



RUNDEZ-VOUS

Roman Olszewski

Director of Technical Services

45 Wellandvale Dr.
Welland, ON L3C 7C4
T: 905-732-9955
F: 905-732-0506

E: roman.otfa@cogeco.ca

John Craig

Managing Director

Anthony Biggar

Manager of Communications & Public Relations

Wendy Lee

Bookkeeper & Registration Manager

Athletics Ontario Office

3 Concorde Gate,
Suite 211
Toronto, ON M3C 3N7
T: 416-426-7215
F: 416-426-7358
E: ontrack@eol.ca



New Start Rule

We remind coaches and athletes that the new IAAF rule for false start are now in effect for all AO-sanctioned meets. The new rule states that except in combined events competitions, any athlete responsible for a false start shall be disqualified. That is, there will be no false starts which are charged to the field. In the combined events the field will be charged for the first false start; any athlete responsible for a further false start shall be disqualified.

2010 National Team Events – Coach Positions (Olympic Program) - E-mail from Athletics Canada

Hello all – The purpose of this (email) is to inform you about Athletics Canada's new strategic direction towards a professionally-based staff model as it applies to selected national team events. This model is aligned with our high performance plan as presented to our funding partners. Specifically for 2010 where there are a limited number of teams and a limited number of staff positions available. For 2010 we will not be going through an application process with regard to coaching staff.

For national team projects where non-AC contracted coaches are required, a call will go out asking for letters of interest. On the Olympic side this will likely include the NACAC U23 championships; however, at this point we do not have confirmed information regarding dates or location.

Inside RUNDEZ-VOUS:

ITEM	PAGE
New Start Rule	1
Coach positions	1
Indoor Walking Events	2
Ontario Masters	2
Cdn Champs update	3
Spirit of Giving	4
AO in Action	4
<u>Important Documents</u>	
(Attachments)	
Fixtures	5-7
World Masters Indoors	8
AO CE & Prep 1	9-15
AO Relays & Prep 2	16-22

As well, stay tuned for information regarding the Moncton 2010 World Juniors project which will include opportunities for coaches to work with professional staff coaches and an international Coaching Conference. This information will be made available prior to the Holiday break.

We highly value your contribution to AC's national team program and will continue to involve you at various levels going forward – you are part of the Canadian athletics family!

If you have any questions or concerns, please don't hesitate to contact me or Melissa Dowling.

Yours in sport,
Martin Goulet
Chief High Performance Officer

Indoor Walking Events Championships

Please note that the indoor walking event championships will be conducted as per the following schedule:

MG/MB/YG/YB 1500m Walks in Toronto on January 31 (AO Prep Meet 1 and Combined Events Championships).

JW/JM/SW/SM **5000m** Walks in Toronto on February 20/21 (Ontario Youth-Senior Championships).

BG/BB 800m Walks in Toronto on March 6/7 (Ontario Bantam-Midget-Junior Championships).

News from Ontario Masters Athletics

Ontario Masters Athletics has a series of winter mini-meets designed to appeal to athletes interested in recreational fitness, or in quality competition to prepare for bigger events (such as the upcoming World Master Athletics Championships in Kamloops in early March). Each mini-meet has varied events for training or record setting, with all heats seeded by times, so that ages and genders are mixed. The short sprints have a semi-final and final, which is reseeded after the semi results. Best of all, there is a supportive friendly atmosphere for older athletes who have a love of athletics. Our first meet was held on Jan. 3, with 5 new (pending) Canadian records, and almost 100 competitors, including some from Quebec, Michigan and New York. The second meet was Jan. 10, and was also well attended. The next is Jan. 24, and includes the Indoor Pentathlon Championship. The OMA Indoor Championships will be held Feb. 14. For more information, including results and photos, see www.ontariomasters.ca

The deadline for Canadians to enter the WMA Indoor Championships has been extended. This event will have competitors in all indoor athletics events and also includes an 8K cross-country race, a road walk race, and a 1/2 Marathon.

For more information go to <http://www.canadianmastersathletics.com>

2010 Canadian Championships & World Junior Trials Updates

Athletics Canada, working closely with the respective event organizing committees, has made decisions which will impact the format and presentation of the 2010 Canadian Track & Field Championships and the 2010 World Junior Championships Selection Trials. Please see the bullet points below.

2010 Canadian Track & Field Championships

The 2010 Canadian Championships will take place in Toronto at Varsity Centre. Please note that the championships begin on Wednesday and conclude Saturday evening, July 28-31.

Athletics Canada is currently finalizing the event technical package in close conjunction with the host organizing committee, some principles to note:

- Wednesday & Thursday will be dedicated to qualification rounds and combined events (Qualifier Days)
- Friday & Saturday will comprise of semis and finals only (Medal Round)
- Athletes meeting the entry standard will automatically advance to the medal round
- Athletes who do not meet the entry standard must earn their berth in the medal round by placing accordingly during the Qualifier Days

The 2010 Canadian Championships will serve as the Selection Trials for the Delhi Commonwealth Games team.

2010 World Junior Trials

The 2010 World Junior Trials will take place in Moncton, New Brunswick at the newly built stadium. The Trials will run July 2-4.

All event winners in Moncton will earn an automatic berth on the 2010 World Junior Championships team.

Due to the proximity of the Trials and the World Championships, combined events will not be contested in Moncton during the Trials. Combined events will take place at a yet to be determined location in June.

Athletics Canada will make an official announcement in the coming weeks regarding the location and timing of the Junior Combined Events Championships.

If you have any questions please contact:

Event related questions >
Mathieu Gentès;
mgentes@athletics.ca
613-260-5580 x3303

Technical questions (entry standards, format, etc) >
Scott MacDonald;
smacdonald@athletics.ca
613-260-5580 x3306

Nicole Forrester - Continuing the spirit of giving

In the true spirit of giving, Nicole Forrester has generously provided Athletics Ontario with two equipment bags full of apparel and clothing (weighing over 75 lbs) currently destined for Hudson, Ontario which is located northwest of Sioux Lookout in Northern Ontario. The person due to receive these items is Scott Haines, a coach for Keeper Athletics, who does magnificent work with First Nations communities. Scott's work often involves extensive travel (plane, car, bus, ski doo, to name but a few) in order to reach remote communities and schools, while bringing his passion and expertise in the sport to children and youth, who might otherwise not have the opportunity to participate in track and field. You can read more about some of Scott's work at:

<http://www.teamathletics.ca/home/news.aspx>.



Athletics Ontario will also be very pleased to receive other equipment at our office in Toronto (3 Concorde Gate, Suite 211, Toronto, ON M3C 3N7). We will then do our best to find a community or athletes who would benefit from your generosity. Some items that Nicole has given include gym bags, spikes, singlets, shorts and other training and competition gear; some of which are gently used while most

has never been worn or even taken out of its packaging. Nicole Forrester, a 2008 Olympian and Canadian record holder in the high jump with a personal best of 1.97m and currently ranked number 13 in the world encourages other athletes and Athletics Ontario members and friends of the sport to contribute to this new initiative.

Please contact Athletics Ontario by email at ontrack@eol.ca or 416-426-7215 if you would like to discuss which community you might like your gear to go or if you would like us to find a good home for your apparel.

Athletics Ontario in Action

The following is a list of tasks carried by Athletics Ontario staff during the months of December and January:

- assisted first in the preparation of templates, then of actual entry kits for 2010 provincial championships
- attended meeting of organizing committee for 2010 championships to be hosted by AO
- prepared and distributed AO championship host agreement documents
- completed several planning tasks for 2010 Ontario Summer Games - Ontario Junior/Senior Championships
- began 2010 registration of AO clubs
- produced December edition of Rundes-Vous
- assisted in the receipt and delivery of track and field apparel to First Nations communities
- worked with Toronto Tourism to negotiate contracts with hotels for events in Toronto
- revised the 2010 Sanction Kit and Application form
- contacted race directors for 2010 TIMEX Series