



2018 – 2019 YEAR END REVIEW

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Message from President & Chair

I have received a very warm welcome as the new President and Chair of the Athletics Ontario Board of Directors. It's been an exciting first year as we continued to strengthen the organization and its programs and services. We are fully dedicated to making Athletics the sport of choice in our province and providing value to our members.

This is our second rendition of a comprehensive year-end report which we have made available to our membership to improve communications and transparency. It provides an overview of the past year's activities (April 1, 2018 – March 31, 2019), financials, and highlights the accomplishments of our athletes, coaches, technical officials, staff and the Board.

As we end the first year of our new five-year Strategic Plan, I am proud to say that we have already achieved a great deal. Our new strategic priorities are focused on building the foundation of the organization in order to establish long-term sustainability: Sport Development, Participation, Competition and Infrastructure.

A key to all of this, and to our future success, is a strong and healthy membership. We have been reaching out and listening to our clubs, athletes, coaches, officials and others to determine the changes we need to make. Over the past year we have focused considerable resources on improving the membership model, our relationships and our services.

We have continued to strengthen our working relationships with Athletics Canada, the Canadian Sport Institute of Ontario (CSIO), the Ministry of Tourism, Culture and Sports (MTCS), and the Ontario Masters Association. These collaborations fortify the sport and help to provide greater value and support to our members, and I want to thank each of them for their dedication and contributions.

The Board of Directors is very proud of our staff, their dedication, hard work and achievements. We are also grateful to our volunteers, Committee members, club administrators, coaches and technical officials, for their commitment to our sport. And we are most proud of our athletes and their perseverance, because without them, there would be no AO.

And finally, I want to thank all members of the board for working so hard this past year. The organization is very fortunate to have such dedicated volunteers and a very capable and skilled Board. I want to recognize our Board members who will not be returning next year, and we welcome Scott Currier and Jason Bunston, brought on in 2018.

Athletics is at the core of all sports, offering so many opportunities for individuals in Ontario as they run, jump, throw, wheel and walk. And I am confident that we are well positioned for many successes in the future.

I wish everyone best of luck and success for the coming year.

Vision – Mission – Values

Vision

Athletics is the sport of choice in the province of Ontario.

Mission

Promote the sport of **Athletics** in the Province of Ontario and contribute to the **health and wellness of all participants** through **long-term athlete-centered development**.

Values

- Health and fitness through sports and throughout life
- Commitment to excellence and the highest standards of performance by athletes at all ages
- Integrity, loyalty, fair play, sportsmanship, honesty, commitment, dedication, patience, mutual respect and cooperation
- Inclusiveness, accessibility and affordability in participation
- Individual development and measurable achievement encouraged by administrators, coaches, officials and staff committed to Athletics Ontario values
- High ethical and moral standards and practices in athletics and the governance of athletics
- Prudent, transparent stewardship that demonstrates value for the investment of fiscal and human resources

2018-2021 Strategic Objectives

Pillars & Foundation

Vision

*Athletics is **the** sport of choice in the Province of Ontario*

Mission

Promote the sport of **Athletics** in the Province of Ontario and Contribute to the **health and wellness of all participants** through **long-term athlete-centered development**.

Sport Development

- Athlete Development
- Coaching Education
- Officials Development

Participation

- Masters Athletes
- Road, Trail & Other new athletic events
- Non-Competitive
- Under-represented groups

Competitions

- Provincial Championships
- Elite Competitions
- Sanctioned Events

Infrastructure

- Organization Effectiveness
- Facilities
- Financial Stability

Leadership

- Governance
- Communication
- Culture

SPORT DEVELOPMENT

Athlete Development
Coaching Development
Officials Development

Athlete Development

High Performance - Team Ontario (Ontario High Performance Sport Initiative)

The Team Ontario (OHPSI) program was designed to support a comprehensive provincial high performance sport system that allows for sustained success of athletes and coaches at the very highest levels of international sport. The goal of the program is to identify and support Ontario athletes who are best capable of achieving future international success on senior national teams. Olympic stream includes all able-bodied athletes. Paralympic stream includes all classifications of Para athletes.

- ***44 Athletes, 35 Coaches***
 - U23: 19 Olympic, 5 Paralympic
 - U18 Development: 20 Olympic
- ***Coach Support***
 - Free access to designated coach workshops
 - Subsidized NCCP coaching courses
 - Coach PD opportunities (testing camps, workshops)
 - First invitation to declare as team staff for OHPSI coaching opportunities
 - Coach PD reimbursement program
- ***Athlete Support***
 - Direct-to-athlete funding (\$1,250 for all U23 team members)
 - Warm weather training camp (Orlando, FL)
 - Access to the Canadian Sport Institute Ontario (clinics, workshops, injury screening, access to doctors/physiotherapy)
 - IST support at major competitions (AO U20/Open Championships and AC Track and Field Championship)



Athlete Development

Quest for Gold

Ontario Athlete Assistance Program 2017-2018 (OAAP) is funded by the Government of Ontario, through the Ministry of Tourism, Culture and Sport (MTCS), and operated through the Sport, Recreation & Community Programs Division. The overarching goal of the Quest for Gold – OAAP is directly related to the High-Performance Sport goal of the Canadian Sport Policy – that Canadians are systematically achieving world-class results at the highest levels of international competition – by improving the performance and number of Ontario athletes performing at the national and international level, thereby contributing to the improved performance of Canada at international competitions.

The intent of the OAAP is to provide funding to individual athletes in the sport's 'Train to Train' and 'Train to Win' categories based on their demonstrated commitment to high-performance sport, allowing them to continue to pursue athletic excellence at the highest levels of national and international competition. Ideally, an athlete will first receive a Quest for Gold "Ontario Card" for 1 to 3 years, which will allow them to train towards the goal of a national team position in subsequent years. Once an Ontario athlete reaches the national level and becomes a recipient of Sport Canada's carding program, they become eligible for the Quest for Gold "Canada Card".

Provincially Carded Athletes

- ❑ 42 Full Card athletes (\$4,300)
- ❑ 18 Half Card athletes (\$2,150)
- ❑ 3 Injury Card athletes (\$4,300)
- ❑ 3 Para Card athletes (\$4,300)

Nationally Carded Athletes

2018-2019 Ontario athletes make up 55% (40/73) of Sport Canada carded athletes.



Coaching Development

As the Provincial branch of Athletics Canada, Athletics Ontario is responsible for delivering training and evaluation opportunities for coaches at the Community Sport (Run Jump Throw Wheel), Instruction Beginner (Sport Coach), Introduction to Competition (Club Coach) levels in the Coaching Pathway, along with the maintenance of certification through professional development opportunities and active coaching opportunities. OPHEA Safety workshops have been delivered to educate elementary and high school coaches on the safety aspects of coaching this sport with an emphasis on event disciplines considered high-risk, such as hurdles, steeplechase, throws events, as well as vertical jumps events.

Athletics Canada is responsible for the delivery and evaluation of coaches at the Competition Development (Performance Coach) level. The NCCP model distinguishes between training and certification. Coaches can participate in training opportunities to acquire or refine the skills and knowledge required for a particular coaching context and as a result, they are considered “trained”.

The following training opportunities were delivered by Athletics Ontario between April 1, 2018 and March 31, 2019:

Run, Jump, Throw Wheel

- September 29-30, 2018 in Ottawa
- March 31, 2019 in Hamilton

Sport Coach

- April 7-8, 2018 in Ottawa
- April 21-22, 2018 in Sturgeon Falls

Club Coach - Throws

- April 14-15, 2018 in Guelph

OPHEA Safety Workshops

- October 22, 2018 in Penetanguishene
- November 16, 2018 in Toronto

Non-NCCP

- Parasport Coaching Workshop with Ken Hall was held on April 22, 2018, in Toronto, ON.

Officials Development

Officiating is a key component of athletic excellence. Officials ensure the consistent application of international rules that govern the sport of athletics. There are well over 150 registered officials supporting athletes across the province and there are numerous opportunities to volunteer at local, provincial, regional, national and international events.

Officials are volunteers. Qualities of an official include impartiality, strong sense of self worth, sense of humour and a need to enjoy hard work under variable conditions with little opportunity for material rewards. Officiating Awards are given for recognition of special contribution to the sport, level of certification and qualification and years of service. Enrico Toscano was presented with a service award at our Annual Awards Gala last year, for 50 years of service as an Athletics Ontario Official.

The following training, mentoring and certification opportunities were delivered in Ontario or for Ontario resident Officials:

Comprehensive Clinics (Level 1/2)

- April 24, 2018 - Toronto – 21 attendees

National Level Clinics (Level 3/4)

- Track Referee: November 17, 2018 - Toronto - 13 attendees
- Horizontal Jumps: November 17, 2018 – Toronto - 9 attendees

Officials Mentoring

- 7 Officials mentored at Level 2
- 17 Officials mentored at Level 3
- 14 Officials mentored at Level 4
- 5 Officials mentored at Level 5
- 1 out-of-province Officials mentored by an AO Official
- 10 AO officials mentored by out-of-province mentors



PARTICIPATION

Membership
Grassroots
Masters Athletes
Road, Trail & Other
Non-Competitive
Under-Represented Groups

Membership

Membership by Category

Athletics Ontario membership categories cover the range of age level athletes, para athletes, as well as coaches, officials, volunteers and clubs. 2018 membership levels increased across most age levels but there were decreases in most non-competitive and recreational categories.

Membership by Category by Year

	ACTUAL	ACTUAL	% Change
MEMBERSHIP	2017	2018	2017-2018
All Membership Categories	6181	6155	-0.4%
Bantam (U14)	405	438	8.1%
Midget (U16)	799	903	13.0%
Youth (U18)	1100	1083	-1.5%
Junior (U20)	528	580	9.8%
Senior (Open)	713	715	0.3%
Master (30+)	965	985	2.1%
Total Competitive	4510	4704	4.3%
Para Members *	67	60	-10.4%
Recreational - 13+ yrs.	493	367	-25.6%
Recreational - 6-12 yrs.	342	371	8.5%
Total Non-Competitive	835	738	-11.6%
Coaches	493	461	-6.5%
Associates	78	73	-6.4%
Officials	174	165	-5.2%
Clubs	126	125	-0.8%

Membership

Ontario Clubs

CLUB NAME	CITY		
310 Running	Bolton	Milton Shock Track And Field Club	Hawthorne
Athletics Niagara	Ridgeway	Mississauga Olympians T&f A.a.	Mississauga
Athletiques International 2	Canfield	Mississauga T.f.c.	Mississauga
Athos Club	Thornhill	Monarch Athletics Club	Toronto
Black Lungs Toronto	Toronto	Monte Cristo Track Club	Binbrook
Blackadder Pole Vault Club	Martintown	Muskoka Algonquin Runners	Huntsville
Blue Devils Athletics Club	Toronto	National Capital Track & Field Club	Ottawa
Boardwalk Rc	Toronto	Newmarket Huskies Track Club	Newmarket
Bolton Pole Vault	Caledon	Niagara Olympic Club	St. Catharines
Bomb Fitness	Toronto	Nith River Runners	Plattsville
Boost Athletics Club	Mississauga	North Bay Legion	North Bay
Border City Ac	Harrow	North Halton Stars T.f.c.	Milton
Brampton Racers Track & Field Club	Shelburne	Oakville Legion T.f.c.	OAKVILLE
Brampton Track Club Inc.	Brampton	Ontario Racewalkers Association	Etobicoke
Brantford T.f.c.	Kitchener	Ottawa Lions T.f.c.	Ottawa
Brockville Legion Track Club	Brockville	Peak Velocity Athletics	Oro Modonte
Bullets Track Club	Brampton	Peterborough Legion Track Club	RR 2 Omeme
Burlington Track & Field Club	Burlington	Phoenix Athletics Assoc. Of Ontario	Scarborough
Bytown Walkers	Ottawa	Physi-Kult Kingston	Kingston
C.a.n.i. Athletics	Kanata	Project Athletics T.f.c.	Markham
Cambridge Harriers	Cambridge	Quinte Frontenac Track Club	stirling
Central Ontario Rogues	Barrie	Quinte Legion Track & Field Club	Trenton
Central Toronto Athletic Club	Toronto	Runner's Life	Peterborough
Centro Scuola T.f.c.	Maple	Runners Edge Track Club	St Catharines
Cruisers Sports For The Physically Disabled	Acton	Sarnia Athletics Southwest Tfc	Sarnia
Dundas Valley Track Club	Dundas	Saugeen Track & Field Club	Port Elgin
Durham Dragons Athletics	Oshawa	Sault Athletics Club	Echo Bay
Durham Legion Athletics	Ajax	Sisu Throws Club	Brampton
Elite Pole Vault	Baden	South Simcoe Dufferin T.f.c.	Barrie
Etobicoke Track & Field Club	Toronto	Speed Academy Athletics Club	Pickering
Extreme Velocity Track Club	Scarborough	Speed City Track Club	Markham
First Attempt Jumps Academy	Cambridge	Speed River Track & Field Club	Guelph
Flying Angels Academy	Toronto	Ss Athletics	Stouffville
Game Speed International	Brampton	St Thomas Legion Track & Field Club	London
Georgian Bay Coyotes T.c.	Meaford	Stratford Sabrecats Track Club	Stratford
Georgian Jumps	Victoria harbour	Stride Techniq Athletic Club	Toronto
Grand River Endurance Running Club	Paris	Strive Athletics Club	Toronto
Greater Uxbridge Road Runners	Sunderland	Sundown Athletics Club	Goderich
Guelph Track & Field Club	Guelph	Supreme Athletics	Kitchener
Hamilton Elite Athletic Team	Hamilton	Temiskaming Track Club	New Liskeard
Hamilton Olympic Club	Hamilton	Terminal Velocity Track Club	Brampton
Harbour Track - Hamilton	Dundas	Thames Athletics Club	London
Huron-Perth Wind	Exeter	The Gazelles	Ajax
I Be Fast Track Club	Toronto	Thorold Elite Track Club	Thorold
Invictus Athletics Club	Kitchener	Throwers Club	Thornhill
Iron Stride	Kingston	Timmins Porcupine T.f.c.	Porcupine
Jamcan International Athletics Club	Etobicoke	Toronto Harriers	Toronto
K2j Fitness	Ottawa	Toronto Olympic Club	Mississauga
Kingston Achilles	Kingston	Toronto Race Walkers	North York
Kingston Track & Field Club	Bath	Toronto West Athletics	Toronto
Kitchener Waterloo T.f.a.	Elmira	Track East	GLoucester
Lakehead Running	Thunder Bay	Track North Athletics Club	Sudbury
Laurel Creek T.f.c.	Kitchener	Ultimate Body Sprint Club	Keswick
Les Coureurs De Bois	Pembroke	United Tamil Sports Club	Toronto
Lions Valley Athletics	Oakville	University Of Toronto T.c.	Toronto
London Legion T.f. Alliance	London	University Of Windsor Athletics Club	Windsor
London Pacers	London	Variety Village Athletic Club	Toronto
London Runner Distance Club	London	Waterloo Track Club	Waterloo
London Western T.f.c.	London	Windsor Legion T.f.c.	Windsor
Longboat Roadrunners	Toronto	Woodstock Legion Athletic Club	Woodstock
Maximus Performance	Waterloo	Xsnrg Running Club	Toronto
Metro Toronto Fitness Club	Toronto	York Region Runners Club	Stouffville
		York University Track & Field Club	Toronto

Grassroots

Introduction to Athletics (Athletes 6-13 years)

Run Jump Throw Wheel (RJTW) a national program developed by Athletics Canada that is delivered through Athletics Ontario partners and members. The program teaches fundamental movement skills and develops physical literacy. Using track and field inspired games, activities and skill challenges lead by instructors specifically trained to teach the fundamentals of running, jumping, throwing and wheeling (for children in wheelchairs).

The purpose of the program is to serve as a strong foundation for all sports. Run Jump Throw Wheel assists children in learning to move efficiently so that they grow into adults who are active, productive and healthy citizens. This program, along with Athletics Ontario's AO Safety Workshop, are excellent foundations for any teacher, sport club coach or community recreation leader to ensure they capable of delivering a fun, safe and fundamentally sound Athletics program.



Introductory programs have been delivered throughout Ontario, through various groups including Elementary schools, activations supported by Athletics Ontario, the Minor Track Association, Athletics Canada, and their member clubs and coaches. Athletics leaders such as Milt Ottey, who delivers Agility Challenges and other Introductory programs to tens of thousands of elementary school aged children across the province annually.

Grassroots

Ontario Summer Games – London, August 4 – 5, 2018 – 189 athletes

The Ontario Summer Games were held on August 2-5, 2018 in London, and Athletics was back at the Games for the first time in nearly 10 years. U14 and U16 Ontario athletes qualified through a regional selection process and were then selected to an East or West Team. For many athletes, this is their first team event and helps introduce a competitive experience consistent with Long-Term Athlete Development (LTAD) principles. The Games provide athletes with development and competitive opportunities that will prepare them for national and international sport competitions.

The Athletics competition was held at TD Waterhouse Centre, where the athletes competed in an East vs West competition against their fellow provincial athletes. At the end of the day, Team Ontario East took the win with 1,127 points in total.



Grassroots

The provincial coaching staff was as follows:

Team Ontario East

Brant Stachel, Head Coach, Physi-Kult Kingston

Brian Hilbers, Associate Head Coach, Saugeen Track and Field Club

Monique Simon-Tucker, Sprints Coach, York University Track and Field Club

Michael Lavigne, Endurance Coach, Unattached

Mary Affleck, Assistant Endurance Coach, Newmarket Huskies

Mary Egbo-Egbo, Jumps Coach, York University Track and Field Club

Sean Doucette, Throws Coach, Brantford T.F.C.

Vanessa Sarjeant, Para Coach, Stoney Creek Athletics

Noah Defreyne, Team Manager, University of Toronto Track Club

Team Ontario West

George Kerr, Head Coach, Hamilton Elite Athletic Team

Amanda Truelove, Associate Head Coach, London Western T.F.C.

Cliff Defreitas, Sprints Coach, South Simcoe Dufferin T.F.C.

Saheed Khan, Endurance Coach, Central Toronto Athletics Club

Nicole Fiorini, Assistant Endurance, Coach Newmarket Huskies

Brett Georgevski, Jumps Coach, University of Toronto Track Club

Glenn Elliott, Throws Coach, Saugeen Track and Field Club

Katty Abran, Para Coach, London Western Track and Field Club

Raba Mustapha, Team Manager, Project Athletics



Grassroots

Ontario vs. Quebec U16 Dual Meet

Competition Venue: Toronto Track & Field Centre

On January 19, 2019 at the AO Championship Meet #1, the preliminary Trials for the U16 Dual Meet was held. Upon conclusion of the Team selection period, an Ontario team of 50 athletes was selected. The Dual Meet was later held on February 9 at the same venue where there were a total 97 athletes competing.

For many athletes, this is their first team event and helps introduce a competitive experience for U16 athletes fitting in with Athletics Ontario's Long-Term Athlete Development (LTAD) and High Performance pathway.

Ontario vs. Quebec U16 Dual Team Coaching Staff

Darl Sutherland, Head Coach, Sir Sandford Fleming College

Tom Bereza, Sprints Coach, Monte Cristo Track Club

Laura Sivers, Throws Coach, Brockville Legion Track and Field Club

Chris Timm, Jumps Coach, Laurel Creek Track Club

Brian Hilbers, Endurance Coach, Saugeen Track and Field Club



Masters

AO and OMA signed a Memorandum of Understanding in Oct 2018. This MOU ensured that all OMA events were managed by AO staff, under the direction of the OMA Meet Director. This arrangement relieved the OMA volunteers from a lot of the workload and allowed them to concentrate on expanding membership and building Masters athletics.

As part of this agreement AO and OMA joined forces to establish an all ages AO/OMA Road Race Championship series for road races from 5K to marathon. The series is called the AO/OMA Trillium Running Series.

31 masters athletes attended the World Masters Indoor Championships in Torun Poland in March – winning 10 medals. Karla Del Grande broke two World Records.

The next three years will be big for Ontario, and Canadian, Masters athletes with the NCCWMA World Masters Championships being held in Toronto in July of 2019, the World Masters Championships also being hosted in Toronto in July of 2020 and the World Masters Indoor Championships being held in Edmonton, Alberta in March 2021.



Road, Trail & Other

Race Director Network

Athletics Ontario has established an extensive database, reaching nearly 400 Ontario Road Race Directors. The growth of this network is crucial, and we will be applying to the Ontario Trillium Grow Grant, to assist with this growth.

The 2019 Race Director Summit took place in January. There were 80 attendees, which was a 20% growth from the 2018 event. We secured 14 speakers, and had four sponsors for the event.

A semi-annual communication was made with the Race Director Network about the benefits of sanctioning a race with Athletics Ontario.

Running Races

There were 93 sanctioned road and trail events in the 2018/2019 year. We have reviewed and revised the Accreditation/Sanctioning criteria, and have developed a modernized application form for the website. This was introduced in coordination with the new website in August 2018.

Championships

One of the newest additions to the Road/Trail Running program, was the AO/OMA Trillium Running Series, in partnership with the Ontario Masters Association. It was offered to Masters, Open, and U20 athletes, and there were eight races set to be included over the 2019 calendar year, with the first four races taking place in the 2018-2019 Fiscal Year. It is also set to include a Club Championship race, at the lululemon 10k in June 2019.



Trillium Running Series

Non-Competitive

Run Jump Throw Wheel (RJTW-U13) non-competitive memberships are available for all Athletics Ontario Clubs and athletes who participate in Winter, Summer or March Break camps, weekly training programs, after school programs. In 2018, there were a total of 371 RJTW-U13 members, or 6.8% of all athletes.

Non-competitive memberships for athletes participating in Road & Trail events, and other non-competitive (U14 and older) opportunities and programs are available for individuals and clubs. Athletics Ontario has partnered with Ontario Masters Athletics to create a new joint series, called the **AO/OMA Trillium Running Series** and introduced a Provincial Snowshoe Championship and Provincial Road Championships. These are some of the highlights of the greater emphasis on participation. In 2018, there were a total of 367 Non-competitive members (14+), or 6.7% of all athletes.



Under-Represented Groups

Female Participation

As illustrated in the chart below, female athletes make up 59% of the U14 athletes, yet by U18, it is an even split. The percentage of female athletes declines for each subsequent age category.

In the Recreational/non-competitive categories, there are 135 registered female coaches, 63 registered female officials and 361 non-competitive athletes.

In an effort to encourage more females to remain active participants in Athletics Ontario programs and services, adherence to standards for equitable representation of females is paramount. Provincial Team opportunities for Athletes, Coaches and Managers, as well as athlete funding programs, ensure that there are development opportunities for females.

2018 marked the final year of a phased in approach to equalize the cross country championship race distances. In 2019, both genders will have raced the same course and the same distances at each age group.

In an effort to encourage and support female coaches, the TO2020 Organizing Committee with support from Athletics Ontario, has applied for a CAAWS grant for Women in Sport which hopes to deliver Club Coach Training opportunities for females in all event disciplines during the World Masters Championships in Toronto this coming July.

Membership Category	# of Members	# of Females	Percentage
U14	438	259	59%
U16	903	501	55%
U18	1083	546	50%
U20	580	266	46%
Open	715	272	38%
Masters	985	326	33%
Coaches	461	114	25%
Officials	165	71	43%
Associates	73	33	45%
Rec U13	371	177	48%
Red 14+	367	184	50%
TOTAL	6141	2749	45%

Under-Represented Groups

Para Athletes

Athletics Ontario continues to work with groups to offer more opportunities for para athletes. Athletics Ontario, through collaboration with member clubs, multi-sport disability groups and Athletics Canada, provides training, coaching and competitive opportunities for athletes throughout the province. One of the unique characteristics of the sport is the variety of events offered as well the age demographics it brings to the competition. The rules of Paralympic Track and Field are almost identical to those of the Olympics.

In total, 60 Para Athletes registered with Athletics during the 2018-19 period where the focus for many athletes is through competition with other Para athletes, as well as able bodied athletes, at integrated Provincial and National Outdoor Track & Field Championships. Additionally, athletes participated at various sanctioned events throughout the Province as well as international events, and programs such as Team Ontario, Quest for Gold and the Awards Gala.

New opportunities for Para athletes are continuously explored and one highlight is the return of Athletics to the Ontario Summer Games in 2018 in London, but this time with a Para component. This East vs West team format included Para event opportunities, where 8 para-athletes were selected to the two teams. The event concluded with a spectacularly unique exhibition event with a mixed gender, and mixed classification 4x100m Relay.

Plans continued in preparation for the next Games in London, scheduled from July 31 to August 1, 2020, where 4 regional teams will be named, and up to 300 athletes (U14, U16 & Para) or up to 75 per team will compete, once again, at TD Waterhouse Stadium in London, all participants will spend one night at the Western University residences.



COMPETITIONS

Provincial Competitions
Elite Competitions
Sanctioned Events

Provincial Competitions

Provincial Championships

Ontario Championships events are significant for the development of Ontario athletes and are often utilized to prepare athletes for national and international events. All Athletics Ontario members are eligible for participation in these events, which include Outdoor Track & Field, Indoor Track & Field, Cross Country, Road & Trail Championships.

Athletics Ontario's mandate is to ensure competition programs support participation, growth and talent development for athletes, coaches and technical officials.

During the 2018-19 period, Athletics Ontario delivered 12 Provincial Championship events after the Technical Committee created an effective schedule that is integrated with national and International Championship events.

Outdoor Track & Field Championships, 2018

- 10,000m Track (London, May 13)– 79 entries
- U20 & Open (Toronto, June 22-24) – 1257 entries; 830 athletes
- U14, U16, U18 (Windsor, July 21-22) – 1900 entries; 916 athletes
- Masters (Toronto, July 28-29) – 621 entries; 276 athletes

Race Walk Championships, 2018

- 10K & 20K Race Walk (Welland, October 14) – 21 entries

Cross Country Championships, 2018

- AO & OMA Cross Country (King City, November 11) – 923 entries

Indoor Track & Field Championships, 2019

- Combined Events & Relays (Toronto, January 19-20) – 966 entries; 625 athletes
- U18 & Open (Toronto, February 9-10) – 1142 entries; 736 athletes
- Masters (Toronto, February 24) – 384 entries; 192 athletes
- U14, U16, U20 (Toronto, March 2-3) – 1876 entries; 1110 athletes



Provincial Competitions

Cross Country

Participation comparisons during Athletics Ontario's gender distance equalization.

2016	2017	2018
894 registrants	896 Registrants	923 registrants
468 male/ 426 female	494 male/402 female	519 male/404 female
U14: 168	U14: 144	U14: 169 (+17.4%)
U16: 216	U16: 244	U16: 253 (+3.75)
U18: 234	U18: 217	U18: 217 (flat)
U20: 67	U20: 55	U20: 54 (-1.8%)
Open: 64	Open: 79	Open: 80 (-1.3%)
Masters: 145	Masters: 157	Masters: 150 (-4.5%)

Athletics Ontario completes it's 3 year transitions to gender distance equalization at our cross country championships.

Female Cross Country Distances				
	2016 (Original)	2017	2018	2019
U14	2km	2km	2km	2km
U16	3km	4km	4km	4km
U18	4km	5km	5km	6km
U20	5km	6km	6km	8km
Open	6km	8km	8km	10km

Elite Competitions

Canadian Championships

The Canadian Championships are the highlight of many athletes' athletic journeys, and all Athletics Ontario members are eligible for participation in these events, which include Outdoor Track & Field Championships (U20 & Open), Legion Championships (U18, U16 & U14), Hershey Indoor Championships, Cross Country Championships & the Road Championships (5km, 10km, Marathon) and the 10,000m Track Championships.

Athletics Canada aims to provide world leading programs and services in athletics and to be recognized domestically and internationally for its commitment to:

- providing a positive experience through sport which develops physical literacy and a love of athletics
- systematically developing world class athletes who achieve podium success internationally
- providing opportunities for participants to remain active and competitive through all stages of life



Elite Competitions

National Competitions Hosted in Ontario

There were five major National Championships hosted in Ontario last year:

- Canadian 10K Championships – Ottawa, May 26, 2018
- Canadian 10,000m Championships – Guelph, June 13, 2018
- Canadian Track and Field Championships – Ottawa, July 3-8, 2018
- Canadian Marathon Championships – Toronto, October 21, 2018
- Cross Country Championships – Kingston, November 24, 2018

Major International Competitions

- 2018 Commonwealth Games (Gold Coast, Australia)
 - *Ontario Athlete Composition: 50% (22/44)*
 - *Ontario Medals: 1 G, 5 S, 2 B (61.5% of Canadian medals)*
- 2018 Jamaican U18 Invitational (Kingston, Jamaica)
 - *Ontario Athlete Composition: 55% (22/40)*
- 2018 NACAC Championships (Toronto, Canada)
 - *Ontario Athlete Composition: 59.2% (29/49)*
 - *Ontario Medals: 2 G, 5 S, 6 B (61.9% of Canadian medals)*
- 2019 IAAF XC Championships (Aarhus, Denmark)
 - *Ontario Athlete Composition: 46.4% (13/28)*
 - *No medals won by any Canadians*



Sanctioned Events

Athletics Ontario clubs and competition directors, work collaboratively to ensure there is an integrated schedule of Athletics competitions throughout the province. During the 2018-19 period, a total of 84 sanctioned events were delivered in Ontario.

Athletics Ontario is proud to partner with high schools, OFSAA, OUA, USports, and the Royal Canadian Legion to ensure that we are encouraging and promoting events that meet IAAF/AC/AO specifications to ensure seamless recognition of athlete performances. The Legion in Ontario encouraged U16 events this past summer and will now be providing events for the U14 age group in as many of their district qualifiers as possible.



INFRASTRUCTURE

Organizational Effectiveness
Financial Stability

Organizational Effectiveness

Athletics Ontario is committed to continued improvements in our organizational effectiveness. In the 2018-2019 year we accomplished the following:

- The AO Board developed a new 4-year Strategic Priorities Plan
- Implemented a new formal complaints process to manage all AO dispute complaints
- A Membership policy work group was formed with representation from small, medium and large clubs and made recommendations on changes to the AO Membership policy reflecting the current Safe Sport environment we are in
- Sourced a new Director & Officer Liability insurance program for AO member clubs
- Implemented a new online Police Check system for ease of members to quickly and easily obtain Police Background checks

Financial Stability

The Financial stability of the organization is critical to ensure the long term viability of AO and preserve future programming for Athletics. AO delivered the following accomplishments in the 2018-219 year:

- Reviewed and revised the AO General Ledger accounts to more accurately track and report on revenues and expenses.
- Implemented a new quarterly financial reporting process to provide ongoing updates of progress and forecasting to the AO Board.
- Sourced a new insurance program that resulted in a 12% savings in insurance costs with the same levels of insurance coverage.
- Signed a 3 year support agreement with Athletics Canada

2018-2019 Financial Statements

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Financial Statements

INDEPENDENT AUDITOR'S REPORT

To the Members of
Athletics Ontario
(A corporation without share capital).

Opinion

We have audited the financial statements of Athletics Ontario (the "Corporation"), which comprise the statement of financial position as at March 31, 2019, and the statements of income and expenditures, members' equity and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of Athletics Ontario as at March 31, 2019, and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Basis for Opinion

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Corporation in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management and directors are responsible for the preparation and fair presentation of the financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing these financial statements, management is responsible for assessing the Corporation's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Corporation or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Corporation's financial reporting process.

Financial Statements

INDEPENDENT AUDITOR'S REPORT (cont'd)

Auditor's Responsibilities for the Audit of the Financial Statements

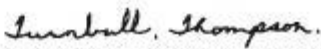
Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Corporation's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Corporation's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Corporation to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Milton, Ontario,
September 19, 2019.


CHARTERED PROFESSIONAL ACCOUNTANTS
LICENSED PUBLIC ACCOUNTANTS

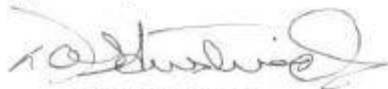
Financial Statements

ATHLETICS ONTARIO
(A corporation without share capital)
STATEMENT OF FINANCIAL POSITION

March 31	2019	2018
ASSETS		
CURRENT ASSETS		
Cash	\$ 796,306	\$ 611,702
Short-term investments	-	150,000
Accounts receivable	78,848	34,830
Inventory	22,090	7,451
Prepaid expenses	7,928	33,687
	<u>\$ 905,172</u>	<u>\$ 837,670</u>
LIABILITIES		
CURRENT LIABILITIES		
Accounts payable and accrued liabilities	\$ 129,119	\$ 105,928
Government sales taxes payable	42,103	31,353
Deferred revenue (note 3)	207,106	196,076
	<u>378,328</u>	<u>333,357</u>
MEMBERS' EQUITY	<u>526,844</u>	<u>504,313</u>
CONTINGENCY (note 4)		
	<u>\$ 905,172</u>	<u>\$ 837,670</u>

See accompanying notes on pages 7 to 9.

Approved by the Board:



Dean Hustwick
President

Scott Currier
Treasurer

Financial Statements

ATHLETICS ONTARIO
(A corporation without share capital)
STATEMENT OF MEMBERS' EQUITY

For the Year Ended March 31	2019	2018
MEMBERS' EQUITY , beginning of year	\$ 504,313	\$ 466,508
Excess of income over expenditures, for the year	<u>22,531</u>	<u>37,805</u>
MEMBERS' EQUITY , end of year	\$ 526,844	\$ 504,313

See accompanying notes on pages 7 to 9.

Financial Statements

ATHLETICS ONTARIO		
(A corporation without share capital)		
STATEMENT OF INCOME AND EXPENDITURES		
For the Year Ended March 31	2019	2018
INCOME		
Membership	\$ 404,937	\$ 392,542
Events and services	333,842	336,948
Grants	487,161	336,673
Interest	1,006	1,319
	<u>1,226,946</u>	<u>1,067,482</u>
EXPENDITURES		
Fees and general expenses	598,645	472,563
Events and services	605,770	557,114
	<u>1,204,415</u>	<u>1,029,677</u>
EXCESS OF INCOME OVER EXPENDITURES, for the year	\$ 22,531	\$ 37,805

See accompanying notes on pages 7 to 9.

Financial Statements

ATHLETICS ONTARIO		
(A corporation without share capital)		
STATEMENT OF CASH FLOWS		
For the Year Ended March 31	2019	2018
CASH FLOWS FROM OPERATING ACTIVITIES		
Excess of income over expenditures, for the year	\$ 22,531	\$ 37,805
Change in other non-cash operating accounts:		
Accounts receivable	(44,018)	(22,927)
Deferred revenue	11,030	7,694
Inventory	(14,639)	(670)
Prepaid expenses	25,759	(7,539)
Accounts payable and accrued liabilities	23,191	(56,755)
Government sales taxes	10,750	(959)
	12,073	(81,156)
	34,604	(43,351)
CASH FLOWS FROM INVESTING ACTIVITIES		
Decrease (increase) in short-term investments	150,000	(150,000)
INCREASE (DECREASE) IN CASH, for the year	184,604	(193,351)
CASH, beginning of year	611,702	805,053
CASH, end of year	\$ 796,306	\$ 611,702

See accompanying notes on pages 7 to 9.

Financial Statements

ATHLETICS ONTARIO
(A corporation without share capital)
NOTES TO THE FINANCIAL STATEMENTS
March 31, 2019

1. PURPOSE OF THE ORGANIZATION

Athletics Ontario (formerly known as The Ontario Track & Field Association) is an organization which promotes amateur athletics by assisting athletes to train for and compete in athletic competitions held throughout Ontario, Canada and the world in all track and field sports and to arrange courses of instruction in all aspects of track and field sports for athletes, officials and other interested persons.

For income tax purposes Athletics Ontario qualifies as a not-for-profit organization which is exempt from income tax under the Income Tax Act.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

These financial statements have been prepared in accordance with Canadian accounting standards for not-for-profit organizations. The significant policies are:

a) Revenue Recognition

The association follows the deferral method of accounting for grant revenue. Unrestricted grants are recognized as revenue when received or receivable. Externally restricted grants are recognized as revenue in the year in which the related expenses are incurred. Registration fees are prorated on a calendar year basis.

b) Capital Assets

Capital asset additions are charged against income at the time of acquisition.

c) Short-Term Investments

Short-term investments are measured at fair value and consist of redeemable guaranteed investment certificates maturing at various times over the next fiscal year.

d) Use of Estimates

The preparation of financial statements in accordance with Canadian accounting standards for not-for-profit organizations requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities at the date of the financial statements, and the reported amounts of revenues and expenses during the reported period. Actual results could differ from management's best estimates as additional information becomes available in the future.

e) Financial Instruments

Unless otherwise noted, it is management's opinion that the organization is not exposed to significant interest rate or credit risks arising from its financial instruments. The organization's financial instruments consist of cash, accounts receivable, inventory and accounts payable and accrued liabilities. As at March 31, 2019, the carrying value of the organization's financial instruments approximates their fair value.

Financial Statements

ATHLETICS ONTARIO
(A corporation without share capital)
NOTES TO THE FINANCIAL STATEMENTS

March 31, 2019

3. DEFERRED REVENUE

	March 31 2018 Deferred	Grant Revenue	Grant Expenditure	March 31 2019 Deferred
OTHER	\$ 23,097	\$ -	\$ 23,097	\$ -

	March 31 2018 Deferred	Registration and Subscription Receipts	Registration and Subscription Income	March 31 2019 Deferred
REGISTRATION				
Beginning of year	\$ 172,979	\$ -	\$ 172,979	\$ -
April 1, 2018 to November 30, 2018	-	134,471	134,471	-
December 1, 2018 to March 31, 2019	-	276,142	69,036	207,106
	<u>\$ 172,979</u>	<u>\$ 410,613</u>	<u>\$ 376,486</u>	<u>\$ 207,106</u>
	<u>\$ 196,076</u>			<u>\$ 207,106</u>

4. CONTINGENCY

The association is currently defending one claim which is being handled by the association's insurer. When the claim is settled any expenses incurred on settlement will be charged to the appropriate expense in the statement of income and expenditures in that fiscal year.

5. COMMITMENT

The association has a contractual obligation for a rental lease of their premises until June 30, 2021 for \$27,500 per year.

Financial Statements

ATHLETICS ONTARIO
(A corporation without share capital)
NOTES TO THE FINANCIAL STATEMENTS
March 31, 2019

6. FINANCIAL INSTRUMENTS - risk management

Interest rate risk

Interest rate risk is the risk of potential financial loss caused by fluctuations in fair value of future cash flow of financial instruments due to changes in market interest rates. The corporation is exposed to this risk through its interest bearing investments. The association manages this risk through investing in fixed-rate securities of short to medium term maturity and plans to hold the securities to maturity.

Credit risk

Credit risk is the potential for financial loss should a counter-party in a transaction fail to meet its obligations. The corporation places its operating and reserve cash and investments with high quality institutions and believes its exposure is not significant. The association's credit risk from accounts receivable is not significant.

Liquidity risk

Liquidity risk is the risk that the association will not be able to meet its obligations as they become due. The association manages this risk by establishing budgets and funding plans and by reviewing its membership fees annually to fund its operating expenses.

LEADERSHIP

Governance
Communications
Culture

Governance

Formal Harassment training was provided for AO Harassment Officers, AO Board of Directors and senior staff.

In November 2018, Athletics Ontario launched an on-line method for individuals to request and obtain a police check electronically. This service makes the screening process fast, convenient and credible. Since the launch, 60 coaches and volunteers have used this service.

Professional Board Orientation session held for the Board in December 2018.

<u>Board of Directors</u>	
Dean Hustwick, Chair of the Board	Jason Bunston, Director
Sarah Boyle, Vice Chair of the Board	Lisa Ferdinand, Director
Scott Currier, Treasurer	John Stevenson, Director
Brian McClelland, Secretary	Petrina Dolby, Director

<u>Staff</u>	<u>Email</u>
Paul Osland, Chief Executive Officer	paul.osland@athleticsontario.ca
Anthony Biggar, Manager, Programs & Services	anthonybiggar@athleticsontario.ca
Randolph Fajardo, Technical Manager	randolphfajardo@athleticsontario.ca
Kolton Kowalchuk, High Performance Manager	kolton.kowalchuk@athleticsontario.ca
Melissa Johnstone, Communications Coordinator	melissa.johnstone@athleticsontario.ca
Sheryl Preston, Road Running Coordinator	sherylpreston@athleticsontario.ca
Shehara Vanniasinkam, Office Manager	shehara@athleticsontario.ca

Communication

New Athletics Ontario Branding

One of the biggest undertakings in the 2018-2019 year was the introduction of a new Athletics Ontario brand. In August of 2018, we introduced a new logo and website to our members, after months of hard work with two designers, we were excited to share our new and improved brand. The website is easy to navigate, aesthetically pleasing, and provides us the opportunity to regularly share important information about the organization with our membership.

Social Media Following

Facebook – 1,692 → 2,097 = 405

Twitter – 2,642 → 2,939 = 297

Instagram – 1,527 → 2,789 = 1,262

Athletics Ontario has a consistently growing social media presence, with regular content being published, and a number of fantastic events and opportunities to share, the brand is continuing to build a strong online community. In the 2018-2019 year, our platforms grew substantially.

Average Engagement Rate: 10.86% (Industry Avg. is 8%)



Culture

Athletics Ontario believes in a culture of collaboration, cooperation and high integrity in everything we do. In an effort to ensure we are listening to our membership, Athletics Ontario created and distributed 23 surveys and received feedback from 875 participants following Championship events, and from the membership on an annual basis, as well as participants regarding their levels of satisfaction from other AO programs such as Quest for Gold, Race Director Summit, Provincial Teams, and the Annual Awards Gala. Feedback is an important component in delivering and supporting successful programs, allowing participants, including athletes, coaches, officials and volunteers to excel and contribute in meaningful ways.

Through feedback from the surveys, Athletics Ontario was able to select a new venue for the Annual Awards Gala that was more accessible, has made changes to the scheduling and seeding of championship events and mini meets, sold select quality merchandise with reasonable price points at events, and will offer new topics of interest for the race directors summit.



Culture

2018 Athletics Ontario Awards Gala

The 11th Annual Athletics Ontario Awards Gala and Hall of Fame Induction Ceremony was held on Saturday September 29, 2018 and had a turn out of nearly 350 attendees. The event featured the induction of eight new members into the AO Hall of Fame, the presentation of numerous Athlete of the Year Awards, and included our new All-Ontario recognition program. We were honoured to have Rosey Edeh as the evening's emcee, as well as Sarah Wells as the Guest Speaker.



2018 Hall of Fame Inductees

Earl and Geordie Farrell, Builders
Neil Farrell, Builder
Helen Vasilic, Builder
Syl Apps, Athlete
Borys Chambul, Athlete
Carmen Douma, Athlete
Cornelius Walsh, Athlete

Culture

2018 Athletics Ontario Awards Gala

Athlete Awards - 2018 All-Ontarians

U14 BOYS		
Isaiah Luke	Sprints/Hurdles	Mississauga Olympians
Harley Medeiros	Sprints/Hurdles	Bullets Track Club
Roman Raydragan	Sprints/Hurdles	Etobicoke T.F.C.
Lucas Ellinas	Distance	Etobicoke T.F.C.
Noah Lodoen	Distance	Newmarket Huskies T.C.
Erik Unger	Distance	The Gazelles
Ashvin Balaramana	Jumps	United Tamil
Tyrese Gibson	Jumps	Thorold Elite T.C.
Amari N'Daw	Jumps	The Speed Academy
Lucas Jacklin	Throws	Saugeen T.F.C.
Harley Medeiros	Throws	Bullets Track Club
Owen Newell	Throws	Saugeen T.F.C.
Liam Miller	Combined Events	North Halton Stars
Jack Trott-McDermott	Combined Events	London Western T.F.C.

U14 GIRLS		
Charlize Fraser	Sprints/Hurdles	Bullets Track Club
Elle Riley	Sprints/Hurdles	Durham Dragons
Elise Sawyer	Sprints/Hurdles	Monte Cristo T.C.
Hannah McIntyre	Distance	London Legion T.F.C.
Lorelai Phinnemore	Distance	London Legion T.F.C.
Rianna Smuk	Distance	Toronto Olympic Club
Arienne Birch	Jumps	North Halton Stars
Brianna Vamos	Jumps	Brantford T.F.C.
Kristina Vincic	Jumps	Monte Cristo T.C.
Ana Maria Manousaridis	Throws	York University T.C.
Sophia Saldutto	Throws	Brantford T.F.C.
Lexi Stanat	Throws	St. Thomas Legion T.F.C.
Elise Sawyer	Combined Events	Monte Cristo T.C.
Arienne Birch	Combined Events	North Halton Stars

Culture

2018 Athletics Ontario Awards Gala

Athlete Awards - 2018 All-Ontarians

U16 BOYS		
Jadon Rose	Sprints/Hurdles	Mississauga Olympians
Jalon Rose	Sprints/Hurdles	Mississauga Olympians
Mark Skerl	Sprints/Hurdles	Monte Cristo T.C.
Eric Campbell	Distance	Niagara Olympic Club
Max Davies	Distance	University of Toronto T.C.
Pau Ilerbaig	Distance	University of Toronto T.C.
Tawsif Kamal	Jumps	Etobicoke T.F.C.
Joshua Seepersad	Jumps	Unattached Ontario
Bennett Woods	Jumps	Georgian Jumps
Blake Foster	Throws	Sarnia Athletics
Josh Linington	Throws	Brantford T.F.C.
Arthur Stanat	Throws	St. Thomas Legion T.C.
Mark Skerl	Combined Events	Monte Cristo T.C.
Denis Tzvetkov	Combined Events	Thorold Elite T.C.

U16 GIRLS		
Izzy Goudros	Sprints/Hurdles	Unattached Ontario
Nicole McKenzie	Sprints/Hurdles	Boost Athletics
Trinity Miller	Sprints/Hurdles	The Gazelles
Aysia Maurice	Distance	310 Running
Emma Pegg	Distance	Windsor Legion
Abby Yliphakala	Distance	Newmarket Huskies
Jillian Catton	Jumps	Brampton Track Club
Isabelle Hill	Jumps	University of Toronto T.C.
Jaden Mullings	Jumps	Hamilton Elite Athletic Team
Jessie Buck	Throws	South Simcoe Dufferin
Destinee Cowell	Throws	The Gazelles
Alexa Windle	Throws	Brantford T.F.C.
Lily Francis	Combined Events	St. Thomas Legion T.C.
Izzy Goudros	Combined Events	Unattached Ontario

Culture

2018 Athletics Ontario Awards Gala

Athlete Awards - 2018 All-Ontarians

U18 MEN		
Adam Exley	Sprints/Hurdles	Invictus Athletics Club
Myles Misener-Daley	Sprints/Hurdles	Hamilton Olympic Club
Marcus Renford	Sprints/Hurdles	Centro Scuola Track Club
Abdullahi Hassan	Distance	Phoenix Athletics
Foster Malleck	Distance	Laurel Creek T.F.C.
Nicholas Mota	Distance	Newmarket Huskies
Tyles Denes	Jumps	Bolton P.V.
Deandre Fournier	Jumps	Thorold Elite T.C.
Benayo Olak	Jumps	Burlington Legion
Ryan Jacklin	Throws	Saugeen T.F.C.
Brandon Ovington	Throws	Ottawa Lions T.F.C.
Lucas Woodhall	Throws	Brockville Legion
Blake Devinney	Combined Events	Niagara Regional Athletics
Caleb Timm	Combined Events	Laurel Creek T.F.C.

U18 WOMEN		
Karlie Moore	Sprints/Hurdles	Border City A.C.
Makenzy Pierre-Webster	Sprints/Hurdles	The Gazelles
Anna Witherspoon	Sprints/Hurdles	The Speed Academy
Tiana LoStracco	Distance	Speed River T.F.C.
Cameron Ormond	Distance	Newmarket Huskies
Anna Workman	Distance	Physi-Kult Kingston
Busola Akinduro	Jumps	Flying Angels Academy
Hayley Manners	Jumps	Etobicoke T.F.C.
Alexzandra Thronson	Jumps	University of Toronto T.C.
Jenna Fleming	Throws	Unattached Ontario
Kristina Tchoumak	Throws	Etobicoke T.F.C.
Alexandria Webb	Throws	Invictus Athletics Club
Emma Hendriksen	Combined Events	London Western T.F.C.
Mariya Suchoplas	Combined Events	Unattached Ontario

Culture

2018 Athletics Ontario Awards Gala

Athlete Awards - 2018 All-Ontarians

U20 MEN		
Eliezer Adjibi	Sprints/Hurdles	CANI Athletics
Liam Mather	Sprints/Hurdles	London Legion T.F.C.
Khamal Stewart-Baynes	Sprints/Hurdles	Strive Athletics Club
Isaiah Frielink	Distance	South Simcoe Dufferin
Ruach Padhal	Distance	London Western T.F.C.
Alanzo Ryan	Distance	University of Toronto T.C.
Sam Hall	Jumps	University of Toronto T.C.
Nojah Paker	Jumps	York University T.C.
Gerrard Wallace	Jumps	Speed River T.F.C.
Cole Belkwell	Throws	Brantford T.F.C.
Joshua Mather	Throws	London Western T.F.C.
Dennis Ohene-Adu	Throws	University of Toronto T.C.
Joshua Mather	Combined Events	London Western T.F.C.
Austin McLeod	Combined Events	London Western T.F.C.

U20 WOMEN		
Ashlan Best	Sprints/Hurdles	Speed River T.F.C.
Keira Christie-Galloway	Sprints/Hurdles	Ottawa Lions T.F.C.
Kendra Leger	Sprints/Hurdles	Speed River T.F.C.
Xahria Santiago	Sprints/Hurdles	The Speed Academy
Jocelyn Chau	Distance	University of Toronto T.C.
Aurora Rynda	Distance	University of Toronto T.C.
Maeliss Trapeau	Distance	Ottawa Lions T.F.C.
Robin Clark	Jumps	University of Toronto T.C.
Jasmine Scott-Kilgo	Jumps	Border City A.C.
Mikeisha Welcome	Jumps	Phoenix Athletics
Rebecca Herman	Throws	Unattached Ontario
Grace Tennant	Throws	SISU Throws Club
Trinity Tutti	Throws	SISU Throws Club
Katelin Beaudry	Combined Events	London Western T.F.C.

Culture

2018 Athletics Ontario Awards Gala

Athlete Awards - 2018 All-Ontarians

OPEN MEN		
Aaron Brown	Sprints/Hurdles	Phoenix Athletics
Jonathan Cabral	Sprints/Hurdles	Unattached Ontario
Gavin Smellie	Sprints/Hurdles	Flying Angels Academy
Mohammed Ahmed	Distance	Niagara Olympic Club
Matt Hughes	Distance	Unattached Ontario
Brandon McBride	Distance	Border City A.C.
Justyn Knight	Distance	University of Toronto T.C.
Shawnacy Barber	Jumps	Project Athletics T.F.C.
Jared Kerr	Jumps	Unattached Ontario
Brian Obonna	Jumps	Brampton T.C.
Evan Karakolis	Throws	University of Toronto T.C.
Tim Nedow	Throws	Ottawa Lions T.F.C.
Jordan Young	Throws	SISU Throws Club
Pierce Lepage	Combined Events	Unattached Ontario
Damian Warner	Combined Events	Unattached Ontario
OPEN WOMEN		
Leya Buchanan	Sprints/Hurdles	The Speed Academy
Crystal Emmanuel	Sprints/Hurdles	Flying Angels Academy
Noelle Montcalm	Sprints/Hurdles	University of Windsor A.C.
Andrea Seccafien	Distance	Unattached Ontario
Gabriela Stafford	Distance	University of Toronto T.C.
Kate Van Buskirk	Distance	Unattached Ontario
Caroline Ehrhardt	Jumps	London Western T.F.C.
Dallyssa Huggins	Jumps	Unattached Ontario
Alysha Newman	Jumps	Bolton P.V.
Brittany Crew	Throws	SISU Throws Club
Sultana Frizell	Throws	Ottawa Lions T.F.C.
Jillian Weir	Throws	Unattached Ontario
Dallyssa Huggins	Combined Events	Unattached Ontario

Culture

2018 Athletics Ontario Awards Gala

Athlete Awards - 2018 All-Ontarians

PARA MEN'S TRACK	
Joshua Cassidy	Ottawa Lions T.F.C.
Zachary Gingras	I Be Fast Track Club
Austin Smeenk	Cruisers Sports for the Physically Disabled

PARA MEN'S FIELD	
Richard Carr	Saugeen T.F.C.
Josh Farrell	Saugeen T.F.C.
Kevin Strybosch	London Western T.F.C.

PARA WOMEN'S TRACK	
Keegan Gaunt	Ottawa Lions T.F.C.
Jessica Lewis	Cruisers Sports for the Physically Disabled
Marissa Papaconstantinou	University of Toronto T.C.

PARA WOMEN'S FIELD	
Renee Foessel	Cruisers Sports for the Physically Disabled
Tiffany Gaudette	Cruisers Sports for the Physically Disabled
Pamela Lejean	Cruisers Sports for the Physically Disabled

Culture

2018 Athletics Ontario Awards Gala

Athlete Awards - 2018 All-Ontarians

MASTERS MEN		
Earl Fee	Sprints/Hurdles	M85
Chris Lemassif	Sprints/Hurdles	M50
Chris Warburton	Sprints/Hurdles	M50
Jim Dyck	Distance	M50
Geoff Peat	Distance	M55
Michael Sherar	Distance	M50
Mihai Ene	Jumps	M55
Don Ritchie	Jumps	M55
Zoltan Sara	Jumps	M40
Juri Daniel	Throws	M95
Jean-Pierre Mayer	Throws	M70
Boris Zaitchouk	Throws	M70
Matthew McDowall	Combined Events	M35
Stan Seitz	Combined Events	M70
Marcus Skeete	Combined Events	M50

MASTERS WOMEN		
Wendy Alexis	Sprints/Hurdles	W60
Karla Del Grande	Sprints/Hurdles	W65
Reneta Macherzynska	Sprints/Hurdles	W60
Courtney Babcock	Distance	W45
Kris Kozell	Distance	W65
Lyndsay Tessier	Distance	W40
Sue Hannon	Jumps	W60
Michelle Hastick-Cowell	Jumps	W40
Tracy Viggers	Jumps	W45
Barb Dabrowski	Throws	W60
Kristen Dajia	Throws	W55
Doreen Garner	Throws	W60
Kim Ethier	Combined Events	W50

Culture

2018 Athletics Ontario Awards Gala

Athlete Awards - 2018 Athletes of the Year

U14 Female – Elise Sawyer

U14 Male – Isaiah Luke

U16 Female – Alexa Windle

U16 Male – Mark Skerl

U18 Female – Alexzandra Thronson

U18 Male – Myles Misener-Daley

U20 Female – Ashlan Best

U20 Male – Khamal Stewart-Baynes

Open Female – Brittany Crew

Open Male – Damian Warner

Masters Female – Karla Del Grande

Masters Male – Chris Warburton

Para Track Female – Keegan Gaunt

Para Track Male – Joshua Cassidy

Para Field Female – Pamela Lejean

Para Field Male – Kevin Strybosch



Culture

2018 Athletics Ontario Awards Gala

Official, Volunteer and Media of the Year Awards

Officials of the Year

This year's officials of the year were Ian Reid and Rick Watkins.

This year was very important for Rick. He assumed the role of Officials' Coordinator for the Combined Events, Para and Athletics Canada National U20/Open Championship held in Ottawa, a role which can pose many challenges and struggles.

Rick did a fantastic job organizing the officials for these meets, while also serving as an official himself, and he sufficiently addressed any concerns which may have arisen. In a job that could become stressful, Rick remained relaxed and easy going, and now has tremendous experience to take forward with him in future seasons.

As for Ian, he began working as the Officials' Coordinator for the NACAC Championships in January of 2017, just shortly after the event was awarded to the city of Toronto. As an International meet, the standards held to the officials, volunteers, and staff at these meets are extremely high. While serving in this role, he continued to officiate at several Athletics Ontario meets, and served as the Director of Availability for the Athletics Ontario Officials Committee.

Volunteers of the Year

This year's volunteers of the year were Dave Mills and Chris Williams.

As a small, not-for profit organization, Athletics Ontario relies heavily on their dedicated volunteers. We are very honoured to be presenting this award to two hard-working individuals this year. The Ontario Summer Games were a very important event for our U14 and U16 athletes this summer, it gave them the opportunity to compete provincially, and to compete in a team atmosphere. This event could not have happened without the two Meet directors. These two put in countless hours of work, from coordinating volunteers and officials to working with the Games Organizing Committee and facility operators to ensure a smooth, fun and successful event experience.

Culture

2018 Athletics Ontario Awards Gala

Official, Volunteer and Media of the Year Awards

Media of the Year

This year's media of the year recipient was Canadian Running.

We were proud to honour a Canadian media outlet which has done a superb job of promoting our athletes and sport in 2018. They are constantly putting out incredible stories, photos and covering everything they can. They have been the go-to source for running news, nutrition and training tips, gear and race reviews for the Canadian running community. We are proud to have had them feature events and athletes of ours from over the years and we believe they are truly deserving of this recognition.



Culture

2018 Athletics Ontario Awards Gala

Club Championship Awards

2017 Cross Country Champions

Newmarket Huskies Track Club

2018 Indoor Club Champions

U14 – London Western Track and Field Club

U16 – University of Toronto Track Club

U18 – University of Toronto Track Club

U20 – University of Toronto Track Club

Open – University of Toronto Track Club

Overall – University of Toronto Track Club

2018 Outdoor Club Champions

U14 – Saugeen Track and Field Club

U16 – University of Toronto Track Club

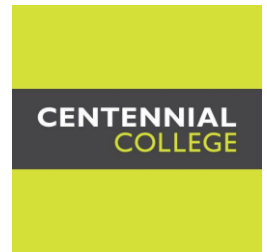
U18 – Saugeen Track and Field Club

U20 – London Western Track and Field Club

Open – Ottawa Lions Track and Field Club

Overall – University of Toronto Track Club

Sponsors and Partners



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