



Presents

2017 OCAA Track Championships

March 4, 2017

**Toronto Track and Field Centre
231 Ian MacDonald Blvd
Toronto, Ontario
M3J 1P3**

Technical Package

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Registration

Entry Deadline: 11:59pm, Thursday, March 2, 2017

Fees: **Before Deadline:** \$15 per event
After Deadline: \$25 per event
*All fees include HST and Trackie fees.
HST# 10400235RT

Method and Payment: Trackie Online: <https://www.trackie.com/online-registration/event/ocaa-track-championship/8663/#.WLQ13PkrKUK>
No entries are to be dropped off at the Athletics Ontario (AO) office.
No telephone entries. No faxed entries. NO REFUNDS.

All payments are made via Trackie with on-line payment.

Confirmation: As Entries are processed, the start lists will be made available online at the Athletics Ontario website at <http://athleticsontario.ca/2017-events/ao-indoor-bmj-championships/>. Please check online to confirm your entries following the entry deadline.

Waiver: Every participant is required to sign the waiver form attached.

Competition Details

Schedule: The schedule is subject to minor adjustments. Please refer to the championship webpage for all up to date information: <http://athleticsontario.ca/2017-events/ao-indoor-bmj-championships/>. A final schedule will be posted by February 28 at 4:00pm EST.

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 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.

Technical Details

Events Offered: Championship Events
600m
1500m
3000m
4x400m

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

Following the check-in period, 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 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.

General Information

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

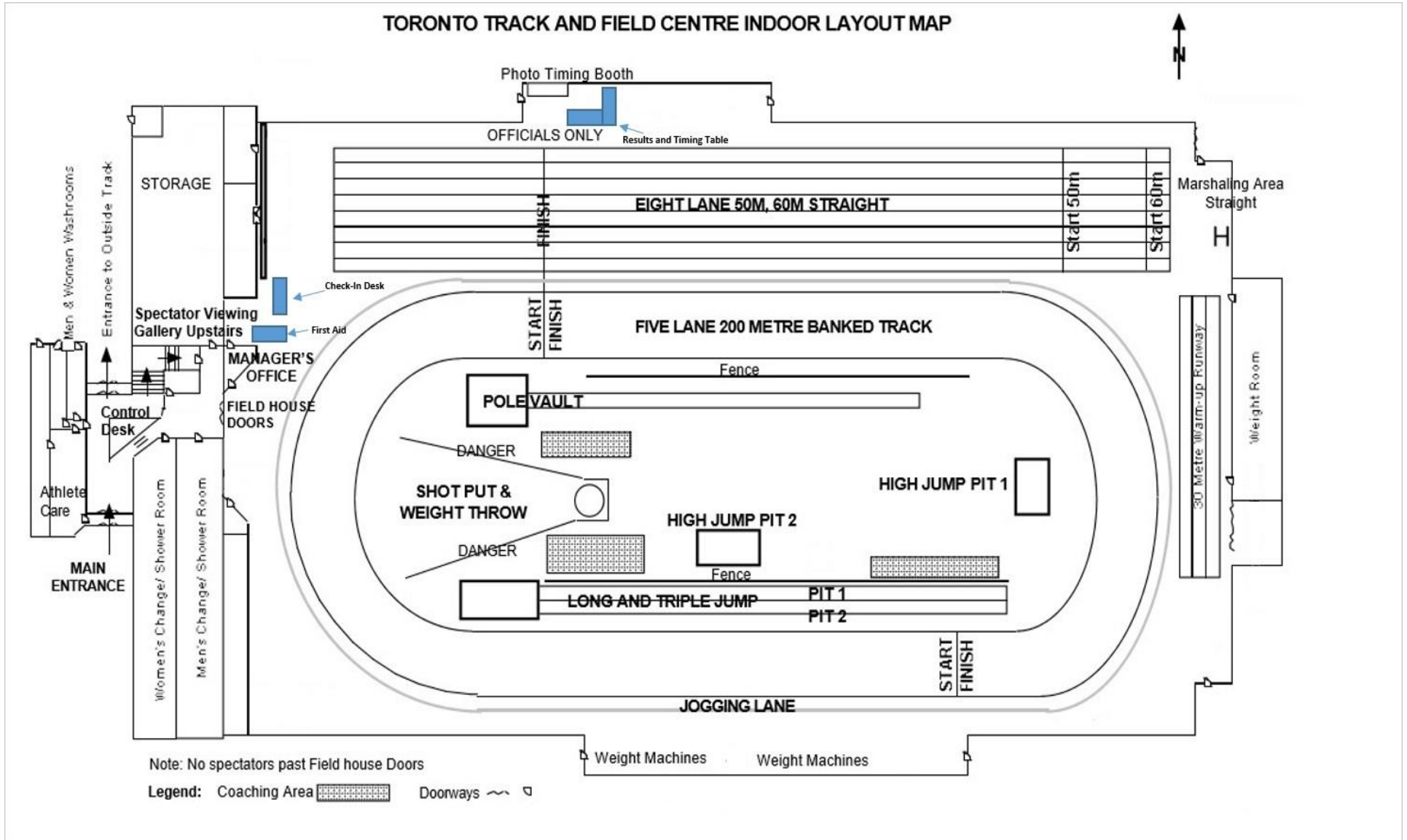


Directions: Take the 401 into the city of Toronto and take exit 359 to merge onto ON-400 N toward Barrie. Take the Steeles Avenue W. exit, and head East. The university will be on the right hand side (South side) of the road. Turn into Founders Road towards the roundabout and make another right onto 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. Parking here is \$5/day on weekends.

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

Floor Plan:



Host Organizing Club

Brampton Bullets



Organizing Committee

Meet Director	Jim Catton	jimcatton@rogers.com
Technical Director	Randolph Fajardo	randolphfajardo@athleticsontario.ca
Officials Coordinator	Gumar Balasubramaniam	gumarathas@outlook.com
Volunteer Coordinator	Anthony Biggar	anthonybiggar@athleticsontario.ca
Facility Manager	Maria-Julia Di Corpo	mdicorp@toronto.ca

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

Hotels

Extended Stay Canada

3600 Steeles Ave W
Vaughn, On
L4L 8P5
1-800-804-3724



Each room is non-smoking and consists of 2 double bed and can hold up to 4 people.

Price: \$119.99 for Friday January 13, 2017.

Includes: Free WiFi and parking

Notes: Ensure to ask for Athletics Ontario rooms. Last day to book rooms will be on March 6

Best Western Plus Toronto North York Hotel & Suites

50 Norfinch Drive
North York, On
M3N 1X1
(416) 663-9500



Each room is non-smoking and consists of 2 double bed and can hold up to 4 people.

Price: \$129.99 for Friday March 3, 2017.

Includes: Free WiFi and parking

Notes: Ensure to ask for Athletics Ontario rooms. Last day to book rooms will be on March 13

- 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

Please refer back to page 4 for the floor plan.

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 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 the track surface.
NO electronic devices are allowed in the competition area.

Results: Results will be posted on Monday March 6, 2017 by 10am EST
Please follow this link for the meet results.
<http://athleticsontario.ca/2017-events/ao-indoor-bmj-championships/>

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 (Refer to page 8 for the map):

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

Directions from the Toronto Track and Field Centre to Toronto General Hospital

From: Toronto Track and Field Centre
231 Ian MacDonald Blvd.
Toronto, Ontario
M3J 1P3

- | | |
|---|--------|
| 1. Head east on Ian MacDonald Blvd. | 0.15km |
| 2. At the roundabout, take the 3 rd exit onto Founders Rd. | 0.28km |
| 3. Turn right onto Steeles Ave W. | 2.0km |
| 4. Turn right onto Alness St. | 2.1km |
| 5. Turn left onto Finch Ave W. | 2.0km |
| 6. Turn right onto Virgilwood Dr. | 0.34km |

North York General Hospital
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M2R 1N5
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Map to Hospital

