



Presents

**Ontario Indoor Combined Events
&
Midget-Youth Racewalk Championships
with Prep Meet #1**

**Sunday February 7, 2016
Toronto, Ontario**

Technical Package

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General Information

Location:

Toronto Track and Field Centre
4700 Keele Street
Toronto, Ontario, Canada
M3J 1P3
Ph# (416) 392-2812



Driving from the 400:

Take the Steeles Ave W exit and proceed eastbound towards Founders Rd. and turn right to proceed into the York University campus. At the first stop sign is Ian MacDonald Blvd. Turn right and continue on the road. The first building on the right side will be the Toronto Track and Field Centre.

Parking:

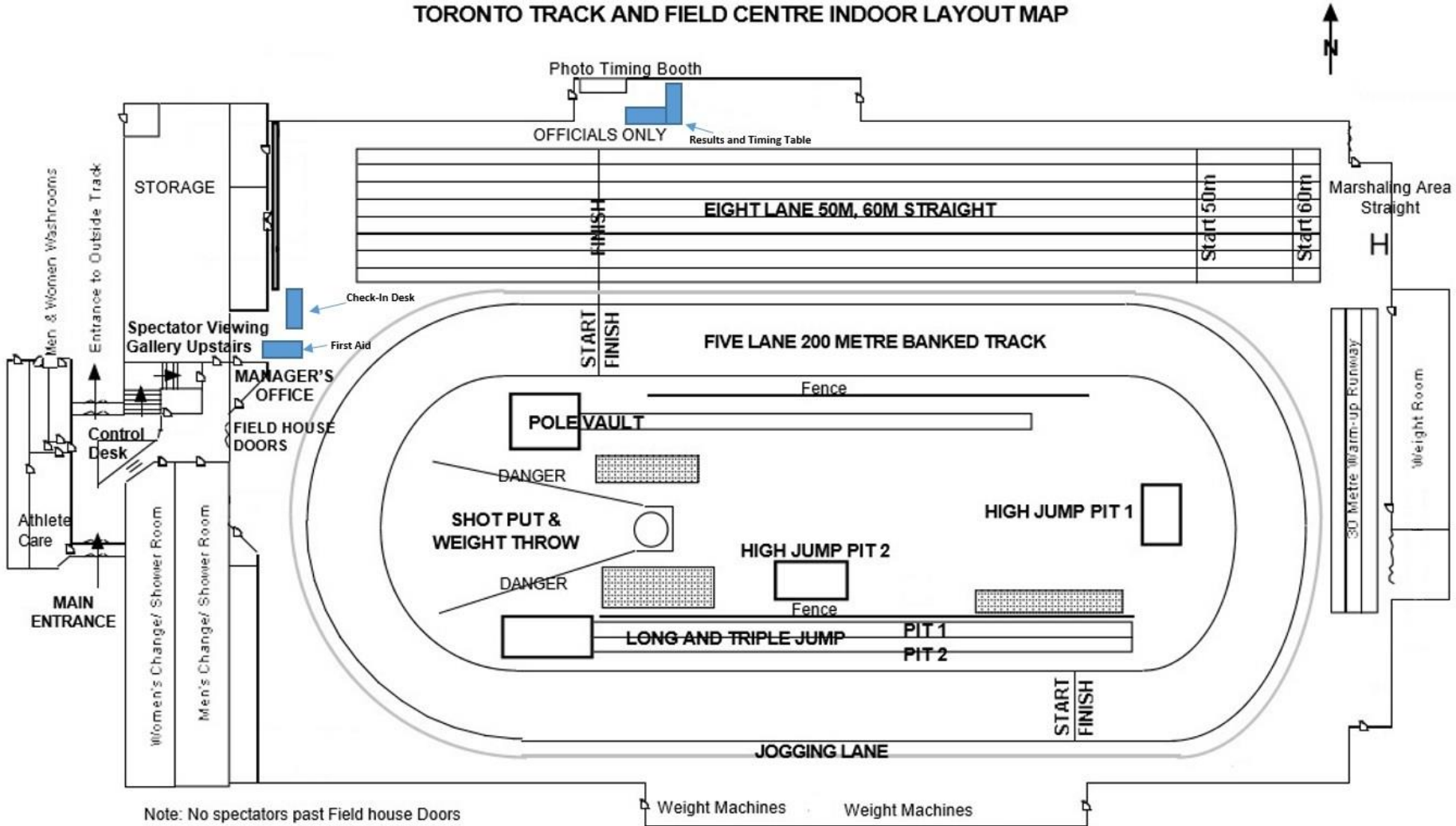
There is parking available just off of Founders Rd. There is additional parking west of the Toronto Track and Field Centre beside the subway extension construction site. Parking is a flat rate of \$5/day on weekends.

Via TTC:

Both the 106 and 196 leaves Downsview Station towards the York University campus. Alternatively, the 60 comes from both directions along Steeles Ave W., which is directly north of the Toronto Track and Field Centre.

Site Map

TORONTO TRACK AND FIELD CENTRE INDOOR LAYOUT MAP



Note: No spectators past Field house Doors

Legend: Coaching Area [stippled box] Doorways [wavy line]

Host Organizing Club:

Etobicoke Track Club



Organizing Committee

Meet Director:	Austin Nurse
Technical Director:	Randolph Fajardo
Officials/Volunteer and Athlete Check In Coordinator:	Terry Clarke
Awards Coordinator:	John Dalton
Registration Coordinator:	Julius Palladino
Hurdles Crew Chief:	Godfrey James
Equipment Manager:	Trevor DaSilva
Facility Manager:	Kathy Miller

Food: Food and refreshments will be available for purchase on site for cash only.

Host Hotels: Please refer to the event website for information on the hotels available for the championship. The link is as follows:
<http://athleticsontario.ca/event/ao-indoor-combined-events-championships-and-prep-meet/>

Facility: Synthetic surface on a 5-lane 200m banked oval and 8-lane sprint straight and field event approaches. Concrete throwing circle. Change room facilities and showers are available. Bring your own lock and towel.

Please refer back to page 5 for the site map.

All competition and official working areas are off limits to non-competitors at all times.

Starting Blocks: Official blocks will be supplied by meet management. However, any starting block complying with IAAF rules may be used. With the exception of events specifically identified as age-class events, starting blocks will be required by all athletes.

Facility Rules and Regulations: Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length.

Only coaches, 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 on track surface.

NO electronic devices are allowed in the competition area.

Results: Results will be posted on Monday February 8, 2016 by 10am EST
Please follow this link for the meet results:

<http://athleticsontario.ca/event/ao-indoor-combined-events-championships-and-prep-meet/>

Photos: Photos captured by the Athletics Ontario team will be posted on the Athletics Ontario social media sites (Facebook and Twitter) during and following the meet. All athletes are given the opportunity to sign a waiver/release form regarding photography.

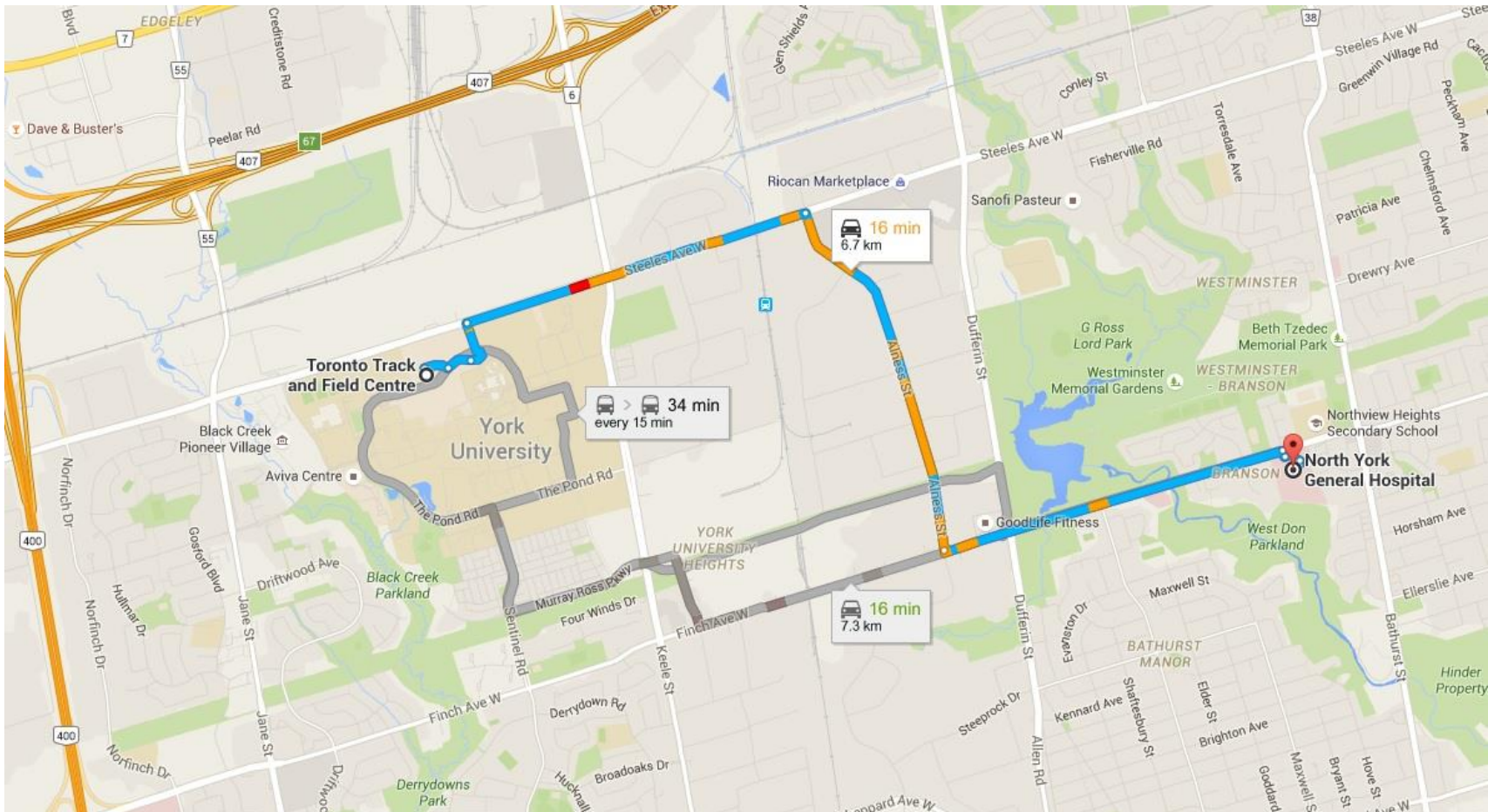
Facebook page: <https://www.facebook.com/Athletics-Ontario-135196239850966/?fref=ts>

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

Refer to page 7 for the map and page 8 for directions to North York General Hospital



Directions from Toronto Track and Field Centre to Toronto General Hospital

From: Toronto Track and Field Centre
4700 Keele Street
Toronto, Ontario, Canada
M3J 1P3
Ph# (416) 392-2812

1. Head east on Ian MacDonald Blvd 0.15km
2. At the roundabout, take the 3rd exit onto Founders Rd. 0.28km
3. Turn right onto Steeles Ave W. 2.0km
4. Turn right on to Alness St. 2.1km
5. Turn left onto Finch 2.0km
6. Turn right onto Virgilwood Dr. 34m

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

Registration

Entry Deadline: **3:00 pm, Monday, February 1, 2016**

Age Categories:

Bantam (BG/BB)	born in 2003 or later
Midget (MG/MB)	born in 2001 or later
Youth (YG/YB)	born in 1999 or later
Junior (JW/JM)	born in 1997 or later
Senior (SW/SM)	open to all
Masters (MAS)	30 years of age or over on race date

Eligibility: There are no entry standards for this meet.

Athletes residing in Ontario must be registered and their clubs affiliated for 2016 with Athletics Ontario by the Entry Deadline.

Athletes not registered with Athletics Ontario by the entry deadline will be subject to a \$50 late registration fee, in addition to the regular membership fee, payable to Athletics Ontario prior to picking up their bib number.

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 2016 with their provincial or state associations.

Fees:

		Before Deadline	After Deadline
Championship	1500m Walk, Tetrathlon	\$25.00	\$50.00
	Pentathlon	\$30.00	\$50.00
Non-Championship	AO Registered	\$10.00	\$17.00
	Not Registered with AO	\$15.00	\$25.00

** All fees include HST
HST# 104002357RT

Method:

TRACKIE online:

<http://www.trackie.com/online-registration/event.php?id=2625>

No entries are to be dropped off at the Athletics Ontario (AO) office
No telephone entries. No faxed entries. NO REFUNDS.

Payment:

Via Trackie with on-line payment OR entries via Trackie with advance payment by cheque. No cash or credit card payments accepted.

Cheques Payable to:

Athletics Ontario
3 Concorde Gate, Suite 211
Toronto, Ontario
M3C 3N7

Late:

Entries will be accepted after the deadline on Monday, February 1nd 3:00pm EST but fees will be increased as stated above. The deadline for late entries will be Friday, February 5th at 3:00pm EST. To be eligible for the post entry, athletes must have been registered with the provincial branch by the time of the entry. See "Eligibility" from page 10. Entries in Ontario Championship events 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.

Confirmation:

As entries are processed, the start lists will be made available online at the Athletics Ontario website at <http://athleticsontario.ca/event/ao-indoor-combined-events-championships-and-prep-meet/>. Please check online to confirm your entries following the entry deadline.

Waiver:

Every participant is required to sign the waiver form attached. For athletes under the age of 18, a parent or guardian's signature must appear on the waiver. The waiver form must be submitted at the registration desk on the day of the competition.

Competition Details

Schedule:

The schedule is subject to minor adjustments. If there are changes to this schedule, a revised FINAL schedule will be posted, online at: <http://athleticsontario.ca/event/ao-indoor-combined-events-championships-and-prep-meet/> by February 5 at 4:00pm EST.

Track	Tentative Schedule – Sunday February 7, 2016			
	Events on straightaway and oval will be run concurrently. Sections will run from FAST to SLOW			
Time	Straightaway Event	Oval Event	Check-In Window	Age Group
10:00	60m Hurdles		8:30 – 9:30	MG Tetrathlon
	60m Hurdles		8:30 – 9:30	YG Pentathlon
	60m Hurdles		8:30 – 9:30	JW + SW Pentathlon
	60m Hurdles		8:30 – 9:30	MB Tetrathlon
	60m Hurdles		8:30 – 9:30	YB Pentathlon
	60m Hurdles		8:30 – 9:30	JM Pentathlon
	60m Hurdles		8:30 – 9:30	SM Pentathlon
10:15		1500m Walk	8:45 – 9:45	MG, MG, YG, YB, OW, OM
10:35		1200m	9:05 – 10:20	BG + MG
10:50		1200m	9:20 – 10:20	BB + MB
10:45	60m Hurdles		9:15 – 10:15	JM + SM
	60m Hurdles		9:15 – 10:15	YB
	60m Hurdles		9:15 – 10:15	JW + SW
	60m Hurdles		9:15 – 10:15	MB
	60m Hurdles		9:15 – 10:15	YG
	60m Hurdles		9:15 – 10:15	MG
	60m Hurdles		9:15 – 10:15	BG
11:05		3000m	9:35 – 10:35	OW
11:20		3000m	9:50 – 10:50	OM
11:35	60m Heats		10:05 – 11:05	BG + BB
11:40	60m Heats		10:10 – 11:10	OW top 16 to finals
12:10	60m Heats		10:40 – 11:40	OM top 16 to finals
11:45		2000m	10:15 – 11:15	MG
		2000m	10:15 – 11:15	MB
Lunch	12:40 – 2:00	12:10 – 1:10		
1:10		800m	11:40 – 12:40	OW
1:40		800m	12:10 – 1:10	OM
2:00	60m 2 Timed Finals		Not Required	OW
	60m 2 Timed Finals		Not Required	OM
2:25		400m	12:55 – 1:55	OW
2:50		400m	1:20 – 2:20	OM
3:25		300m	1:55 – 2:55	MG + MB
3:50		150m	2:20 – 3:20	BG +BB
4:00		200m	2:30 – 3:30	OW
4:45		200m	3:15 – 4:15	OM

5:45		1500m	4:15 – 5:15	OW
		1500m	4:15 – 5:15	OM
TBD		200m		MG Tetrathlon
		200m		MB Tetrathlon
		800m		YG + JW + SW Pentathlon
		1000m		YB + JM + SM Pentathlon

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Field	Tentative Schedule – Sunday February 7, 2016			
Time	Event	Age Group		
9:00	Weight Throw	All Age Groups (Men Followed by Women)		
10:00	High Jump	OM		
11:00	Pole Vault	OW		
	Shot Put	M All Age Groups		
11:30	Long Jump	M Pentathlon		
	High Jump	W Tetra/Pent		
12:30	Shot Put	MB Tetrathlon		
1:30	Shot Put	M Pentathlon		
Lunch				
1:30	Long Jump	OW		
2:30	Pole Vault	OM		
2:45	Shot Put	W Tetra/Pent		
3:00	High Jump	M Tetra/Pent		
4:00	Long Jump	W Pentathlon		
	Shot Put	W (All Age Groups)		
5:00	Long Jump	OM		
	High Jump	OW		
6:30*	Triple Jump	OW + OM		

*Triple Jump may start earlier depending on the finish time of the Long Jump

Check-In Procedure:

The standard check-in procedure used at Athletics Ontario Championships will be in use at this meet. Athletes entered in track events must check in at the designated check-in area separately for each event no sooner than 90 minutes and no later than 30 minutes prior to the scheduled or re-scheduled start time of the race.

Athletes entered in field events must check in at their event site before the start of the first trial for any competitor in the event.

Athletes who fail to check-in as required will not be allowed to compete in the event. Please allow extra time for bad weather, traffic problems, etc. Picking up bib numbers does not constitute a check-in.

Awards: Gold, Silver, and Bronze medals will be awarded to the first three finishers from Ontario in each championship event. No awards are given in the non-championship events.

Technical Details

Events Offered:

Championship Events

Midget Girls	Tetrathlon	60mh, HJ, SP, 200m
Youth Girls	Pentathlon	60mh, HJ, SP, LJ, 800m
Junior Women	Pentathlon	60mh, HJ, SP, LJ, 800m
Senior Women	Pentathlon	60mh, HJ, SP, LJ, 800m

Midget Boys	Tetrathlon	60mh, SP, HJ, 200m
Youth Boys	Pentathlon	60mh, LJ, SP, HJ, 1000m
Junior Men	Pentathlon	60mh, LJ, SP, HJ, 1000m
Senior Men	Pentathlon	60mh, LJ, SP, HJ, 1000m

Midget and Youth Girls 1500m Walk

Midget and Youth Boys 1500m Walk

Non-Championship Events

60m	BG – BB – W – M	High Jump	OW – OM
150m	BG – BB	Pole Vault	OW – OM
200m	OW – OM	Long Jump	OW – OM
300m	MG – MB	Shot Put	OW – OM
400m	OW – OM	Weight Throw	OW – OM
800m	OW – OM	Triple Jump	OW – OM
1200m	BG – BB – MG – MB		
1500m	OW – OM		
2000m	MG – MB		
3000m	OW – OM		
60mh	BG – BB – MG – MB – YG – YB – JW – JM – SW – SM		
1500m Walk	OW (with Ontario Midget/Youth Girls Championship)		
1500m Walk	OM (with Ontario Midget/Youth Boys Championship)		

Implements:

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

Specifications for Hurdling Events:

Event	Distance	#	Height(m)	To 1 st Hurdle	Between Hurdles
Bantam Girls	60m	5	0.762	12.00m	7.50m
Bantam Boys	60m	5	0.762	12.00m	7.50m
Midget Girls	60m	5	0.762	12.00m	8.00m
Midget Boys	60m	5	0.840	13.00m	8.50m
Youth Girls	60m	5	0.762	13.00m	8.50m
Youth Boys	60m	5	0.914	13.72m	9.14m
Junior Women	60m	5	0.840	13.00m	8.50m
Junior Men	60m	5	0.990	13.72m	9.14m
Senior Women	60m	5	0.840	13.00m	8.50m
Senior Men	60m	5	1.067	13.72m	9.14m

Specifications for Throwing Events:

Shot Put

BG	BB	MG	MB	YG	YB	JW	JM	SW	SM
3.00kg	3.00kg	3.00kg	4.00kg	3.00kg	5.00kg	4.00kg	6.00kg	4.00kg	7.26kg

Weight Throw

MG	MB	YG	YB	JW	JM	SW	SM
5.45kg	7.26kg	7.26kg	9.072kg	9.072kg	11.338kg	9.072kg	15.876kg

Lane & Heat Assignments:

Lanes, Heats, and Sections will be assigned according to the rules of the IAAF/AO. Lane 1 will be vacant for all sections of the 150m and 200m events.

Following the check-in period, a list of heat and lane assignments will be posted at the start area for each event.

Scoring:

Indoor club championship scoring (applies to Combined Events and 1500m Walk only).

The top 6 Ontario athletes in each event and category will earn point for their clubs as follows: 1st – 7 points, 2nd – 5, 3rd – 4, 4th – 3, 5th – 2, 6th – 1.

Seed Times:

Indoor 2015, outdoor 2015 and current indoor season performances achieved in AO-sanctioned or approved competitions will be accepted. Outdoor times will be converted to indoor times (e.g. 0.5s added to outdoor 200m time; 1.1s added to outdoor 400m time). Estimates will not be accepted.

As a Guide for coaches who need to decide which performance to submit for seeding purposes at the Prep meets, please see the conversion chart below.

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
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:	400 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

Start Rule modifier for Bantams: In non-combined event competitions staged for Bantams only, one false start will be allowed per race without disqualification of an athlete. Any further false starts shall result in disqualification of the athlete making a false start.

Sweat suit Rule: To help the meet stay on schedule, athletes must have removed their sweat suits, leggings, etc. and be ready to run by the time they are called to the start line.

Sportsmanship: Proper conduct extends to all athletes on and off the field during the meet and to parents, friends, and coaches especially at the meet site.

Protests: All Protests must be made as outlined in IAAF 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.

SANCTIONED AND REQUIRED BY: ATHLETICS ONTARIO

RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

2015 AO Cross Country Championships, February 7, 2016

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

Athletics Ontario	Etobicoke Track and Field Club	City of Toronto
Athletics Ontario Officials	Austin Nurse	Toronto Track and Field Centre

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event and I AGREE to withdraw from the race if so requested by the designated medical officer.

Date	Print Name	Signature
		If under 18 years, Parent or Guardian or Power of Attorney to sign below

Date	Print Name	Signature of Parent or Guardian or Power of Attorney
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Canadian Anti-Doping Program (CADP)

Athletics Canada has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to all individuals, whether in the role of athletes or athlete support personnel, who are registered for and participate in this event. By signing below, I acknowledge that I am aware that the CADP applies to me and that I am subject to the CADP. Completion of an online education course may be required as part of my registration of this event. By participating in this event, I consent to the application of the CADP to me. For further information, please visit the Athlete Zone on the CCES website www.cces.ca/athletezone.

Date	Print Name	Signature
		If under 18 years, Parent or Guardian or Power of Attorney to sign below

Date	Print Name	Signature of Parent or Guardian or Power of Attorney
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