



**Presents**

**Ontario Indoor Relay Championships  
with  
U16 Dual Meet Selection Trials**

**January 11 – 12, 2025**

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

**Technical Package**

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## Registration

### Entry Deadline

Early Bird Deadline: 11:59pm EST, Friday, December 20, 2024  
Regular Deadline: 11:59pm EST, Friday, January 3, 2024  
Late Deadline: 10:00am EST, Monday, January 6, 2024

### Divisions

U8 Born in 2018 or after  
U10 Born in 2016 or after  
U12 Born in 2014 or after  
U14 Born in 2012 or after  
U16 Born in 2010 or after  
U18 Born in 2008 or after  
U20 Born in 2006 or after  
Open All Ages

### Eligibility

Athletes residing in Ontario must be registered and their clubs affiliated 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 or state associations.

Out of country athletes must contact Athletics Ontario Operations at [operations@athleticsontario.ca](mailto:operations@athleticsontario.ca) to be entered in 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.

### Fees

**Early Bird Deadline:** Friday, December 20 at 11:59pm EST  
Relays: \$30 per team  
Individual First Event: \$25  
Individual Additional Events: \$10 per event

**Regular Deadline:** ~~Friday, January 5 at 11:59pm EST~~  
**Extended to Wednesday, January 8 at 10:00am EST**  
Relays: \$40 per team  
Individual First Event: \$25  
Individual Additional Events: \$15 per event

~~**Late Deadline:** Monday, January 6 at 10:00am EST  
Relays: \$60 per team  
Individual Events: \$30 per event~~

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

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: <a href="https://trackie.com/event/2025-relay-champs">https://trackie.com/event/2025-relay-champs</a> 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 <a href="https://trackie.com/event/2025-relay-champs">https://trackie.com/event/2025-relay-champs</a> . If you do not see your event entries on Trackie after registering, please contact Athletics Ontario Operations at <a href="mailto:operations@athleticsontario.ca">operations@athleticsontario.ca</a> .
Performance Lists	An initial performance list will be posted on the event page on Tuesday following the regular deadline. The final performance list will be posted on Thursday prior to the championship by 4:00pm EST at <a href="https://athleticsontario.ca/event/ontario-indoor-relay-championship/">https://athleticsontario.ca/event/ontario-indoor-relay-championship/</a> .
<h2>Competition Details</h2>	
Schedule	The schedule is subject to minor adjustments. Please refer to the championship webpage for all up-to-date information: <a href="https://athleticsontario.ca/event/ontario-indoor-relay-championship/">https://athleticsontario.ca/event/ontario-indoor-relay-championship/</a> . A final schedule will be posted on the Saturday following the Regular Entry Deadline by 4:00pm EST.
Seeding and Scratches	Lane assignments will be available on the live results and can be found on <a href="https://athleticsontario.ca/stats/results/">https://athleticsontario.ca/stats/results/</a> .  Each day of competition will have their events seeded by 7pm the day before. For example, Saturday's events seeded and published by 7pm on Friday, while all of Sunday's events will be seeded and published by 7pm on Saturday.  Scratches for events will be accepted by 7pm prior to the release of the seeded sections for the next day. If an athlete is seeded for an event and does not show up for that event, they are disqualified and removed from the rest of the competition.
Accreditation	Athletes can pickup their bib number in the fieldhouse where warm-ups are permitted. Coaches may also pickup their coaches pass here as well. Only coaches and athletes will have access to the fieldhouse.  Coaches registered with Athletics Canada do not need to register for a coaches pass. Out of country coaches should contact Athletics Ontario Operations at <a href="mailto:operations@athleticsontario.ca">operations@athleticsontario.ca</a> to be assigned a coaches pass for the competition.
Hip Numbers	Hip numbers will be given out by officials near the start line for all track races that do not finish in lanes (400m or longer).
Awards	Gold, silver, and bronze medals will be awarded to the first three clubs from Ontario in each <b>championship</b> event. This competition includes the championships for 4x200m, 4x400m, 4x800m.  Non-Ontario athletes will be eligible for medals. These non-Ontario athletes will not offset medal placements for Ontario clubs (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

### Rules and Regulations

The technical details outlined below are rules that are commonly applied but not the full extent of all rules for Athletics Ontario Championships. For the Procedures and Technical Rules for Ontario Provincial Championships, please click the following link: <https://athleticsontario.ca/technical/documents/AO%20Championship%20Procedures%20and%20Technical%20Rules%20-%20Revised%20July%201,%202024.pdf>

### Events Offered

#### **Championship Events (U16, U18, U20, Open):**

U16: 4x200m, 4x800m

U18/U20/Open: 4x200m, 4x400m, 4x800m

#### **U16 Selection Trials Events:**

60m, 300m, 800m, 2000m, 60mH, 1500m RW

High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Throw

#### **Other Age Group All-comer Offerings:**

U12 Saturday: 60m, 300m

U12 Sunday: 50m, 150m, 600m

U14 Saturday: 60m, 300m, 2000m, Long Jump, High Jump

U14 Sunday: 150m, 800m, 60mH

U18 Saturday: 60m, 300m, 2000m, Long Jump, Shot Put, Weight Throw

U18 Sunday: 800m, 60mH, 1500m RW, High Jump, Pole Vault, Triple Jump

U20 Saturday: 60m, 300m, 2000m

U20 Sunday: 800m, 60mH, 1500m RW, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Throw

Open Saturday: 60m, 300m, 800m, 2000m

Open Sunday: 60mH, High Jump, Pole Vault, Long Jump, Triple Jump

### Specifications for Events

Throwing and hurdling specification can be found here:

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

### Mixed Gender Events

Where required, males and females may compete together in a field event. On the track, only athletes in divisions 15 years of age or under may be combined. The race walk may combine both genders if required.

### 60m Qualifications

Top 24 athletes in each age division will advance to the finals.

### Long Jump & Throws

In the long jump and throwing events, all athletes will get 3 attempts. The top 8 athletes in each age division will receive an additional 3 attempts.

### High Jump

Starting height will be determined by the officials before the event starts. Normal progressions will occur as if the event was one single age group.

## Exhibition Shuttle Relay

A 60m shuttle relay will be offered at this competition. The relay is an exhibition event and ineligible for club points and medals.

## Relay Singlets

All four athletes on a relay team **must** have matching tops/singlets when racing. Relay teams that do not have matching tops/singlets will be disqualified from the results. The Track Referee has discretion over allowing a team to run or not in a relay if failing to abide to this rule.

## Relay Cards

Relay cards will be available at the timing/results table by the 60m finish line. Clubs **must** submit them no later than 1-hour prior to the start of each relay. An online submission option will be available and linked on the live results.

## Club Points

The top six individual and relay team finishers in each championship will earn points for their clubs as follows:

1 <sup>st</sup> – 7 points	4 <sup>th</sup> – 3 points
2 <sup>nd</sup> – 5 points	5 <sup>th</sup> – 2 points
3 <sup>rd</sup> – 4 points	6 <sup>th</sup> – 1 point

The following events at this championship are eligible for club points:  
4x200m, 4x400m, 4x800m

## Relay Seeding

All relays will be assigned lanes by lot (random draw for lanes).

All lanes will be used for each relay, except for the U20 and Open 4x200m where lane 1 may remain empty.

## 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 populated automatically from performances appearing on the Athletics Canada national rankings.

For U16 Selection Trial events, estimated seed performances may also be entered. Please be as accurate as possible if estimating seeds.

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:

Event	x	Category
1500m		U18
Seed <input checked="" type="checkbox"/> Verify Seed ?		Location / Date
4 : 38 . 00		Mile 5:01 CONV / <a href="https://athleticsontario.ca">https://athleticsontario.ca</a>

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:

Event	Acceptable Alternatives for Seed Purposes
60m	50m indoors; 100m outdoors
150m	200m indoors; 200m outdoors

.... conversion continues next page

200m	150m or 300m indoors; 150m, 200m, or 300m outdoors
300m	200m or 400m indoors or outdoors
400m	300m or 600m indoors or outdoors
800m	600m or 1000m indoors or outdoors
1200m	800m, 1000m, 1500m indoors or outdoors
1500m	800m, 1200m, or 2000m indoors or outdoors
2000m	1500m or 3000m indoors or outdoors
3000m	2000m indoors or outdoors
60mh	50mh indoors or outdoors

Initially if using outdoor performances do the following operations:

<u>Outdoor Event</u>	<u>Convert Outdoor Time to Indoor</u>
150m	add 0.25s to outdoor time
200m	add 0.50s
300m	add 0.80s
400m	add 1.10s
800m	add 2.40s
1200m	add 3.50s
1500m	add 3.90s
2000m	add 4.58s
3000m	add 5.90s

Then do the following calculations:

<u>Convert:</u>	<u>Calculation:</u>
50m to 60m:	50m time x 1.158
100m outdoors to 60m:	100m time x 0.68
150 to 200m:	150m time x 1.369
200m to 150m:	200m time x 0.731
200m to 300m:	200m time x 1.597
300m to 200m:	300m time x 0.6261
300m to 400m:	300m time x 1.404
400m to 300m:	400m time x 0.713
600m to 400m:	600m time in sec. x 0.615
600m to 800m:	600m time in sec. x 1.435
800m to 1200m:	800m time in sec. x 1.645
800m to 1500m:	800m time in sec. x 2.0588
1000m to 800m:	1000m time in sec. x 0.7654
1200m to 1500m:	1200m time in sec. x 1.2747
1500m to 1200m:	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

## Protests and Appeals

All protests and appeals must be made as outlined in Word 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 to points needed to qualify for championships through the World Athletics ranking system.

### 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:

North York General Hospital  
555 Finch Ave W.  
Toronto, Ontario  
M2R 1N5  
(416) 633-9420



Location/Parking

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