



**Presents**

**Ontario U14, U16, U18 Athletics Championships**

**July 26 – 28, 2024**

**Terry Fox Track & Field Stadium (Chinguacousy Park)**

**9050 Bramalea Road**

**Brampton, Ontario**

**L6S 6G7**

**Technical Package**

# Table of Contents

Registration .....	3
Entry Deadline.....	3
Divisions .....	3
Eligibility.....	3
Fees & Entry Deadlines .....	3
Method of Payment .....	3
Confirmation .....	3
Performance Lists.....	3
Competition Details .....	4
Schedule.....	4
Accreditation.....	4
Warm Up.....	4
Check-In Procedure.....	4
Spectators .....	4
Awards .....	4
Technical Details .....	5
Events Offered .....	5
Seed Times .....	5
Specifications for Events.....	6
Qualification Procedures.....	6
Heat Allocations .....	6
Relays .....	7
Sprint Events .....	7
Clothing.....	7
Shoes.....	7
Protests and Appeals .....	7
General Information .....	8
Sanctioning.....	8
Starting Blocks.....	8
Results.....	8
Photos .....	8
First Aid .....	8
Location/Parking.....	9

## Registration

Entry Deadline	Early Deadline:	11:59pm EST, Friday, July 5, 2024
	Regular Deadline:	11:59pm EST, Friday, July 19, 2024
	Late Deadline:	10:00am EST, Thursday, July 22, 2024

Divisions	U14	Born in 2011 or after
	U16	Born in 2009 or after
	U18	Born in 2007 or after

**Eligibility** Athletes residing in Ontario must be registered members for the current competitive year with Athletics Ontario on or before the entry deadline. 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 must be registered for the current competitive year with their provincial associations.

Out of country athletes must contact Athletics Ontario Operations at [operations@athleticsontario.ca](mailto:operations@athleticsontario.ca) to be entered into the event. Please ensure you provide your membership number from your respective athletics federation, date of birth, and events you would like to enter with proof of seed performances to expedite your registration. Once your membership is verified, it can be used to register for the competition.

Fees & Entry Deadlines	<b>Early Bird Deadline:</b>	Friday, July 5 at 11:59pm EST	\$30 per event
	<b>Regular Deadline:</b>	Friday, July 19 at 11:59pm EST	\$35 per event
	<b>Late Deadline:</b>	Monday, July 22 at 10:00am EST <small>*All fees include HST and Trackie fees. HST# 10400235RT</small>	\$60 per event

Entries received after the late 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. No late entries will be accepted once the competition begins.

**Method of Payment** Trackie Online: <https://www.trackie.com/event/2024-ontario-u14-u16-u18>  
All payments are made via Trackie with on-line payment.

**Confirmation** Event confirmation can be viewed immediately after registering for your events online on Trackie.ca at <https://www.trackie.com/entry-list/2024-ontario-u14-u16-u18-outdoor-athletics-championship/1012501/>. If you do not see your event entries on Trackie after registering, please contact Randolph Fajardo at [randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca).

**Performance Lists** An initial performance list will be posted on the championship event page on Saturday following the regular deadline. The final performance list will be posted on Tuesday prior to the championship by 4:00pm EST at <https://athleticsontario.ca/event/ontario-u14-u16-u18-athletics-championship/>.

# 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-u14-u16-u18-athletics-championship/>. A final schedule will be posted on Tuesday prior to the start of the championship by 4:00pm EST.

## Accreditation

Athletes can pickup their bib number by the north entrance to the facility.

## Warm Up

Athletes will not be able to warmup on the outdoor track during competition.

- All track athletes will be brought out with a 10min buffer to allow final runouts before their race.
- Horizontal jump athletes will be allocated 30min warm up on the runway.
- Vertical jump athletes will be allocated 30min warmup on high jump runways and 45min warmup on pole vault runways.

## Check-In Procedure

Athletes entered in field events must check in with officials at their event site before their respective event begins. Failure to check in with officials before the event starts will result in them being removed from that specific event. Picking up bib numbers does not constitute a check-in.

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.

## Spectators

No spectator fees will be charged at this event. Spectator stands are available to everyone on the west end of the facility. Those watching throws or jumping events on the east end of the facility will be required to stay on the grass and away from the competition area that will be blocked off for athletes and officials.

## Awards

Gold, silver, and bronze medals will be awarded to the first three finishers from Ontario in each **championship** event.

Non-Ontario athletes will be eligible for medals. These non-Ontario athletes will not offset medal placements for Ontario athletes (example: a non-Ontario athlete that places second in an event will receive a silver medal. If third overall was an Ontario athlete, they would also receive a silver medal as they were the second overall Ontario athlete. The process continues until three Ontario athletes are awarded medals).

## Technical Details

### Events Offered

#### U14, U16, U18 Individual Events:

80m, 100m, 150m, 200m, 300m, 400m, 800m, 1200m, 1500m, 2000m, 3000m,  
80mH, 100mH, 110mH, 200mH, 300mH, 400mH, 1500m SC, 2000m SC,  
800m RW, 1500m RW, 3000m RW,  
High Jump, Pole Vault, Long Jump, Triple Jump,  
Shot Put, Discus Throw, Hammer Throw, Javelin Throw,  
4x100m, 4x400m, 4x800m

#### U18, U20, Open Combined Events:

Heptathlon, Decathlon

### Seed Times

Seed performances are highly recommended when registering for the championship. Performances from the previous outdoor season and onward, including indoor performances, will be pulled up automatically for Canadian athletes. Seed from the indoor season do not need to be converted to an outdoor mark.

Estimated seed performances may also be entered. Please be as accurate as possible if estimating seeds. Estimated seeds will not be accepted for top seeded sections in the 800m, 1200, 1500m, 2000m, 3000m (where there are more than 1 heat).

Seed performances that do not pull up automatically when registering must supply proof of performances to [operations@athleticsontario.ca](mailto:operations@athleticsontario.ca) if the seed puts the athletes in the top seeded sections. Link to the proof of performance should be included in the "Location/Date" fields when registering for the event. Please see example below.

#### Example:

The screenshot shows a registration form with the following fields:

- Event:** A dropdown menu with "1500m" selected.
- Category:** A dropdown menu with "U18" selected.
- Seed:** A checkbox labeled "Verify Seed" is checked. Next to it is a time input field with "4 : 38 . 00" entered.
- Location / Date:** A text input field with "Mile 5:01 CONV" and a URL input field with "https://athleticsontario."

Use the conversion factors below. It is discouraged to convert more than once. For example, converting a 1500m performance to a 3000m performance requires two conversions, 1500m > 2000m > 3000.

Performances from similar events will be accepted and will be converted:

#### Convert:

200m to 150m:  
200m to 300m:  
300m to 200m:  
300m to 400m:  
400m to 300m:  
600m to 400m:  
600m to 800m:  
800m to 1200m:  
800m to 1500m:  
1000m to 800m:  
1200m to 1500m:  
1500m to 1200m:

#### Calculation:

200m time x 0.731  
200m time x 1.597  
300m time x 0.6261  
300m time x 1.404  
400m time x 0.713  
600m time in sec. x 0.615  
600m time in sec. x 1.435  
800m time in sec. x 1.645  
800m time in sec. x 2.0588  
1000m time in sec. x 0.7654  
1200m time in sec. x 1.2747  
1500m time in sec. x 0.7845

1500m to 2000m:	1500m time in sec. x 1.3921
2000m to 1500m:	2000m time in sec. x 0.7183
2000m to 3000m:	2000m time in sec. x 1.5457
3000m to 2000m:	3000m time in sec. x 0.6470

## Specifications for Events

Throwing and hurdling specification can be found here:

<https://athleticsontario.ca/technical/documents/2021-technical-specifications.pdf>

## Qualification Procedures

In events where there is a qualifying round and then a final on the track, the qualification table outlined below will be used.

The “# on start list” is the number of entries registered for the event after all scratches have been removed and before the championship has begun on Saturday.

Final sections will be seeded by time only.

# on start list	Qualifying heats	Qualify to Final <sup>1</sup>	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	3+9	3 Timed Finals
41 – 48	6	3+6	3 Timed Finals
49 – 56	7	2+10	3 Timed Finals
57 – 64	8	2+8	3 Timed Finals
65 – 72	9	2+6	3 Timed Finals
73 – 80	10	2+12	4 Timed Finals
81 – 88	11	2+10	4 Timed Finals
89 – 96	12	2+8	4 Timed Finals
97 - 104	13	2+6	4 Timed Finals

## Heat Allocations

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

	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

<sup>1</sup> 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.

## Relays

The Sprint Medley Relay will run in the order of 400m – 200m – 200m – 800m.

Relay cards can be downloaded from the live results if you would like to print your own ahead of the championship. There will be cards available for pickup at the timing/results table. These cards are due at no later than **1.5 hour prior to the scheduled start of the relay.**

Batons will not be provided to athletes for warmups. Athletes and clubs must bring their own batons for any warmups in the fieldhouse.

The event will provide batons for all relay races. Personal batons will not be accepted for the championship races.

## Sprint Events

Sprint events will have a 1-minute time frame to get their blocks ready after each race. A countdown clock will be visible at the start line to ensure all athletes are aware of the time limit. A quick pop out of the blocks will be allowed. Athletes will be allocated time to get their blocks set up.

## Clothing

Singlets or tops for relay teams must match, with only minor variations due to changes in manufacturing. Only clothing from AO/AC member clubs in good standing may be worn while competing or during awards presentations. Company logos may appear on garments, provided they follow World Athletics regulations.

## Shoes

World Athletics shoe rules will be followed at this event. Officials may check athlete's shoes for compliance. To view if your spikes are approved, you can visit the approved list here: <https://certcheck.worldathletics.org/FullList>

## Protests and Appeals

All protests and appeals must be made as outlined in World Athletics (WA) rule 8. The full WA rule book can be found under the Manual & Guidelines menu on the following website <https://www.worldathletics.org/about-iaaf/documents/technical-information>.

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.

## General Information

### Sanctioning

This competition is World Athletics and World Para Athletics sanctioned. All results will be eligible for national and world rankings.

This championship is a World Athletics Category F competition. Certain events will be contested under this category. The results and placing at a category F meet contribute in the points needed to qualify for championships through the World Athletics ranking system.

### 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.

### Results

Results will be posted on Sunday, following the completion of the meet. Please follow this link for the meet results: <https://athleticsontario.ca/stats/results/>.

Live results will be available during the meet. Please visit the Athletics Ontario homepage to find the link to live 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:

Brampton Civic Hospital  
2100 Bovaird Dr E  
Brampton, ON  
L6R 3J7  
(905) 494-2120



Please note that there are several schools that will allow parking during the duration of the championship. Please be respectful of the parking zones and only park in designated parking areas. Cars seen to be parked on non-designated parking areas will be ticked or towed.

**PLEASE NOTE THAT PARKING IS ENFORCED BY CITY OF BRAMPTON.**

