



Presents

2021 Cross Country Prep Meets

- October 3 - AO XC Prep 1 including Masters Breslin Cup 4km**
- October 17 - AO XC Prep 2 including Masters Breslin Cup 5km**
- October 31 - AO XC Prep 3 including Masters Breslin Cup 8km**

Sunnybrook Park Sports Field
1132 Leslie St.
Toronto, ON
M3C 3L7

Technical Package

Competition Details

	October 3	October 17	October 31
Event Name	AO XC Prep 1	AO XC Prep 2	AO XC Prep 3
Breslin Cup Series (Masters)	4km	5km	8km
Breslin Cup Series info: https://ontariomasters.ca/omwp/wp-content/uploads/2021/09/The-Jim-Breslin-Cup-rules-2021.pdf			
Open Races			
Mini Course	N/A	1km, 2km, 3km	2km
Short Course	4km	5km	4km
Long Course	8km	10km	8km
Entry Deadline & Entry Fee	Tuesday, September 28 (11:59 pm) \$30	Tuesday, October 12 (11:59 pm) \$15 – 1km, 2km, 3km \$30 – 5km & 10km	Tuesday, October 26 (11:59 pm) \$15 – 2km \$30 – 4km & 8km
Late Deadline & Entry Fee	Thursday Sept 30 (10:00 am) \$50	Thursday Oct 14 (10:00 am) \$50	Thursday Oct 28 (10:00 am) \$50
Event Info	https://athleticsontario.ca/event/2021-xc-prep-1/	https://athleticsontario.ca/event/2021-xc-prep-2/	https://athleticsontario.ca/event/2021-xc-prep-3/
Registration Link	https://trackiereg.com/2021-sunnybrook-4k-8k	http://www.trackiereg.com/2021-sunnybrook-5k	http://www.trackiereg.com/2021-sunnybrook-Finale

Age Categories:

Open to all ages.

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 2021 season by the Late Entry Deadline.


Athletes residing outside of Ontario or Canada should be registered with their provincial or state associations for the 2021 indoor season. Athletes from other countries will need to contact Randolph Fajardo, randolphfajardo@athleticsontario.ca, to be entered into the competition. Please ensure you have your membership number from your local athletics governing body.

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.



COURSE MAP

-  1km loop
-  2km loop
-  3km loop

Long Course (10km): 2km > 3km > 3km > 2km
Short Course (5km): 2km (purple) > 3km (red)

Mini Courses
U16: 3km (red)
U12 & U14: 2km (purple)
U8 & U10: 1km (orange)

COVID-19 Plan (Overhead Maps)



COVID-19 Plan (Regulations)

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.

AO XC Prep #2 & Masters Breslin Cup 5km		
Event Group	Arrival	Event Start
U8 & U10 – 1km Girls & Boys	10:00	10:15
U12 & U14 – 2km Girls	10:30	10:45
U12 & U14 – 2km Boys	11:00	11:15
U16 – 3km Girls & Boys	11:30	11:45
U18/U20/Open – 5km Women & Men	12:05	12:20
Masters – 5km Women & Men	12:55	1:10

Health Precautions:

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.

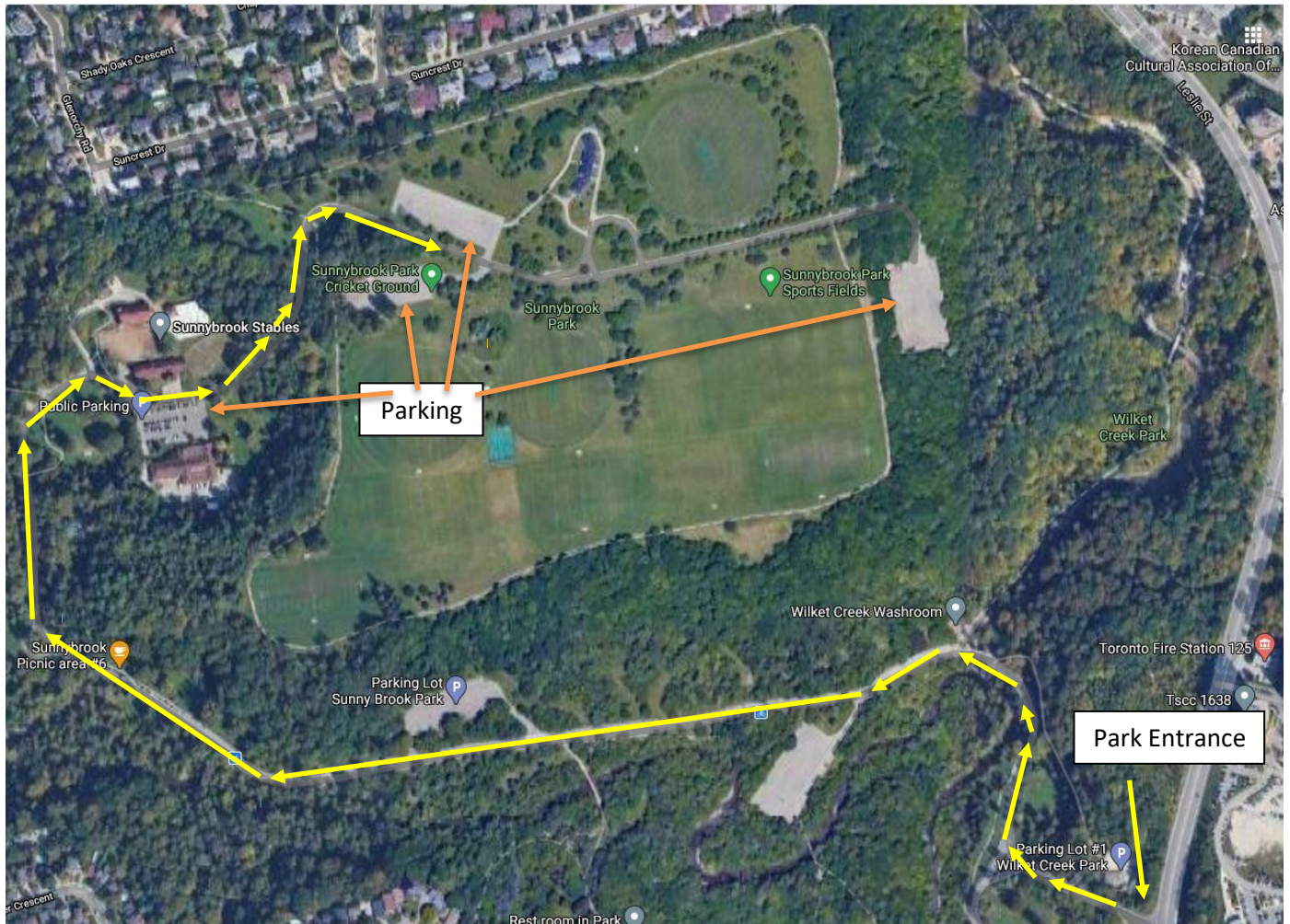
There will be no awards ceremonies at the competition. Any awards will be mailed to participants.

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: Sunnybrook Park Sports Field
1132 Leslie St.
Toronto, ON
M3C 3L7



Contacts: Meet Director Doug Smith douglasj.smith@sympatico.ca
Event Manager 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