



Presents

**Ontario Indoor U16, U18, U20, Open & Masters
Combined Events Championships**

March 23 - 24, 2024

Toronto Track and Field Centre
231 Ian MacDonald Blvd.
Toronto, ON
M7A 2C5

Technical Package

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Registration

Entry Deadline: Regular Deadline: 11:59pm, Monday, March 18, 2024

Age Categories: U16 born in 2009 or after
U18 born in 2007 or after
U20 born in 2005 or after
Open born in 2004 or before
Master born on March 24, 1994 or before

Eligibility: There are no entry standards for this meet.

Athletes residing in Ontario that want to register for a championship event must be registered, and their clubs affiliated, for the current competitive year with Athletics Canada before the athlete registers for their championship event(s). Athletes registered with Athletics Canada 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 must be registered for the current competitive year with their provincial/state/national associations.

Out of country athletes must contact the Athletics Ontario Operations Coordinator at operations@athleticsontario.ca to be entered into championship events. Please ensure you provide your membership number from your respective athletics federation, date of birth, events you wish to register for, and all respective seed performances.

Fees:

Regular Deadline Fees:

*All fees include HST and Trackie fees.
HST# 10400235RT

Combined Events

Heptathlon: \$37 per event
Pentathlon: \$35 per event
Tetrathlon: \$30 per event

Individual All Comers

\$15 per event

Method and Payment: All payments are made on Trackie: <https://www.trackie.com/event/2024-ontario-indoor-ce>.

Confirmation: As Entries are processed, performance lists will be made available online at the Athletics Ontario website at <https://www.trackie.com/event/2024-ontario-indoor-ce>. Please check online to confirm your entries following the entry deadline.

A preliminary performance list will be available on the championship website on the Tuesday following the regular deadline. A final performance list will be posted as well as emailed to all participants through Trackie the day after the late entry deadline closes.

Late Entries: 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.

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/event/ontario-indoor-combined-events/>. A final schedule will be posted on the Tuesday following the regular entry deadline by 12:00pm EST.

Check-In Procedure: Athletes in track events simply need to arrive at the start line before their event to be organized and placed on the start line by officials. Heat sheets will be posted by the start line area for each track event, so they know what heat and lane they have been assigned.

Track athletes in distance races should arrive 15 – 30 minutes before the start of the event to pickup their hip number from officials. Two hip numbers will be given to athletes and must be worn on the right hip and the upper left side of the chest.

Awards: Gold, silver, and bronze medals will be awarded to the first three finishers from Ontario in each combined event only. No awards are given to any of the All Comer events.

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 a registered Ontario athlete, him/her would also receive a gold medal as they were the first overall registered Ontario athlete. The process continues until three registered Ontario athletes are awarded medals).

Scoring: The top 6 athletes in each age division and championship event will earn point for their clubs as follows:

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

Lane & Heat Assignment: In individual track events, lanes, heats, and sections will be assigned according to the rules of WA/AC/AO.

In all championship relay races, the heats will be assigned based on seed performance. In each heat, there will be a draw for lanes (randomized lane assignments). Lane 1 will remain vacant where applicable.

A list of heats and lane assignments will be posted at the start area for each event.

Protests: All Protests must be made as outlined in WA 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:

Individual All Comer Events

Track Events: 100m, 200m, 600m, 800m, 60mH, 80mH, 100mH

Combined Events: Tetrathlon, Pentathlon, Heptathlon

Implements:

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

	Female		Male	
	U16	U20	U16	U20
SP	3.00kg	4.00kg	4.00kg	6.00kg

	U16	U18	U20	Open
Women SP	3.00kg	3.00kg	4.00kg	4.00kg
Men SP	4.00kg	5.00kg	6.00kg	7.26kg

Hurdle Specifications:

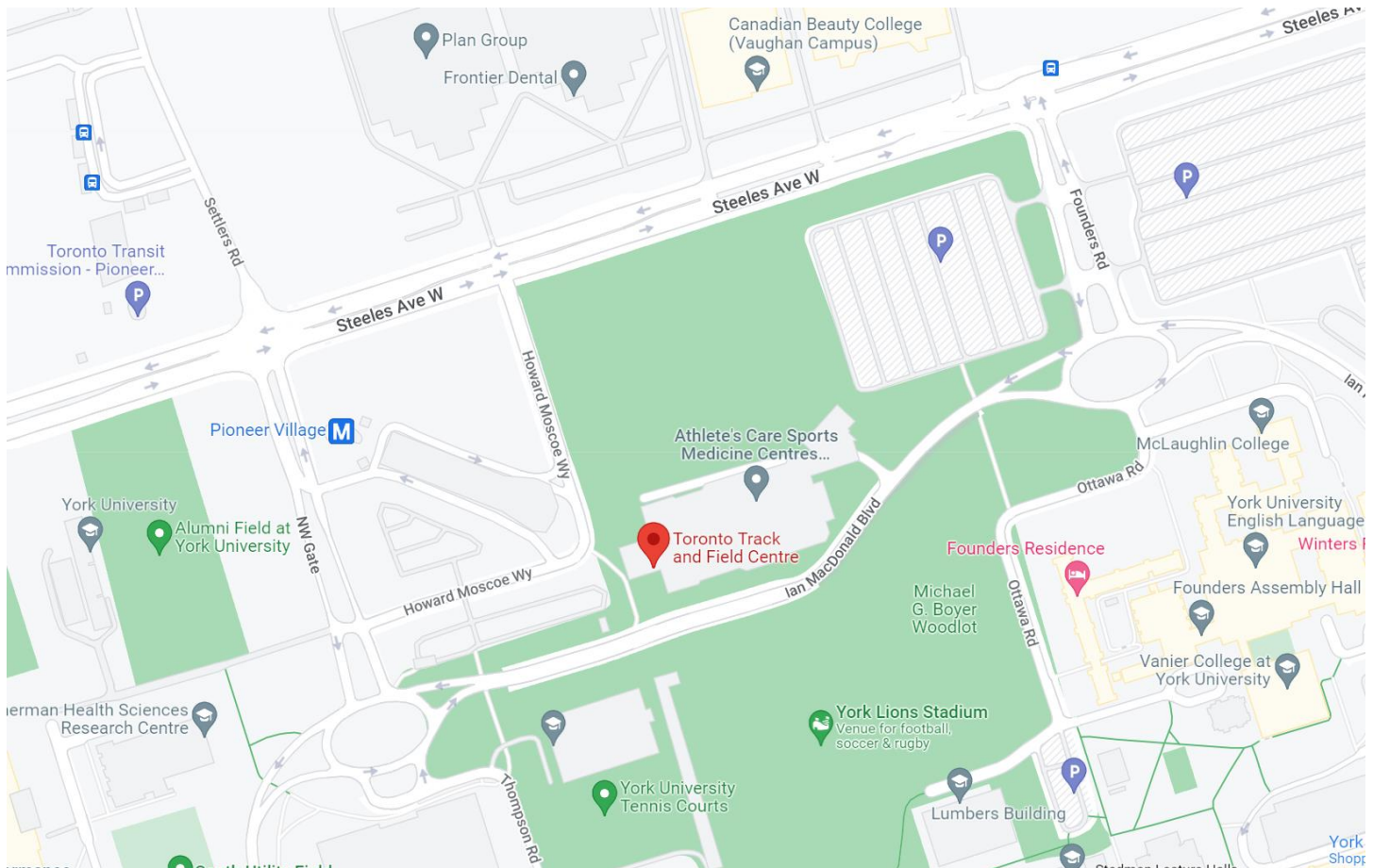
All specifications for throwing and hurdling events can be found on Appendix 3 of Athletics Ontario's ***Procedures and Technical Rules for Ontario Provincial Championships***. Please follow the link to find the document:

[https://athleticsontario.ca/technical/documents/2023/2023%20-%202024%20AO%20Championship%20Procedures%20and%20Technical%20Rules%20\(PUBLIC\)%20-%20Revised%20October%209,%202023.pdf](https://athleticsontario.ca/technical/documents/2023/2023%20-%202024%20AO%20Championship%20Procedures%20and%20Technical%20Rules%20(PUBLIC)%20-%20Revised%20October%209,%202023.pdf)

	Distance (m)	Height (m)	Start to 1 st Hurdle (m)	Distance Between
<u>Female</u>				
U16	60	0.762	12.00	8.00
U18	60	0.762	13.00	8.50
U20	60	0.840	13.00	8.50
Open	60	0.840	13.00	8.50
<u>Male</u>				
U16	60	0.840	13.00	8.50
U18	60	0.914	13.72	9.14
U20	60	0.990	13.72	9.14
Open	60	1.067	13.72	9.14

General Information

Location: Toronto Track and Field Centre
231 Ian MacDonald Blvd
M7A 2C5
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. As well as 2 parking lots surrounding Pioneer Village subway station on the south side of Steeles Ave W. Another parking spot is available on the south side of Howard Moscoe Way, just west of the main entrance to the Toronto Track and Field Centre. There is TTFC parking lot north of Steeles Ave W which is also free during weekends.

Via TTC: Northbound, line 1 goes directly to Pioneer Village Station, located right beside the Toronto Track and Field Centre. Alternatively, the TTC 60 bus comes from both directions along Steeles Ave W., which is directly north of the Toronto Track and Field Centre.

Contacts:

Meet Director	Randolph Fajardo	randolphfajardo@athleticsontario.ca
Officials Coordinator	Kathryn Dertinger	aooavailability@gmail.com
Facility Manager	Karen Halovanic	karen.halovanic@toronto.ca

Starting Blocks: Athletes must use competition provided starting blocks. Personal starting blocks will not be allowed unless they match the model and make of the starting blocks being provided.

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.

Only athletes with bib numbers, coaches registered for the current competition year, 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 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