



**Ontario Masters  
Athletics**

# MUSKOKA ALGONQUIN RUNNERS

**Presents**

**2017 Athletics Ontario & Ontario Masters Athletics  
Cross Country Championship**

**November 12, 2017**

**Morrison Meadows  
1177 Fraserburg Rd.  
Bracebridge, ON  
P1L 0A1**

**Technical Package**

## Table of Contents

Registration .....	3
Entry Deadline.....	3
Age Categories .....	3
Eligibility .....	3
Masters .....	3
Fees .....	3
Method and Payment .....	3
Late Entries .....	3
Confirmation .....	4
Waiver .....	4
Bib Pick Up .....	4
Competition Details .....	4
Schedule.....	4
Check-In Procedure.....	5
Awards .....	5
Course .....	5
Technical Details .....	5
Events Offered .....	5
Team Declaration.....	5
Team Scoring.....	5
Protests .....	5
General Information .....	6
Host Organizing Club.....	6
Organizing Committee .....	6
Hotels .....	6
Facility Regulations .....	6
Results.....	6
Photos .....	6
First Aid .....	7
Location.....	7

## Registration

Entry Deadline: 11:59pm, Monday, November 6, 2017

Age Categories:

Bantam (BG/BB)	U14	born in 2004 or after
Midget (MG/MB)	U16	born in 2002 or after
Youth (YG/YB)	U18	born in 2000 or after
Junior (JW/JM)	U20	born in 1998 or after
Senior (SW/SM)	20 and over	born in 1997 or before
Masters	30 and over	

Eligibility: There are no entry standards for this meet.

Athletes residing in Ontario must be registered and their clubs affiliated for 2017 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 and championship event entry fees, 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 2017 with their provincial or state associations.

Masters: Ontario Masters Championship (30+ years of age): For specific information on Masters eligibility, scoring, awards, etc. for the Ontario Masters Athletics Championship race, please check [www.ontariomasters.ca](http://www.ontariomasters.ca) or contact Doug Smith at: [douglasi.smith@sympatico.ca](mailto:douglasi.smith@sympatico.ca)

Fees: **Before Deadline (November 6, 2017):** \$25 per event  
**After Deadline (November 7 – 8, 2017):** \$50 per event  
\*All fees include HST and Trackie fees. HST# 10400235RT

Method and Payment: Trackie Online: <https://www.TrackieReg.com/2017-ao-xc-champs>  
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.

Late Entries: Entries will be accepted after the entry deadline of Monday November 6<sup>th</sup> 11:59pm EST but fees will be increased as stated above (\$50 per entry). The

deadline for late entries will be Wednesday November 8<sup>th</sup> at 3:00pm EST. To be eligible for post entry, athletes must have been registered with the provincial branch by the time of entry. See “Eligibility.” 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.

**Confirmation:**

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

**Waiver:**

Every participant is required to sign the waiver form found at the end of this technical package. 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. Please use the following link to also find the waiver on our championship page:  
<http://athleticsontario.ca/events/2017-ao-cross-country-championships/>

**Bib Pick Up:**

Registration will be open to pick up club packages/individual bib numbers on:  
 Saturday, November 11 from 12:00pm – 4:00pm  
 Sunday, November 12 throughout the day

**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/events/2017-ao-cross-country-championships/>. A final schedule will be posted by November 7 at 4:00pm EST.

<b>Start Time</b>	<b>Age Group</b>	<b>Distance</b>
9:15 am	Masters	5000m
10:00 am	Senior Women	8000m
10:45 am	Senior Men	10000m
11:00am	Awards	Masters, SW, SM
11:45	Community Run (Open)	5000m
12:30 pm	Bantam Girls	2000m
12:45 pm	Bantam Boys	2000m
1:00 pm	Midget Girls	4000m
1:30 pm	Midget Boys	4000m
1:50 pm	Awards	BG, BB, MG, MB
2:00 pm	Youth Girls	5000m
2:30 pm	Youth Boys	6000m
3:15 pm	Junior Women	6000m
4:00 pm	Junior Men	8000m
Awards	YG, YB, JW, JM, Overall Team Championship	

**Check-In Procedure:** Please check in with the clerk at the course at least 10 minutes prior to the start of the race.

**Awards:** Gold, Silver, and Bronze medals will be awarded to the first three finishers from Ontario in each **championship** event.

AO Championship medals will also be awarded to the first four finishers on **each of the top three scoring teams** from Ontario in each age category (Bantam U14 – Senior 20+).

Additional medals will be available to all non-scoring runners on any of the top three teams. To be eligible, the runner(s) must complete the race. Additional medals may be purchased at the meet for a cost of \$5.00 each. Team coaches or managers should arrange to obtain the medal(s) prior to awarding.

**Course:** Course details, loop distances, and an overhead map will be available on the championship website here: <http://athleticsontario.ca/events/2017-ao-cross-country-championships/>

## Technical Details

### Events Offered:

	<b>Bantam</b>	<b>Midget</b>	<b>Youth</b>	<b>Junior</b>	<b>Senior</b>	<b>Master</b>
	<b>U14</b>	<b>U16</b>	<b>U18</b>	<b>U20</b>	<b>20+</b>	<b>30+</b>
<b>Girls/Women</b>	2km	4km	5km	6km	8km	5km
<b>Boys/Men</b>	2km	4km	6km	8km	10km	5km

**Team Declaration:** Teams need not be declared unless a club intends to enter more than one team in a category. In this case, the names of the runners on each team **MUST** be emailed to Randolph Fajardo: [randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca) no later than 3:00pm, Friday November 10. With the exception of consolidation to a single team. Clubs may not alter the declared teams after Friday, 3:00pm. All declared teams will be eligible for awards. Only AO (or other provincial or states) affiliated club teams shall be eligible to enter the team competition.

**Team Scoring:** In each race, all entries will be counted, including out of province athletes, extra runners, etc. In each category, except Masters, the first four finishers from each team will score points. A tie is resolved in favour of the team whose last scoring member finishes near the first place. See note above on Team Declarations.

**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

Host Organizing Club

Muskoka Algonquin Runners



## Organizing Committee

Meet Director

Pierre Mikhail

[pmikhail@me.com](mailto:pmikhail@me.com)

Rob Horton

[rob@fitevents.com](mailto:rob@fitevents.com)

Officials Coordinator

Dave Johnstone

[drdavej@vianet.ca](mailto:drdavej@vianet.ca)

Volunteer Coordinator

Melissa Key

[melissa@fitevents.com](mailto:melissa@fitevents.com)

Technical Director

Randolph Fajardo

[randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca)

## Hotels



### Sleep Inn

510 Muskoka Rd. 118 West

Bracebridge, ON

P1L 1W8

Ph# (705) 645-2519

To book, please visit the following link:

<https://www.choicehotels.com/ontario/bracebridge/sleep-inn-hotels/cn363?mc=bltaxxcas>

## Facility Regulations:

Maximum spike length is **13mm (1/2")**. Spiked shoes may be checked at any time for spike length. All competition and official working areas are off limits to non-competitors at all times.

NO electronic devices are allowed in the competition area.

## Results:

Results will be posted on Sunday November 12, 2017 following the completion of the meet. Please follow this link for the meet results.

<http://athleticsontario.ca/events/2017-ao-cross-country-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:

**Muskoka Algonquin Healthcare**

75 Ann St.

Bracebridge, ON

P1L 2E4

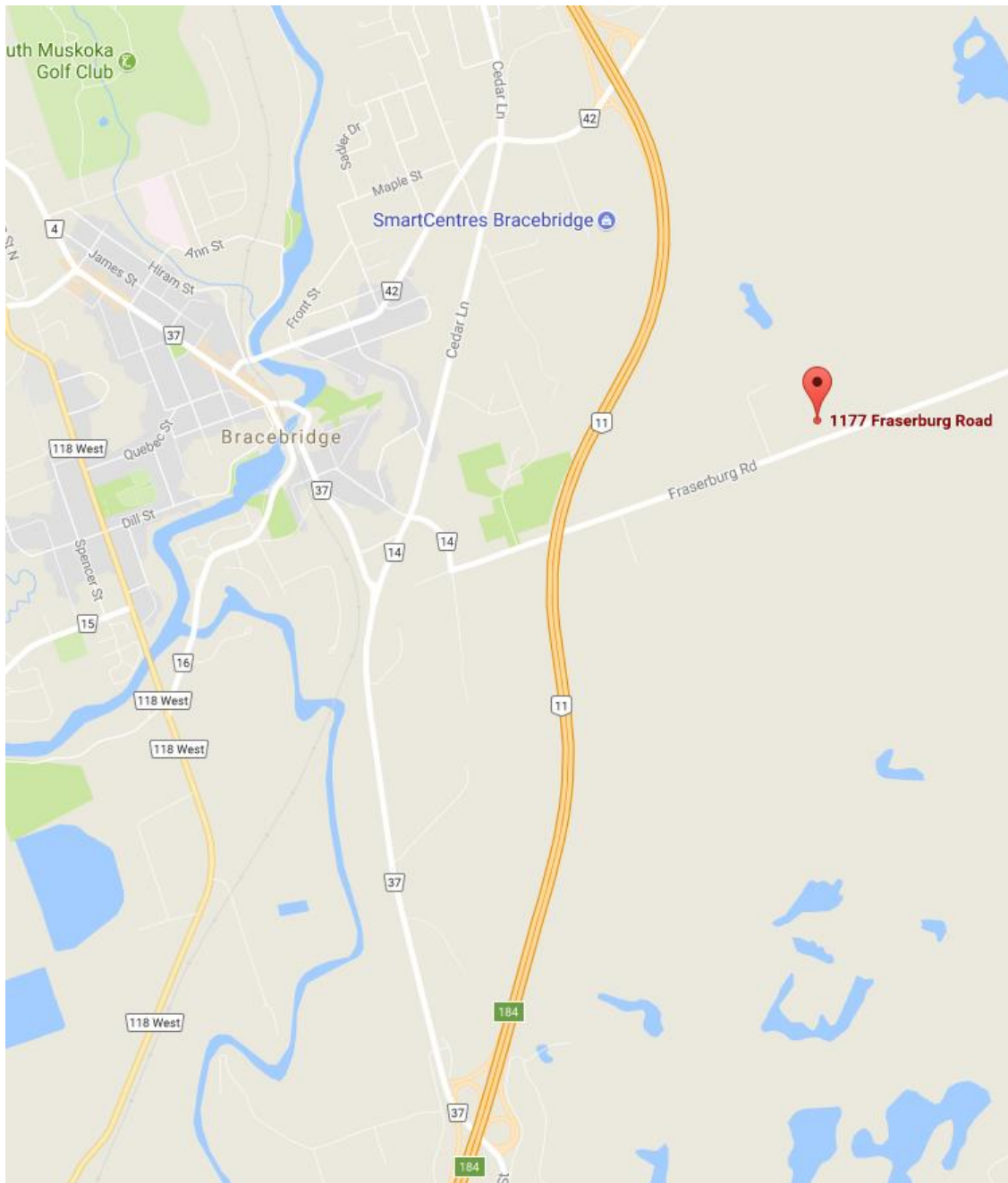
Location:

Morrison Meadows

1177 Fraserburg Rd.

Bracebridge, ON

P1L 0A1



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

### **Athletics Ontario and Ontario Masters Athletics Cross Country Championship, November 12, 2017**

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

Athletics Ontario  
Ontario Masters Athletics  
Athletics Ontario Officials

Muskoka Algonquin Runners  
FITT Events

Morrison Meadows  
City of Bracebridge

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.

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

I hereby authorize any images or video footage taken of myself, in whole or in part, individually or in conjunction with other images and video footage, to be displayed on the Athletics Ontario website and other official channels, and to be used for media purposes including promotional presentations and marketing campaigns. I also authorize any media material created by myself within, or for, Athletics Ontario over the course of the 2017 season.

I waive rights to privacy and compensation, which I may have in connection with such use of my name and likeness, including rights that may be created in connection with video production, editing and promotion therewith.

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