m
Female Pentathlon:	60mH, HJ, SP, LJ, 800m
Male Tetrathlon (U10, U12):	60mH, SP, HJ, 150m
Male Pentathlon:	60mH, LJ, SP, HJ, 1000m
Male Heptathlon	60m, LJ, SP, HP; 60mH, PV, 1000m

(c) Outdoor Athletics Events⁴

Outdoor Track & Field						
	Female			Male		
	U8	U10	U12	U8	U10	U12
60m	X	X		X	X	
80m			X			X
150m	X	X	X	X	X	X
300m			X			X
600m		X	X		X	X
1000m		X	X		X	X
80mH		X	X		X	X
800mW		X	X		X	X
HJ		X	X		X	X
Standing LJ	X			X		
LJ		X	X		X	X
Ball Throw	X			X		
SP		X	X		X	X
4x100m	X	X	X	X	X	X
Tetrathlon		X	X		X	X

Outdoor Track & Field										
	Girls/Women					Boys/Men				
	U14	U16	U18	U20	OW	U14	U16	U18	U20	OM
80m	X					X				
100m		X	X	X	X		X	X	X	X
150m	X					X				
200m		X	X	X	X		X	X	X	X
300m	X	X				X	X			
400m			X	X	X			X	X	X
800m	X	X	X	X	X	X	X	X	X	X
1200m	X	X				X	X			
1500m			X	X	X			X	X	X
2000m	X	X				X	X			
3000m			X	X				X		
5000m				X	X				X	X

⁴ Outdoor event specifications can be found in Appendix 3

10,000m					X				X	X
80mH	X	X				X				
100mH			X	X	X		X			
110mH								X	X	X
200mH	X	X				X	X			
400mH			X	X	X			X	X	X
1500m S/C		X					X			
2000m S/C			X	X				X		
3000m S/C					X				X	X
800m RW	X					X				
1500m RW		X					X			
3000m RW			X					X		
5000m RW				X	X				X	X
HJ	X	X	X	X	X	X	X	X	X	X
PV		X	X	X	X		X	X	X	X
LJ	X	X	X	X	X	X	X	X	X	X
TJ		X	X	X	X		X	X	X	X
SP	X	X	X	X	X	X	X	X	X	X
DT	X	X	X	X	X	X	X	X	X	X
HT		X	X	X	X		X	X	X	X
JT	X	X	X	X	X	X	X	X	X	X
4X100m	X	X	X	X	X	X	X	X	X	X
4X200m	X	X	X	X	X	X	X	X	X	X
4X400m			X	X	X			X	X	X
4X800m	X	X	X	X	X	X	X	X	X	X
SMR		X	X	X	X		X	X	X	X
DMR				X	X				X	X
Tetrathlon	X					X				
Pentathlon		X					X			
Heptathlon			X	X	X					
Decathlon								X	X	X

(d) Outdoor combined events shall occur in the following order:

Female Tetrathlon (U10/12): 80mH, HJ, SP, 200m
 Female Tetrathlon: 80mH, HJ, SP, 200m
 Female Pentathlon: 80mH, HJ, SP, LJ, 800m
 Female Heptathlon: 100mH, HJ, SP, 200m; LJ, JT, 800m

Male Tetrathlon (U10/12): 80mH, SP, HJ, 200m
 Male Tetrathlon: 80mH, SP, HJ, 200m
 Male Pentathlon: 100mH, LJ, SP, HJ, 1000m
 Male Decathlon: Day 1: 100m, LJ, SP, HP, 400m
 Day 2: 1100mH, DT, PV, JT, 1500m

(e) Long Walks

U20 Women's 10km Walk
 Open Women's 10km Walk
 Open Women's 20km Walk

U20 Men's 10km Walk
 Open Men's 10km Walk
 Open Men's 20km Walk
 Open Men's 30km Walk
 Open Men's 50km Walk



(f) Cross Country

Individual and Team:

Girls/Women – U8, U10, U12, U14, U16, U18, U20, Open

Boys/Men – U8, U10, U12, U14, U16, U18, U20, Open

See [Rule 250.1](#) for race distances.

(g) Road Running

Open Women's 5km

Open Men's 5km

Open Women's 8km

Open Men's 8km

Open Women's 10km

Open Men's 10km

Open Women's Half Marathon

Open Men's Half Marathon

Open Women's Road Race Series

Open Men's Road Race Series

Sponsorships

6. AO shall:

(a) Provide a list of AO sponsors to the HOC not less than 6 months prior to the date of the competition.

(b) Provide banners and other recognition materials for AO and as required, AO sponsors, including the Government of Ontario.

(c) Include sponsor logos in the Technical Package.

7. The HOC shall:

(a) Not enter into a sponsorship agreement with a company or organization which offers a product or service (e.g., alcohol, tobacco) which is not condoned by AO.

(b) Not enter into a sponsoring agreement with a company that competes with AO sponsors without the written permission of AO.

(c) Ensure that AO sponsors and the Championship sponsors will solely receive exposure.

(d) Display banners and other recognition materials for AO, as per Rule 3.7(b).

Non-Championship Events

8. The inclusion of any non-championship events at a provincial championship meet must be approved by the AO Competitions and Technical Manager. These events must be sanctioned by AO.

PROCEDURAL REQUIREMENTS



PROCEDURAL REQUIREMENTS

PART I - GENERAL

Rule 10 Technical Package

1. The Technical Package shall:
 - (a) Be prepared by the [AO Competitions & Technical Manager](#) in conjunction with the Competition Director
 - (b) Be made available to clubs via the AO website a minimum of 4 weeks prior to the event
 - (c) Contain the following information:
 - (i) Name of the competition
 - (ii) Date and [location](#)
 - (iii) The words “Sanctioned by Athletics Ontario”
 - (iv) The name of the host organization
 - (v) A description of the venue
 1. Name of venue
 2. Exact location
 3. Description of facility including track surface, number of lanes, type of runways and circles, change room, washroom, etc. For Cross Country Championships, easy-to-follow course maps should be provided.
 - (vi) Maximum spike length and any other facility rules or restrictions
 - (vii) Age groups, including years of birth
 - (viii) Name, address, and contact information for the Competition Secretary for the Championship if different from the Competition Director
 - (ix) Entry deadline, fees, and procedures ([Rule 11](#))
 - (x) A statement of eligibility
 - (xi) [Accreditation](#) and [declaration](#) procedure
 - (xii) Starting heights and progressions for vertical jump events
 - (xiii) Awards
 - (xiv) Accommodation information
 - (xv) Tentative schedule of events
 - (xvi) A waiver
 - (xvii) Club championship information (scoring system, etc.)
 - (xviii) Instructions for online or computer assisted entries (Trackie Registration)

- (xix) Admission fees, if applicable, for spectators and information on how AO registered coaches and club administrators may receive passes
- (xx) Sponsor logos
- 2. The AO Competitions and Technical Manager shall determine, in conjunction with the HOC, a tentative event schedule that meets the needs of all parties. **The schedule shall be added to the Technical Package and posted on the AO website a minimum of 4 weeks prior to the competition.**
- 3. The Competition Director shall provide, at least eight weeks prior to the meet:
 - (a) A list of hotels and or other accommodations near the competition site
 - (b) A plan or satellite view of the venue
 - (c) Directions and map to venue
 - (d) Admission fees and other participant services information

Rule 11

Entries

1. Entries shall be made using Trackie, **except for competitions under Rules 3.1(g) and (i) where the Organizing Committee will decide on the method for entries.**

Entry Deadlines

2. All AO Championships, except for competitions under **Rules 3.1(g) and (i)**, shall have an entry deadline of 11:59pm on the **Tuesday** immediately prior to the Championships.
3. In the relay events, the names of all possible runners on all relay teams entered shall be included with the entries. The names of the four runners on each team and the running order need not be provided until the day of the meet, but prior to the team declaration cut-off time **(Rule 170 or Rule 23.) add/adjust declaration/check-in rule?**

Entry Fees

4. Entry fees received by the deadline shall not exceed \$25.00 per athlete per event except as indicated otherwise below:
 - (a) Relays \$35.00 per team
 - (b) Combined Events

Decathlon	\$35.00
Heptathlon	\$32.00
Pentathlon	\$30.00
Tetrathlon	\$25.00
 - (c) Competitions under **Rule 3.1(g) and (i)**: as determined by the Organizing Committee and approved by the **AO Competitions and Technical Manager.**



5. Government taxes, fees, and surcharges, if applicable, shall be included in the total of the above fees.
6. Payment of entries shall be made either via Trackie or by cheque or credit card directly to AO before that start of competition. Cash payments shall not be accepted.
7. All fees are payable whether the entrant participates or not.
8. In the case of stand-alone⁵ competitions, the HOC shall retain the entire entry fee.
9. Entry fees are to be paid prior to release of bib numbers.
10. The HOC shall pay full entry fees, post entry fees and appeal fees.

Post Entries

11. Post entries in championship events are the responsibility of AO. The latest that an athlete or team may post enter is one hour prior to the start of the first day of competition. The fee for post entries accepted shall be \$50 per event per athlete and \$60 per event per relay team. Late entry fees are payable at the time of entry. To be considered, the athlete(s) must be registered as a competitive member of AO at the time of late entry. Any entrants accepted shall not be placed in either of the two fastest sections in events of 200m and up in distance.

Competing in More than one Age Group

12. At any one championship meet, an athlete may compete in different age groups, but only in different events. Different specifications do not make an event “different” as far as this rule is concerned. For example, the U18 Boys 110mH at 0.914m and the U20 Men 110mH at 0.990m are considered the same event for the purposes of this rule.

Rule 12 Seed Performances

1. For Outdoor Championship meets, the best indoor or outdoor performance achieved during the period April 1 of the previous year to the entry deadline date shall serve as the seeding performance.
2. For Indoor Championship meets the best performance achieved during the previous indoor and outdoor season to the entry deadline date shall serve as the seeding performance.
3. Only performances that appeared or will appear on the Athletics Canada rankings will be accepted. Wind-assisted or No Wind Information for horizontal jumps, or sprints will not be accepted.

⁵ Relay, combined events, long distance track events or walking events that are not supported or only partially supported by other non-championship events are considered stand-alone.

4. There will be no appeals allowed for consideration of special circumstances such as injury during the eligible period, etc.
5. The Technical Delegate shall be responsible for resolving any issues with seed performances.

Rule 13 Eligibility

1. The following statement shall be included in the Technical Package:
 “Athletes residing in Ontario must be registered and their clubs affiliated for the current year with AO by the entry deadline of 11:59PM EST on the Tuesday preceding the competition (or, if registering late, by the late entry deadline of 10:00AM EST on the Thursday preceding the competition). To be considered registered with AO, the athlete must have [active membership completed through Trackie.me](#) or completed and signed an AO registration form [and have it processed](#) along with payment [at](#) the AO office by 3:00PM on the Tuesday preceding the competition.

Athletes who are registered as **Unattached** or who have become **Disassociated** do not require a club affiliation.”

2. All Ontario Championships are open to athletes from other provinces, states, or countries. Athletes residing in Ontario but representing a club from outside the province must be reregistered with their association and must be entered by their respective clubs. Athletes residing outside of Ontario must be registered for the current year with their provincial, state, or national associations by the entry deadline.
3. Rule 13.1 and 13.2 may be waived for completions under Rules 3.1(g), 3.1(i), and 10,000m track running competitions. However, only AO registered athletes or athletes registered with other provincial, state, or national athletics associations shall be eligible for awards. [Only athletes that are AO registered are eligible for club championship points.](#)
4. The Technical Delegate shall decide on issues of eligibility.

Rule 14 Entry Standards

1. Except as provided in Rule 14.2 and 14.3, minimum performance standards shall not be set for entry into any championship events.



2. Minimum performance standards may be set for athletes younger than the designated championship age group (e.g., standards for U16 and U18 for entry into U20 or Open Championships).
3. In events of 20km or over in distance, a time at which officials will leave the course may be established. Such time shall be included on the entry information sheet.

Rule 15

Bib and Hip Numbers

1. AO will provide bib numbers and hip numbers for championships.
2. The height of the bib number shall be a minimum of 8cm. A height of 12cm is recommended. The number of digits, where possible, should not exceed three.
3. The numbers should be of a dark colour such as black.
4. Tear-proof bibs shall be provided in longer races
5. AO reserves the right to have a sponsor's name printed on the bib.

Rule 16

Official & Volunteer Recruitment for Championships

1. The AOOEC Director of Availability shall:
 - (a) Obtain the meet availability of officials prior to the start of the season for both the indoor and outdoor season.
 - (b) Provide the list of available officials and their contact information to the Competition Director (or HOC Officials Coordinator) two months prior to the meet.
 - (c) Shall be responsible for producing the official's assignments based on the available/confirmed officials and sending it to the Competition Director and the AO Technical Delegate for inclusion in the official's information package. The assignments will be made to ensure adequate event coverage by experienced and qualified officials as well attempt to account for any requested mentoring. (See Appendix 1)
2. The HOC and AO shall be responsible for:
 - (a) Inviting/confirming available officials provided by the AOO EC Director of Availability four weeks prior to the meet.
3. The Competition Director shall be responsible for:
 - (a) Sending the officials information package to all confirmed officials four weeks prior to the meet. The meet package should include, but not limited to:
 - (i) The officials' assignments list, accommodations rooming list
 - (ii) Directions to the track
 - (iii) Directions to the accommodations

- (iv) Latest version of the schedule
- (v) The meet technical package (highlight any meet-specific rules or restrictions)
- (vi) Food information
- (b) Sending the final schedule to all officials as soon as it is available.
- (c) Ensuring that arrangements are made for meals, water, and snacks after having consulted on dietary requirements. Depending on the location and meet schedule a per diem may be provided in place of meals.
- (d) Providing a suitable room or tent for officials and volunteers for meals, breaks and storage of clothes/bags.
- (e) Providing water and snacks as appropriate to officials and volunteers throughout the meet.
- (f) Utilize non-AO Officials if fewer AO officials have indicated their availability then the minimum number shown in any discipline.
- (g) Be responsible for providing a list of trained and physically capable minor officials and volunteers, including but not limited to:
 - (i) Blocks crew (4)
 - (ii) Hurdles crew (8)
 - (iii) Horizontal jumps crew(s) (3 – 4 per event)
 - (iv) Vertical jumps crew(s) (2 per event)
 - (v) Long and short throws crew(s) (3 – 4 per event)
 - (vi) Accreditation (2 for the duration of the competition)
 - (vii) Declaration (2 – 4 for the duration of the competition)
 - (viii) Runners (2 for the duration of the competition)
 - (ix) Wind gauge operator(s) (accounting for the potential of running two horizontal jumps events as well as a track event simultaneously)
- 4. The AO Technical Delegate and Competitions Director shall:
 - (a) Ensure that the final schedule accounts for suitable meal and break times for both track and field event officials and volunteers.
- 5. The Competition Secretary shall produce the heat sheets for posting at least 15 minutes prior to the scheduled start of the event. The Competition Director shall provide tables/boards for posting the track heat sheets at each relevant starting line. **(not relevant to this section – find new rule to place this)**
- 6. Any shortage of officials or volunteers available should be reported to the AO Competitions and Technical Manager immediately.

Rule 17

Announcer

1. The Competition Director shall provide a knowledgeable announcer for track and field and cross-country events and for presentation of awards.



Rule 18
Spectator Admission Fees

1. The HOC may charge a spectator admission fee. The amount of the fee must be approved by the AO Board of Directors.
2. If an admission fee is to be charged, provision must be made by meet organizers to provide passes for coaches of participating athletes. To be eligible for passes, coaches must have registered with AO or their provincial or state associations by the meet entry deadline.

Rule 19
Meet Organization and Management

1. AO staff shall:
 - (a) Verify the membership status of all Ontario athletes who seek to enter the championships
 - (b) Arrange for the production and delivery, to the HOC, of the championship competition bib numbers and pins
 - (c) Provide entry numbers and entry fee summary to the Competition Director
2. The HOC shall:
 - (a) Prepare registration packages for athletes and coaches and ensure that an organized and efficient registration process is handled by adults. See also Rule 190.3
 - (b) Shall post a hardcopy of the athlete check-in protocol. The protocol shall also be included in the registration package and announced prior to each day's competition and repeated several times throughout. The athlete check-in procedure to be administered by adults.
3. The AO Technical Delegate, with the cooperation of the Competition Director and referees, shall endeavour to keep the competition on schedule.

Rule 20
Heat Sheets

1. AO staff shall:
 - (a) Post the performance list the AO website, or another publicized website, no later than 24 hours after each entry deadline.
2. The Competition Secretary shall:
 - (a) In track events to be conducted as qualifying heats or timed sections, set up the heat sheets based on the latest check-in information for each event. See Rule 190.1.

- (b) Provide the announcer and other officials with a hardcopy of the heat sheets and event competition sheets.
- 3. The Technical Delegate shall
 - (a) Ensure that the heats or sections are established according to the AO policies.
- 4. The HOC shall
 - (a) Ensure that the heat sheets are posted as soon as possible after the check-in window has closed.

Rule 21

Provincial Records

1. The AO Competitions & Technical Manager shall provide the Competition Secretary with a copy of the current provincial records. Provincial records should be printed at the top of heat sheets and field event reporting sheets.

Rule 22

Awards

1. The HOC shall provide only AO approved awards.
2. Awards shall be provided to:
 - (a) The first three AO finishers in individual events.
 - (b) To all members of the first three AO relay teams.
 - (c) To the top four scoring members of the first three AO cross country teams.
 - (d) In cross country events, clubs may purchase additional awards for all non-scoring members on placing teams who finished the race.
3. Under no circumstances shall AO Championship awards be given out except as provided in Rule 22.2.
4. The HOC shall have an Awards Coordinator with an assistant available for the duration of the competition. The awards ceremony is to be scheduled into the competition schedule, as close to the end of the event as possible.
5. Field events are to be walked over to the podium for medal presentation at the conclusion of the event.
6. The HOC shall provide a sound system which can be heard from all competition areas. Wireless mics shall be available for use in the competition and awards areas.
7. The HOC shall arrange for formal award presentations, including the announcement of the names of award winners and presenters (See appendix 5 for the Awards Presentation Script).
8. The HOC shall be responsible for ensuring that surplus AO awards are returned to the AO office within ten days of the conclusion of the competition.



9. The HOC is responsible for the cost of medals distributed to athletes by the AO office after the conclusion of the competition.

Rule 23

Athlete Declaration Protocol

1. Athletes entered in track events must declare for their event at the designated area no later than 45 minutes prior to the scheduled or re-scheduled start time of the race.
2. Athletes entered in field events must declare at their event site before the start of the first trial for any competitor in the event.
3. A hardcopy of the declaration protocol shall be posted, included in the club registration envelope and/or announced prior to the start of each day's competition and repeated several times throughout. Athletes who fail to declare as required are subject to disqualification from the event.

Rule 24

Results

1. The Competition Director shall:
 - (a) Make available, in electronic form, a complete set of results (e.g., Hy-Tek backup file) to post "live" online in a form acceptable to the AO Competition & Technical Manager.
 - (b) Deliver all original result sheets and electronic photo timing files to the AO office within five days of the conclusion of the meet.
2. The Technical Delegate shall:
 - (a) Check the results to ensure that they are complete and accurate
 - (b) Provide to the Competitions & Technical Manager, for archival purposes, an amended or final version in electronic form within one week.
 - (c) Ensure results are posted live on the AO website or, at a minimum, after each day of competition.
 - (d) Ensure that all original results sheets are scanned and archived by AO staff.

Rule 25

Assessment and Evaluation

1. Championship Committee members shall assess the competition with respect to the expectations of the Championship Agreement. Membership feedback will be

solicited via Survey Money. The survey results will be reviewed by the Competitions Committee and shared with the HOC.

2. The Competition Director shall complete a meet report as per template provided.

Rule 53

Medical / Safety Services at International Competitions

1. The Competition Director shall provide dedicated trained personal to handle basic injuries and first aid including CPR (Cardiopulmonary Resuscitation) and ensure that an operative defibrillator is present at the competition site. The HOC must have a working telephone.



PART II - OFFICIALS

Rule 112 Technical Delegates

Athletics Ontario Championships

1. An AO Technical Delegate⁶ shall be appointed by AO to attend all provincial championships to ensure that the technical arrangements are in conformity with AO/AC/WA rules. In addition, the AO Technical Delegate will decide on issues of eligibility, assist with organizational matters, and ensure that the procedures within this document (“[Procedure and Technical Rules for Ontario Provincial Championships](#)”) are appropriately observed.
2. If the AO Technical Delegate is not working as an official at the competition, his/her costs shall be covered as follows:
 - (a) Travel: by the Ontario Officials Championship Travel fund in the same manner as for a technical official at the competition.
 - (b) Accommodation and Meals: by the meet organizers.

⁶ Normally the role of the AO Technical Delegate is assumed by the [AO Competitions and Technical Manager](#).

TECHNICAL RULES



TECHNICAL RULES

SECTION I – GENERAL

Rule 140 The Athletics Facility

1. For all **indoor** championships, the oval track, along the theoretical line of running, shall measure no less than 180m and no greater than 201.168m (220 yards) in lane 1 and shall have a minimum of 4 lanes.
2. For the Outdoor Track and Field Championships held under **Rule 3.1(d) – (f)**, the track shall have an all-weather surface, a raised inner curb, a steeplechase water jump, and a minimum of 8 lanes, each lane having a width of 1.22m.
3. All discus, hammer and weight throws shall be made from an enclosure or cage to ensure the safety of spectators, officials, and athletes.
4. **The AO Competitions & Technical Manager shall:**
 - (a) Inspect, in cooperation with the HOC and AO officials, the competition facility and all equipment at least (8) weeks prior to the competition to ensure that Provincial Championship standards are met, and that the competition can be conducted safely.
 - (b) Provide a report to the Competition Director and Facility Manager as soon as possible after the inspection.⁷
5. For Road Walking events, a certified course must be provided.⁸

Rule 141 Age and Sex Categories

1. Athletics Ontario championships under these rules may be divided into age group classifications as follows:
 - (a) **Under-8 (U8) Boys and Girls: Any athlete of 7 years or younger on the 31st December in the year of the competition.**
 - (b) **Under-10 (U10) Boys and Girls: Any athlete of 8 or 9 years on the 31st December in the year of the competition.**
 - (c) **Under-12 (U12) Boys and Girls: Any athlete of 10 or 11 years on the 31st December in the year of the competition.**

⁷ The AO Facilities Grading and Classification Chart, available on the AO website, will be used as a guide in selection of sites for Championships.

⁸ For more information on road course certification please contact the **AO Competitions and Technical Manager**.

- (d) Under-14 (U14) Boys and Girls: Any athlete of 12 or 13 years on the 31st December in the year of the competition.
- (e) Under-16 (U16) Boys and Girls: Any athlete of 14 or 15 years on the 31st December in the year of the competition.
- (f) Under-18 (U18) Boys and Girls: Any athlete of 16 or 17 years on the 31st December in the year of the competition.
- (g) Under-20 (U20) Men and Women: Any athlete of 18 or 19 years on the 31st December in the year of the competition.
- (h) Open (O) Men and Women: Any athlete of 20 or older on the 31st December in the year of the competition.

Rule 143

Clothing, Shoes and Athlete Bibs

1. At all AO Championships, athletes will receive a bib which shall be worn on the front in track events and on the front or back in field events.⁹
2. Hip numbers, if provided, must be worn as directed. Where a Photo Finish System is in operation, officials may ask athletes to wear hip number(s) on the side of their shorts or lower body, as well as on their left chest.

Rule 146

Protest and Appeals

1. Costs for appeals will be set at \$25.00
2. All protests and appeals are to be followed as per World Athletics Rule 146. Referee decisions may be appealed to the Jury of Appeal, whose decision is final unless new evidence is presented. In that case, the Jury may review the case and change its decision. The cost of \$25.00 will be returned if the appeal is upheld or not considered frivolous by the Jury.

Rule 151

Scoring

1. Indoor and Outdoor Club champions in each of the **nine** age divisions **and an** overall champion shall be declared based on results achieved in championships included in Section **3.1, a-f**. The indoor season will comprise of Section **3.1, a-c** and the outdoor season will comprise of Section **3.1, d-g**. See Appendix 2 for rules.

⁹ AO recommends that athletes in the walking events each be issued two numbers, one to be worn on the front and the other on the back.



2. An overall Cross Country Club champion shall be declared based on individual and team results achieved at the AO Cross Country Championships, Section 3.1, h.

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SECTION II – TRACK EVENTS

Rule 161

Starting Blocks

1. The use of starting blocks is optional for the U16 division and lower. Official blocks will be supplied by meet management. However, any starting blocks complying with IAAF rules may be used.
2. False Start rules follow those of the IAAF, with the following exception:
 - (a) in non-combined event competitions staged for the U14 division only, one false start can be charged to the field. Further false starts by any athlete shall result in a disqualification.
3. U14 athletes may use a standing start.

Rule 162

The Start

1. At outdoor championships, the start line for all lanes in the 300m and 300m hurdle events shall be on the straight.

Rule 165

Timing and Photo Finish

1. All track events at Provincial Championships shall be photo timed. It is the responsibility of the Competition Director to arrange for the provision of photo timing personnel and equipment.
 - (a) In competitions in which only one track event at a time is being conducted, a second working backup camera linked to its own computer shall be in operation for events 400m and under in distance. For events over 400m in distance, hand timers shall be used as a backup
 - (b) In competitions in which two track events may be conducted simultaneously, the camera intended for use in timing events over 400m in distance may be considered a backup for the camera used for shorter events. Where two cameras may be in use simultaneously and there is no third, backup camera, provisions must be made for adequate hand timers and finish line personnel to service the longer distance races. If two sets of cameras and computers are to be used simultaneously to time events of 400m or less in distance, a third backup camera shall be available on site.



Rule 166

Seeding, Draws and Qualifications in Track Events

Rounds and Heats

1. Whenever possible, representatives of each club shall be placed in different heats.
2. In the Open 60m or 60m hurdles event indoors, or the Open 100m or 100m/110m hurdle events outdoors, when there are fewer starters than there are lanes on the track, two races will be conducted. The first race will be considered the championship and a second, non-championship race will be conducted later in the schedule for any entered athlete wishing to run again for time.

Ranking and Composition of Heats

3. Prior to the seeding of competitors in events of 400 meters or less hand times shall be converted to the electronic equivalent in the following manner:
 - (a) Outdoor and indoor events of less than 200m, including hurdles, add 0.24s.
 - (b) Outdoor and indoor 200m – 400m, including hurdles, add 0.14s.
4. The Technical Delegate may amend, with evidence in hand, the seed time provided for a competitor if it can be demonstrated that the changes will result in a fairer (i.e., more accurate) seeding of competitors. The competitor concerned and the coach should be informed of any changes as soon as possible.
5. Timed section finals shall be scheduled in an order such that the section having the slowest seeded competitors is conducted first and the section having the fastest seeded competitors is conducted last.
6. Non-AO and out of province athletes shall be eligible for placement in the timed section finals with the fastest seeded athletes except where this would result in there being fewer than:
 - (a) 3 AO athletes in a race with lanes for 3 competitors
 - (b) 4 AO athletes in races from 200m to 800m, indoor and outdoors
 - (c) 6 athletes in races over 800m, indoors and outdoors
7. Any non-AO or out of province athletes excluded from the fastest timed section by virtue of Rule 166.6 shall be placed in the next fastest section.
8. When there are more competitors tying by virtue of time than the number of lanes available in the next round the tie shall be broken in favour of the competitor having the fastest time as read to the 1000th of a second.

9. Heats or finals shall not normally exceed the following number of competitors:¹⁰

	U14/U16	U18/U20/Open
800m indoors	10	8
1200m indoors	12	10
1500m indoors	12	10
2000m indoors	12	12
3000m indoors	12	12
5000m indoors +	12	12

	U14/U16	U18/U20/Open
800m outdoors	12	12
1200m outdoors	16	16
1500m outdoors	16	16
2000m outdoors	16	16
3000m outdoors	16	16
5000m +	-	20
Steeplechase	18	18

Draw for Lanes

10. In the U18, U20 and Open 200m, lane 1 shall remain vacant.
 11. On an unbanked, six lane track, lane 1 shall remain, where practical, vacant in the 200m for all age groups and in the 400m for U1, U20 and Open.

Progression

12. In events where there are three rounds, all athletes (AO and non-AO) entered will be eligible to advance to the second round according to the announced advancement procedures.
 13. Non-AO, or out of province athletes who advance from the qualifying round shall be placed in a the final. However, if this results in fewer than four AO athletes in the final, two timed finals shall be conducted. (See section 140.1 c and 140.1d)
 14. If two timed finals are necessary, the second timed final shall consist of the top four AO athletes as seeded by the preceding rounds and the top seeded non-AO, out-of-province qualifiers. (See Section 140.1d)
 15. The first timed final shall consist of the next fastest qualifiers as seeded by the preceding round, including non-AO, out-of-province athletes.
 16. Final finish positions in events in which a second timed final is required will be determined by times.

¹⁰ In making up heats or timed finals, the Competition Director may increase the above numbers by approximately 10-20% to allow for no-shows.



17. Maximum number of rounds to be conducted:

3 rounds: QF, SF, F

2 rounds: SF, F

1 round: F or Timed Finals

Indoor	U8	U10	U12	U14	U16	U18	U20	Open	Rule#
50m/60m	2	2	2	3	3	3	3	3	166.18a/18b
150m/200m	1	1	1	1	1	1	1	1	-
300m/400m	1	1	1	1	1	1	1	1	-
600m/800m	-	1	1	1	1	1	1	1	-
1000m/1200m/1500m	-	-	1	1	1	1	1	1	-
2000m/3000m	-	-	-	1	1	1	1	1	-
Sprint Hurdles	-	2	2	3	3	3	3	3	166.18a/18b
Race Walk	1	1	1	1	1	1	1	1	-

Outdoor	U8	U10	U12	U14	U16	U18	U20	Open	Rule#
60m/80m/100m	2	2	2	3	3	3	3	3	166.18a/18b
150m/200m	1	1	1	2	2	2	2	2	166.18b
300m/400m	1	1	1	1	1	1	2	2	166.18b
600m/800m	1	1	1	1	1	1	2	2	166.18b
1000m/1200m/1500m	1	1	1	1	1	1	2	2	166.18b
2000m/3000m	1	1	1	1	1	1	1	1	-
5000m	1	1	1	1	1	1	1	1	-
10,000m	1	1	1	1	1	1	1	1	-
Sprint Hurdles	2	2	2	3	3	3	3	3	166.18a/18b
Intermediate Hurdles	-	-	-	1	1	1	1	1	166.18b
Steeplechase	-	-	-	1	1	1	1	1	-
Race Walk	-	1	1	1	1	1	1	1	-

18. Qualifying for subsequent rounds

(a) Table A – 8 lane tracks

# on start list	QF heats	Qualify to SF ¹¹	SF heats	Qualify to F ¹¹
9 – 16	-	-	2	3+2
17 – 24	-	-	3	2+2
25 – 32	4	3+4	2	3+2
33 – 40	5	4+4	3	2+2
41 – 48	6	3+6	3	2+2
49 – 56	7	3+3	3	2+2
57 – 64	8	2+8	3	2+2
65 – 72	9	2+8	3	2+2

¹¹ First number indicates the number of competitors qualifying in each heat by place; the second number refers to the additional number from all heats qualifying by time.



(b) Table B – 8 lane tracks

# on start list	Qualifying heats	Qualify to Final ¹²	Final Sections
9 – 16	-	3+2	1 Final
17 – 24	-	3+7	2 Timed Finals
25 – 32	4	3+4	2 Timed Finals
33 – 40	5	4+4	3 Timed Finals
41 – 48	6	3+6	3 Timed Finals
49 – 56	7	3+3	3 Timed Finals
57 – 64	8	2+8	3 Timed Finals
65 – 72	9	2+6	3 Timed Finals
73 – 80	10	2+4	3 Timed Finals

When two/three timed finals are necessary, athletes shall be ranked as per procedure outlined in 135.2. The Top 8 ranked athletes shall be placed in last Timed Final while the lowest 8/16 ranked athletes shall be placed in Time Final 1 or 2. Lanes shall be assigned in accordance with Policy 150.1b.

19. At the outdoor championships, the start line for all lanes of the 300m and 300mH shall be on the straight.

Rule 170

Relay Races

- As per Rule 13.2, AO affiliated clubs (or clubs affiliated with other athletics branches) may only enter the relay championships. Composite of school/university teams whose members are not all affiliated with a provincial, state, or national body are ineligible.
- Clubs must enter teams in the appropriate age category and may not move up to an older division. For example, a team comprising of two U18 athletes and 2 U16 athletes must compete in the U18 division. This team may not move up to the U20 division as there is not a U20 athlete represented in the team composition.
- In Provincial Championship events, the four athletes on the team shall wear identical club tops. Small differences in design owing to the uniform having been manufactured at different times or by different suppliers are permitted. In case of

¹² First number indicates the number of competitors qualifying in each heat by place; the second number refers to the additional number from all heats qualifying by time.



a dispute, the Technical Delegate, or in his/her absence, the Track Referee, shall decide.

4. In the Sprint Medley Relay (200m, 200m, 400m, 800m) the first two legs and the first turn of the third leg (400m) shall be run in lanes. There shall be a no acceleration zone permitted during the exchange of batons from the second runner to the third runner.

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SECTION III – FIELD EVENTS

Rule 180

General Conditions – Field Events

Progression

1. In field events, all non-AO and out of-province entrants shall be permitted to advance to the finals if they so qualify. The top 8 AO athletes as determined after the third round of competition shall also be permitted to advance.

Rule 181

General Conditions – Vertical Jumps

1. Vertical jumps starting heights and increments shall be determined at the competition site by meet officials after conferring with athletes in the age group for which the championship is being conducted, in advance of the start of the event. Starting heights should be set as to allow every jumper in the championship age group a reasonable opportunity to clear at least one height in the competition.

Special Warmup Provision in Pole Vault

2. If an athlete has been waiting more than one hour to jump, he/she may use the runway for 2 minutes during the height changes. Crossbars are not allowed.

Rule 184

General Conditions – Horizontal Jumps

1. The Competition Director shall¹²:
 - (a) Provide wind gauges to measure wind conditions for all horizontal jump events. All wind readings shall appear on the official results.

Rule 187

General Conditions – Throwing Events

Official Implements

2. The **Competition Director** shall¹³:
 - (a) provide suitable weigh scales and other measuring equipment to ensure that throwing implements meet specifications.

¹³ The HOC is responsible for the pick-up and return of borrowed AO equipment. If the HOC does not possess any of the equipment mentioned in 187.1 they may make arrangements to rent the equipment from AO.

- (b) At least two legal throwing implements of each mass that will be in use at the competition.

Add rule for maximum number of competitors in a flight

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SECTION VI – INDOOR COMPETITIONS

Rule 215

Draw for Lanes in Track Events

Vacant Lanes

1. On a banked track, the U18, U20, and Open 200m, lane 1 shall remain vacant.
2. On an unbanked track, lane 1 shall remain, where practical, vacant in the 200m for all age groups and in the 400m for U18, U20, and Open divisions.

Waterfall Starts

3. Where there are more than 9 athletes in a race, they shall be divided into two groups with one group approximately two thirds of the athletes on the regular arched start line and the other group on a separate arched start line marked across the outer half of the track. The outer half shall be marked by cones or flags as set out in 11.1. The faster seeds shall be placed in the outer group.

Rule 217

Hurdle Races

Extra Runs

1. In the Open 60m or 60mH indoor or the Open 100m or 100/110mH outdoors, when there are fewer starters than there are lanes on the track, two races will be conducted. The first race will be considered the championship and a second, non-championship race will be conducted later in the schedule for any entered athlete wishing to run again for time.



PART VIII – CROSS-COUNTRY, MOUNTAIN AND TRAIL RACES

Rule 250
Cross Country Races

Distances

1. The distances to be conducted shall be approximately as follows:

	U8	U10	U12	U14
Female:	1km	1km	2km	2km
Male:	1km	1km	2km	2km
	U14	U16	U18	U20
Female:	3km – 4km	4km – 6km	5km – 8km	6km – 10km
Male:	4km	6km	8km	10km

Course

- Course shall be designed as to be safe, especially in wet conditions. (For example, there should be no dirt sections on hills or steep slopes or sharp turns at the bottom of hills). The AO Competitions & Technical Manager, in consideration of the safety of all participants and in consultation with the referee, shall have the sole authority in the making of decisions with regards to the commencement or continuation of any event.
- Cross country championships will be awarded to host groups on a conditional basis. At least 6 months prior to the conduct of the event the AO Competitions & Technical Manager, or designate, shall conduct a site inspection to ensure that minimum course and facility requirements have been met. Facilities such as washrooms, change rooms, and shelters shall be included in the inspection. The AO Competitions & Technical Manager, or designate, shall, following the inspection, complete a written report, including recommendations for distribution to the proposed hosts of the competition and to members of the AO Technical Committee.
- A separate map shall be produced for each race and provided to each club in the meet package.
- An Adequate supply of extra maps shall be available in case of inclement weather.
- Bib numbers shall be of the tear proof or cloth type.
- Course markers shall be laid out by noon of the day preceding the competition. Course maps shall be posted or otherwise available for athletes and coaches at that time.

8. A walk through of the course shall be organized to finish at least one-half hour prior to the start of the first event. Alternatively, the Competition Director may provide marshals whose responsibility throughout the day is to serve as course guides for runners.
9. The courses shall be adequately marked and marshalled. Any competitor should be able to run through the course for the first time without losing his/her way.
10. All events shall be timed, and the times recorded.
11. The starting line should be within 150 meters of the finish line and shall be visible to the officials at the finish area.
12. There should be no abrupt turns or narrowing in of the course within 300m of the start line.
13. There should be a straight away no less than 80m prior to the finish.
14. Additional portable facilities shall be provided by the Organizing Committee if the main washroom facilities are located more than 200m from the start line.

Scoring

15. In assessing the aggregate, the finishing position of any individual (non-team) or ineligible runner shall not be eliminated. In the event of a tie, it shall be resolved in favour of the team whose last scoring finisher is nearer to first place. The number of runners to score shall be the first four finishers.

Team Declarations

16. Only AO (or other provincial or state) affiliated club teams shall be eligible to enter the team competition. Teams need not be declared unless a club intends to enter more than one team in a category. In this case, the names of the runners on each team must be emailed to the Competitions & Technical Manager no later than 3:00 pm on the Friday preceding the competition. Except for the consolidation to a single team, clubs may not alter the composition of declared teams after 3:00pm on the Friday preceding the competition. All declared teams shall be eligible for awards.



APPENDIX

APPENDIX

Appendix 1 OFFICIATING

1. Objectives
 - (a) To ensure Provincial Championships are adequately staffed with trained officials.
 - (b) To ensure registered officials' equity of opportunities to officiate Provincial Championships.
 - (c) To ensure the needs of officials are met.
 - (d) To ensure the information officials require is provided.
 - (e) To ensure competition is conducted per [WA/AC/AO](#) rules.
2. Selection and reporting see Procedural Rule 16.
3. Number of officials:
 - (a) The following is the minimum number of AO officials at AO Championships. If fewer AO officials have indicated their availability than the minimum number shown in any discipline, meet organizers may utilize non-AO officials.

Outdoor Field Events

Jumps Referee	1
Throws Referee	1
High Jump	4
Pole Vault	4
Long Jump	4
Triple Jump	4
Shot	4
Discus/Hammer	4
Javelin	4

Track Events

Track referees	2
Starters	3
Starter's Assist/check in	4
Umpire/Lap scorers	11
Photo Finish	3
Race Walk Judges	5

General

Jury	3
Competition Secretary	1
Announcers	2
Combined Events Referees	2
Technical Managers	2
Wind Gauge operators	2 – 3*

- Depends on how many short track events and horizontal jumps events are being conducted

Indoor

Field Events

Field Referee	1
High Jump	3
Pole Vault	3
Long Jump/TJ	3
Shot/Weight throw	3

Track Events

Track Referee	1
Starter	2
Starter's Assist/check in	3
Umpire/Lap scorers	6
Photo Finish	2
Race Walk Judges	4

General

Jury	3
Competition Secretary	1
Announcer	1
Combined Events Referee	1
Technical Manager	1



simultaneously at any given time.

Road and Cross-Country Events

Referee	1
Starter	1
Starter's assistant	1
Finish Line	3
Jury	3
Race Walk Judges	7

4. Recommended qualification level for Provincial Championships
 - (a) The Jury of Appeal to be composed of at least 2 provincial rank jury officials plus one other capable person.
 - (b) The referees and chiefs to be at least Grade 3. Lower qualification officials may act as a referee/chief under the supervision of a more highly graded official.
5. Recommended timeline:
 - (a) Six months before, the COO for the Championship is selected.
 - (b) Two months prior, the COO:
 - (i) Communicates with the Competition Director and the Technical Manager for the Championship to discuss equipment needs and concerns regarding the venue.
 - (ii) Contact the [AOOEC](#) Vice-Chair of Availability for the Availability list for the Championship.
 - (iii) Prepares an updated list of the officials indicating they are still available to officiate at the meet.
 - (iv) Discusses with the Competition Director the accommodations and food.
 - (c) One month prior, the COO:
 - (i) Arranges and confirms with the Competition Director all hospitality needs, if provided.
 - (ii) Confirms hotel booking and hospitality room, if provided.
 - (iii) Tentative schedule of events and a copy of the revised schedule of event when available.
 - (iv) Information regarding meals.
 - (v) Copy of Travel Expense Claim Form.
 - (vi) Uniform information: The standard Provincial uniform is a white shirt, navy white hat, white/black shoes, navy slacks/skirt/shorts, (shorts/skirts must be less than 10cm above the kneecap and must not be either spandex or cycling shorts. Jeans and sandals are not appropriate. Key officials are identified by coloured arm bands as follows:
 Referee: Red
 Chief Judge/Umpire: Royal blue
 Starter's Assistant: Kelly blue
 Starter: when starting: Safety orange half sleeve on gun forearm

(vii) Clinics and Mentoring

Clinics (time permitting) should be offered. Mentorships should also be considered. It is the responsibility of the Branch Chair in consultation with the COO to try and ensure that requested mentorships take place.

Mentors must be on the Provincial/National approved list.

- (d) Two weeks before the meet the COO and Competition Director revises the list of available officials (replacing any official no longer available) and discusses the number of volunteers required to assist the officials.



Appendix 2

ONTARIO TEAM CHAMPIONSHIP INFORMATION SHEET

Indoor Ontario Team Championships Information Sheet

1. Ontario Indoor Club Championships will be determined in the [U14](#), [U16](#), [U18](#), [U20](#), [Open](#), and Overall divisions based on results from
 - (a) The Ontario Indoor Combined Events Championships
 - (b) The Ontario Indoor Relays Championships
 - (c) The Ontario Indoor [U18 & Open](#) Championships
 - (d) The Ontario Indoor [U14](#), [U16](#), [U20](#) Championships
 - (e) Other championship events conducted outside the normal age group championships.
2. In each division the point totals of males and females will be combined.
3. All AO affiliated clubs will be automatically entered in all categories. No fees will be assessed.
4. The winning club in each age division will be awarded a banner to keep permanently. The winning club in the overall division will have its name inscribed on a trophy to be displayed at the AO office and at provincial championship competitions.
5. The top six individual and relay team finishers in each championship will earn points for their clubs as follows:

1 st – 7 points	4 th – 3 points
2 nd – 5 points	5 th – 2 points
3 rd – 4 points	6 th – 1 point

Only one relay team per club will score in each event. Second, third, etc. teams from clubs will not influence scoring.
6. Out of province, non-AO members will not figure in the scoring (i.e. the top 6 AO members will be scored, regardless of the number of out of province, non-AO members in the top 6 in any event). Unattached or disassociated athletes who are AO members will be scored but no totals will be calculated for these categories.
7. In the 60m and 60mH and the U20 and Open 200m events, athletes from the penultimate round will NOT be moved up into scoring position should there be any disqualifications or non-finishers in the final. An exception will be made in the case where there are fewer than 6 AO members in the final. In that case, athletes will be moved up to scoring position based on their times from the penultimate round.
8. Ties for first place in any age division or overall category will be decided in favour of the club which scored points in more events.

Outdoor Ontario Team Championships Information Sheet

1. Ontario Outdoor Club Champions will be determined in the U14, U16, U18, U20, Open and overall divisions based on results from Championship events conducted outdoors throughout the year:
 - (a) 10,000m
 - (b) 10km Walk
 - (c) National Standards Meet
 - (d) Super-meet 1
 - (e) Super-meet 2
 - (f) Various relay events TBA
2. In each division the point totals of males and females will be combined.
3. All AO affiliated clubs will be automatically entered in all categories. No fees will be assessed.
4. The winning club in each age division will be awarded a banner to keep permanently. The winning club in the overall division will have its name inscribed on a trophy to be displayed at the AO office and at provincial championship competitions.
5. The top eight finishers in each individual and relay championship event will earn points for their clubs as follows:

1 st – 10 points	5 th – 4 points
2 nd – 8 points	6 th – 3 point
3 rd – 6 points	7 th – 2 points
4 th – 5 points	8 th – 1 point

Only one relay team per club will score in each event. Second, third, etc. teams from clubs will not influence the scoring.
6. Out of province athletes, non-AO members will not figure in the scoring (i.e., the top 8 AO members (or top 8 Ontario relay clubs) will be scored, regardless of the number of out of province, non-AO members in the top 8 in any event). Independent athletes who are AO members will be scored but no totals will be calculated for “Independent.”
7. In track events with qualifying rounds athletes from the penultimate round will NOT be moved up into a scoring position should there be any disqualifications or non-finishers in the final. An exception will be made in the case where there are fewer than 8 AO members in the final. In that case, athletes will be moved up to scoring positions based on their times from the penultimate round.
8. To score points for their club’s athletes must achieve the minimum standard set for each event and age group. Minimum standards are equivalent to Step 1 in AO’s Step Up! To Excellence Program (See standards below). Athletes who failed to achieve the standard in a final but did so in a qualifying hear are eligible for scoring based on their finishing position in the final.



9. Ties for first place in any age division or overall category will be decided in favour of the club which scored points in more events.

Ontario Team Cross Country Championships Information Sheet

1. Ontario Club Cross Country Championships will be determined based on results from the Ontario Cross Country Championships.
 2. In each division from U14 through Open the point totals of males and females will be combined to produce an overall winner.
 3. All AO affiliated clubs will be automatically entered in all categories. No fees will be assessed.
 4. The winning club will be awarded a banner to keep permanently. The winning club will have its name inscribed on a trophy to be displayed at the AO office and at provincial championship competitions.
 5. The top eight individual and team finishers in each division will earn points for their club as follows:

1 st – 10 points	5 th – 4 points
2 nd – 8 points	6 th – 3 point
3 rd – 6 points	7 th – 2 points
4 th – 5 points	8 th – 1 point
- Clubs may only score one team in each division.
6. Out of province, non-AO members or clubs will not figure in the scoring (i.e., the top 8 AO members will be scored, both individuals and team, regardless of the number of out of province, non-AO individuals or team members in the top 8 in any event). Unattached or disassociated athletes who are AO members will be scored but no totals will be calculated for these categories.
 7. Ties for first place will be decided in favour of the clubs which scored points in more events (individual and team events = 20).

Appendix 3

SPECIFICATIONS FOR HURDLING EVENTS

Event	Distance (m)	#	Height (m)	Start to 1 st Hurdle (m)	Distance Between
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INDOOR**FEMALE**

U10	60 (50)	5(4)	0.610	12.00	7.50
U12	60 (50)	5(4)	0.686	12.00	7.50
U14	60 (50)	5(4)	0.762	12.00	7.50
U16	60 (50)	5(4)	0.762	12.00	8.00
U18	60 (50)	5(4)	0.762	13.00	8.50
U20	60 (50)	5(4)	0.840	13.00	8.50
OPEN	60 (50)	5(4)	0.840	13.00	8.50

MALE

U10	60 (50)	5(4)	0.610	12.00	7.50
U12	60 (50)	5(4)	0.686	12.00	7.50
U14	60 (50)	5(4)	0.762	12.00	7.50
U16	60 (50)	5(4)	0.840	13.72	8.50
U18	60 (50)	5(4)	0.914	13.72	9.14
U20	60 (50)	5(4)	0.990	13.72	9.14
OPEN	60 (50)	5(4)	1.067	13.72	9.14

Outdoor**FEMALE****Sprint Hurdles**

U10	60	5	0.610	12.00	7.50
U12	60	5	0.686	12.00	7.50
U14	80	8	0.762	12.00	7.50
U16	80	8	0.762	12.00	8.00
U18	100	10	0.762	13.00	8.50
U20	100	10	0.840	13.00	8.50
OPEN	100	10	0.840	13.00	8.50

Intermediate Hurdles

U14	200	5	0.762	20.00	35.00
U16	200	5	0.762	20.00	35.00
U18	300	7	0.762	50.00	35.00
U20	400	10	0.762	45.00	35.00
OPEN	400	10	0.762	45.00	35.00

MALE**Sprint Hurdles**

U10	60	5	0.610	12.00	7.50
U12	60	5	0.686	12.00	7.50
U14	80	8	0.762	12.00	7.50
U16	100	10	0.840	13.00	8.50
U18	110	10	0.914	13.72	9.14
U20	110	10	0.990	13.72	9.14



OPEN	110	10	1.067	13.72	9.14
Intermediate Hurdles					
U14	200	5	0.762	20.00	35.00
U16	200	5	0.762	20.00	35.00
U18	300	7	0.840	50.00	35.00
U20	400	10	0.914	45.00	35.00
OPEN	400	10	0.914	45.00	35.00

Appendix 4

SPECIFICATIONS FOR THROWING IMPLEMENTS

	<u>MEN</u>					<u>WOMEN</u>				
	U14	U16	U18	U20	OPEN	U14	U16	U18	U20	OPEN
Shot Put	3.00kg	4.00kg	5.00kg	6.00kg	7.26kg	3.00kg	3.00kg	3.00kg	4.00kg	4.00kg
Discus	0.75kg	1.00kg	1.50kg	1.75kg	2.00kg	0.75kg	1.00kg	1.00kg	1.00kg	1.00kg
Javelin	400g	600g	700g	800g	800g	400g	500g	500g	600g	600g
Hammer		4.00kg	5.00kg	6.00kg	7.26kg		3.00kg	3.00kg	4.00kg	4.00kg
Indoor Weight		7.26kg	9.08kg	11.34kg	15.88kg		5.45kg	7.26kg	9.08kg	9.08kg

Weight in kilograms except where noted otherwise.

Note: More Precise Conversions for Implement Certification Purposes:

3 lbs. 9 oz. = 1.616 kg

12 pounds = 5.443 kg

16 pounds = 7.257 kg

20 pounds = 9.072 kg

25 pounds = 11.340 kg

35 pounds = 15.876 kg

Appendix 5

SPECIFICATIONS FOR STEEPLECHASE EVENTS**U16 Girls & Boys**

1500m 12 hurdles
 3 obstacles preceded by approximately 300m without obstacles.
 Obstacles are 76cm in height.
 No water-jump. Start at flat 1500m start line and run regular 400m oval.

U18 Women & Men

2000m 18 hurdles and 5 water jumps.
 First obstacle in the race is the hurdle near the 200m start area and the second is the water jump immediately following.

Obstacles are 91cm in height for boys, 76cm for girls.
Water jump is 3.66m in length.

U20 Women

2000m as above except obstacles are 76cm in height.

Open Women

3000m 28 hurdles and 7 water jumps.
First obstacle in the race is the hurdle just beyond the finish line.
Obstacles are 76cm in height.
Water jump is 3.66m in length.

U20 Men & Open Men

3000m 28 hurdles and 7 water jumps.
First obstacle in the race is the hurdle just beyond the finish line.
Obstacles are 91cm in height.
Water jump is 3.66m in length.

Appendix 6

SCORING IN AGE CLASS COMBINED EVENTS COMPETITIONS

Indoor:

Hurdles and Shot Put – use current IAAF tables, regardless of specifications.

Outdoor:

- U14** Boys 80m Hurdles – use current IAAF Women's Table for 80m Hurdles.
- U16** Boys 100m Hurdles – use current IAAF Men's Table for 110m Hurdles.
- U18** Boys 110m Hurdles – use current IAAF Men's Table for 110m Hurdles.
- U14** Girls 80m Hurdles – use current IAAF Women's Table for 80m Hurdles.
- U16** Girls 80m Hurdles – use current IAAF Women's Table for 80m Hurdles.
- U18** Girls 100m Hurdles – use current IAAF Women's Table for 100m Hurdles.

All throwing events, boys, and girls – use current IAAF Men's and Women's Tables, regardless of implement mass.

