



RUNDEZ-VOUS

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Special notice from the Toronto Track & Field Centre re: Spike Length

To better serve the needs of the High Jump Athletes during the indoor Track Meets held at the TTFC the following structure will begin to be put into play for this weekend's Track Meets.

- **All High Jump Athletes** must identify themselves as competitors of the High Jump Event at the time of Check-In.
- These athletes will be given a separate coloured wrist band with "High Jump Athlete" labeled on it.
- The athlete will then identify themselves as a High Jump Athlete at the Spike Measuring Table by displaying their High Jump Wrist Band which will enable them to wear 9mm spikes for their high jump event only. If they have a second pair of track shoes for a different event, they will need to be measured as well.
- **9mm spikes are the maximum** spike length spike that will be accepted since the spike is recessed into a casing on sole of the shoe it results in the spike sitting 2mm below the spike casing with a true grip length of 7mm.
- if a High Jump Athlete competes in a different event, their wrist band will identify them as a High Jump Athlete and their second set of shoes will be checked by the official that event so to ensure they meet the regulations of 5mm for all other events.

In addition, for all other Track Event Athletes, the spike measurement will be measured from the rim of the casing holding the spike. This will provide a true measure for the length of the spike extending beyond the spike casing. Therefore, a 7mm spike may only extend 5mm past the spike casing on the sole of shoe - allowing this style shoe to be legal to wear with a 7mm spike. The TTFC will have both 5 mm and 7mm spikes available for purchase so to service the different track shoe styles that may have the recessed spike casings.

Ontario Team to U.S.A. National Scholastic Indoor Championships, March 9-11

This March the OTFA will again be sending a team of our top high schoolers to the USA NSIC meet in New York City. 30 to 40 athletes and staff will be travelling by bus, leaving Toronto on Thursday, March 8 and returning to Toronto on Monday, March 12. Please see attached details and a nomination form. Nominations should be submitted by February 14.

The meet website is: www.nscit.org

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Hamilton Indoor Games

The Hamilton Indoor Games will, as in the past, include several Invitational events. These will be conducted in the afternoon/evening of Thursday, February 15. This year, on top of prize money for placement, there will be (in some events) cash bonuses for athletes who achieve Canadian Open or Native records or standards. Featured events include the Women's shot put, with Lieja Tunks going after the National Senior Indoor Record and the Women's Pole vault, to include Dana Ellis and several other top Canadian vaulters. Other events include the Men's and Women's 50m, Women's 1500m Walk, Men's 300m and Pole Vault and Women's Triathlon (50m, High Jump and Shot Put). There are still several openings left in some events but these are going fast.

Please contact Val Sarjeant if interested.

Email: vsarjeant@hotmail.com Phone: 905-664-3852.

The events will be run in conjunction with finals from the high school section of the Games.

Admission for spectators is free, so please support the meet and athletes by coming out. The tentative schedule of the invitational open events is:

- 3:00 pm Women's Pole Vault
- 5:00 pm Men's 300m
- 5:00 pm Men's Pole Vault
- 6:00 pm Women's 1500m Walk
- 6:00 pm Women's Triathlon High Jump
- 7:00 pm Women's Shot Put including Triathlon Shot Put
- 8:00 pm Women's 50m heats including Triathlon 50m
Men's 50m heats
- 8:30 pm Women's and men's 50m Finals

The meet website is: www.northernex.ca

35lb. Weight Throw Championships for Midget and Junior Boys and Girls

Due to scheduling problems and safety issues the Ontario Indoor Championships for the Midget and Junior Boys and Girls Weight Throw will be held in conjunction with the Ontario Indoor Juvenile and Senior Championships in Toronto on February 17-18 and not at the BMJ's in Windsor in March. The MG and JrW Weight will be held at 9:30 am on February 17, along with the JvG and SW, while the MB and JrM Weight will be held at 10:15 with the JvB and SM event. When entering athletes please use the following event codes:

- MG Weight: 57
- JrW Weight: 59
- MB Weight: 58
- JrM Weight: 60

Entry Fees and Hy-Tek Online Entries

Clubs entering athletes in the OTFA Indoor Juvenile-Senior and OTFA Bantam-Midget-Junior Championships and using the HY-TEK file are required to only pay **first deadline entry fees** as long as entries are filed by the second deadline date. This wasn't mentioned in the entry kit for the Juvenile-Senior meet. Please note that this courtesy does not apply to clubs entering via any other method.

Second Deadline Entry fees - \$10 higher

Please remember that second deadline entry fees for OTFA Championships are \$10 higher than first deadline fees (except for HY-TEK file users).

2006-2007 IAAF Rulebooks

We still have copies and these are available for \$10.00 each to OTFA-registered members and \$12.00 to all others. For mail orders please add \$2.00 per order for shipping and handling. Officials may obtain their books from Enrico Toscano. Prices include GST.

OTFA Championship Medallists

The following are medallists from the 2007 OTFA Combined Events & 1500m Midget/Juvenile Walks Championships (Toronto Track & Field Centre—January 28, 2007)

Midget Girls Tetrathlon

1. Buttinger, Jessica (Laurel Creek T.F) 2214
2. King, Christine (Etobicoke Track) 2191
3. Farquhar, Taylor (London Western) 2133

Juvenile Girls Pentathlon

1. Rudell, Rita (Saugeen Track) 3024
2. Payne, Adrienne (Sarnia ASW) 2633
3. Harris, Meghan (London Legion) 2401

Junior Women Pentathlon

1. Buttinger, Maddie (Laurel Creek) 3147
2. Dobransky, Johanna (London Western) 2584

Midget Boys Tetrathlon

1. Tesfaye, Gabriel (London Legion) 2372
2. Wilhelm, Branden (Woodstock Legion) 2292
3. Smith, Jesse (London Legion) 1826

Juvenile Boys Pentathlon

1. Drouin, Derek (Sarnia ASW) 3220
2. Graham, Andrew (London Legion) 3151
3. Lopatowski, Michael (London Legion) 3093

Junior Men Pentathlon

1. Shetler, Kevin York Flyers 3104
2. Eldridge, Dustin (Durham Dragons) 2680

Open Men Pentathlon

1. Slaunwhite, Craig (Nova Scotia athlete) 3758
2. Krul, Ben (GFP Athletics) 3429 (OTFA Gold medal)
3. Cilewitz, Ralph (Etobicoke Track) 1343 (OTFA Silver medal)

Repeat Announcements Section

OTFA Championship Entry Fees Increased for 2007

An across-the-board increase of \$3.00 was approved for OTFA Championship entry fees beginning in January 2007. Most fees will therefore rise to \$18.00 for the first deadline. **The fee for the second deadline is \$10.00 more**, so please get your entries in early.

Officials' Assistants

We would like to remind club administrators that the policy regarding the requirement of clubs to supply a mature Officials Assistant (if they have more than 5 athletes entered) at all OTFA-sanctioned meets is in effect. Presently, it is up to the competition directors of non-championship meets as to whether or not these volunteers are required and this should be communicated in meet packages. For championship meets clubs affected will be asked to identify, in advance the name, the designated volunteer.

This policy should be used to encourage family members of athletes (many of whom will sit in the stands for the entire day) to get involved rather than put more stress on club administrators and coaches. Many other sports place much greater demands on the families of athletes.

Mentor Coaches Programme Continues through March 31, 2007

Coaches are encouraged to consult with any of the Master Coaches listed below for advice on training methods. These master coaches are proven producers of top athletes and have a huge amount of expertise that they are willing to share with you at only the cost of your time.

Sprints/Relays:

Peter Manning 519-823-1175 mmpgm@sympatico.ca

Hurdles:

Brent McFarlane 519-884-2074 bmcfarlane@continuum.org

Distance Running:

Paul Poce 905-855-9374 paul.poce@sympatico.ca

Walks:

Roger Burrows 613-745-5433 rburr014@uottawa.ca

High Jump:

TBA

Pole Vault:

TBA

Horizontal Jumps:

Zoltan Tenke 519-837-8451 zoliten@hotmail.com

Throws:

John Allan 519-657-4115 allan4115@rogers.com

Combined Events:

Sue Wise 905-640-8529 suewise@yorku.ca

Northern areas:

Vital Shank 705-266-4742 polowy@ntl.sympatico.ca

OTFA Sanction Kit

The OTFA sanction kit is available for download from the OTFA website or can be obtained by email or regular post by contacting Roman Olszewski. Please note that the method of determining the sanction/insurance fee has recently been changed. Competition Directors are advised to read the new conditions of sanction and to apply early. A regularly-updated listing of sanctioned competitions is now posted on the OTFA website.

Coaches Certification

Coaches can find out their current NCCP status by going to the Coaching Association of Canada website, www.coach.ca/eng/ and clicking the "Check Certification" item. An NCCP number is required. In most cases Roman Olszewski will have this and can provide it on request. Coaches who are missing one or more components should try to resolve these within the next 6 months or so as the new Technical courses for Level 1 and 2 will be introduced and it may become more complicated to find suitable "old" courses or their equivalents in the new regime. For years to come, coaches will be recognized in both old and new systems.

For a schedule of Introduction to Competition courses (Modules A and B - formerly Theory 1 and 2) and for Level 3 Theory courses please see: www.coachesontario.ca

Coaching Education Grants

Coach members of the OTFA may apply for grants to assist them in covering the cost of attending educational events (NCCP courses, coaching workshops, seminars, etc.). The current period is April 1, 2006 to March 31, 2007. Coaches are eligible for one grant in the above-mentioned period up to a maximum of approximately \$200.00. They must have been registered with the OTFA at the time of the event.

Please contact Roman Olszewski for an application form.

Training Camp Grants

Some financial support may be available to clubs, groups or athletes wishing to stage or attend training camps or workshops within Ontario prior to April 1, 2007. The amount of grant will depend on the overall cost of the project, the number of OTFA-registered athletes/coaches participating and the number of applications submitted.

Please contact Roman Olszewski and provide an outline of your plans or for more information.



OTFA FIXTURES LIST – 2007 (As on February 26, 2007)

Much of the information for outdoor competitions in 2007 is at this time tentative and subject to change.

Please note that a meet's inclusion on this list does not imply that it is sanctioned. Please check the status of the competition to the left of the competition name. Competitions for which we know applications for sanction will not be made will not be listed.

Competition Status:

S = OTFA Sanctioned

A = OTFA Approved (not OTFA sanctioned but approved for participation by OTFA athletes) i.e., performances will count.

Performances will also count for all out-of-province events provided they are sanctioned by the provincial sports organization or Athletics Canada.

INDOOR

Date	Status	Competition	Location	Contact
March 3	A	Ontario Masters Indoor Championships	Toronto (TTFC)	G
March 3-4	S	OTFA Indoor Bantam/Midget/Junior Championships	Windsor	S
March 8-10		CIS Championships	Montreal	
March 9-11		USA Indoor Interscholastic Championships	New York, NY	
March 23		9 th Annual Adams Invitational (High School only)	Toronto (TTFC)	EE
March 24		Ontario Minor Track Championships	Toronto (TTFC)	K
March 29		Louis Riel High Dome Mini-Series	Ottawa	Y
March 30-31	A	York High School Invitational	Toronto (TTFC)	B

OUTDOOR

March 3		NACAC Cross Country Championships	Clermont, FL	
March 24		IAAF World Cross Country Championships	Mombassa, KEN	
April 5		Louis Riel High Dome Mini-Series	Ottawa	Y
April 12		Louis Riel High Dome Mini-Series	Ottawa	Y
April 19		Louis Riel High Dome Mini-Series	Ottawa	Y
April 21-22?		Pan Am Racewalk Cup	BRA	
May?		OTFA 10,000m Track Championships	London	O
May 3		Bytown Relays (High School Classic)	Ottawa	
May 10		National Capital High School Classic	Ottawa	
May 13		Niagara Olympic Spring Twilight Series 1	St. Catharines	FF
May 19		Burlington Minor Track Meet	Burlington	K
May 20		Niagara Olympic Spring Twilight Series 2	St. Catharines	FF
May 26		Hamilton Allcomers Meet (at Mohawk Sports Park)	Hamilton	V
May 26		Markham Minor Track Meet	Stouffville	K
May 26-27		ING Great Canadian Road Race Weekend	Ottawa	
May 27		National Marathon Championships	Ottawa	
May 27		Canadian Wheelchair Marathon Championships	Ottawa	
May 27		OTFA 10km Road Walk Championships/Art Keay Mem.	Toronto	N
May 27		Niagara Olympic Spring Twilight Series 3	St. Catharines	FF
May 30-31		OFSAA Eastern Regional Championships	Belleville	
May 31-01		OFSAA Southern Regional Championships	St. Catharines	GG
June 3		Ontario Masters Outdoor Championships	London	G
June 3		Guelph Allcomers Meet	Guelph	J
June 3		Guelph Lightning Minor Track Meet	Guelph	K
June 7-9		OFSAA Championships	Ottawa	
June 9		Bullets Standard Meet (Minor Track)		K
June 10		2007 Canadian 10,000m Championships	Abbotsford, BC	

June 10	Phoenix Allcomers Meet	Toronto	F
June 13	Brooks Ottawa Summer Twilight Series	Ottawa	
June 15-17	Ian Hume Invitational	Sherbrooke	
June 16	The Mercedes-Benz Classic Mile	Cambridge	
June 16	Quinte Legion Minor Track Meet	Belleville	K
June 16-17	OTFA Nat'l Qualifier + Combined Events/Selected Relays	Toronto	
June 20	Brooks Ottawa Summer Twilight Series	Ottawa	
June 21-22	Ottawa Elementary All-Champions Final	Ottawa	Y
June 22-24	Ontario Paralympics Championships	Sarnia	
June 23	District B Legions	St. Catharines	FF
June 23	Hershey Ontario Finals (Minor Track)	Oshawa	K
June 26	Eastern Canadian High Performance Meet #1	Sherbrooke	
June 27	Brooks Ottawa Summer Twilight Series	Ottawa	
June 29-01(tent.)	OTFA Supermeet 1 (Junior and Senior Championships)	Ottawa	Y
June 29-01	Eastern Canadian High Performance Meet #2	Ottawa	
July 4	Brooks Ottawa Summer Twilight Series	Ottawa	
July 6	Aileen Meagher Invit. incl Eastern Canadian HP Meet #3	Halifax	
July 6-8	Pan American Junior Championships	Fortaleza, BRA	
July 7	District G RCL Championships	Ottawa	
July 8	Toronto Track Festival incl. Eastern Canadian H.P. meet #4	Toronto	
July 8	London Throws Meet	London	CC
July 11	Brooks Ottawa Summer Twilight Series	Ottawa	
July 11-15	IAAF World Youth Championships	Ostrava, CZE	
July 12-15	Canadian Senior Championships	Windsor	
July 14	Bullets Standard Meet #2 (Minor Track)		K
July 18	Brooks Ottawa Summer Twilight Series	Ottawa	
July 20-21	RCL Ontario Championships	Ottawa	
July 21	3 rd Asian Community Games	Toronto	
July 21	Ontario Minor Track Championships	Oshawa	K
July 22-29	Pan American Games	Rio de Janeiro, BRA	
July 27-29	Canadian Junior Championships	Abbotsford, BC	
July 27-29	Canadian Masters Championships	Saint John, NB	
August 1	Brooks Ottawa Summer Twilight Series	Ottawa	
Aug. 3-5	OTFA Supermeet 2 (Bantam-Midget-Juvenile Chps.)	Toronto	
August 4-5	Eastern Canada Team Espoir Championships	Newfoundland	
August 5	London Throws Meet	London	CC
August 8	Brooks Ottawa Summer Twilight Series	Ottawa	
August 8-14	RCL National Camp and Competition	Oromocto, NB	
August 8-18	FISU Games	Bangkok, THA	
Aug. 25-Sept. 2	IAAF World Championships	Osaka, JAP	
Sept. 15	Quinte Legion Minor Track Cross Country		K
Sept. 22	Burlington Minor Track Cross Country #1	Burlington	K
Sept. 29	Newmarket Huskies	Bradford	K
Sept. 30?	OTFA 20km Walk Championships		
Oct. 6	South Simcoe/Dufferin Minor Track Cross Country	Barrie	K
Oct. 13	TransCanada 10km (Road) Canadian Championships	Ottawa	
Oct. 13	Brantford Minor Track Cross Country	Brantford	K
Oct. 20	Bullets Minor Track Cross Country	Brampton	K
Oct. 27	Ontario Minor Track Cross Country Championships	Burlington	K
Nov. 18	OTFA Cross Country Championships		

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D Vickie Croley vcroley@uwo.ca Ph. 519-661-2111 ext. 85073

DD Stanley Samuel beyondsports@projectathletics.com

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G Ontario Masters TFA <http://www3.sympatico.ca/ontario.masters/>

GG Sharon Stewart redcoats_xc@hotmail.com Ph. 905-934-4937

H Rick Westwood bulletstrack@hotmail.com

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J Albert Tschirhart tschrhrt@sympatico.ca

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Z Stuart Galloway noc_coach@hotmail.com Ph. 905-934-8488

Ontario Team

(U.S.) National Interscholastic Indoor Championships

New York, New York March 9-11, 2007

Team: 20 to 45 currently full-time-enrolled high school athletes who: were born September 1, 1987 or after; are members of the Ontario Track & Field Association and meet the competition qualifying standards. Athletes must have proper documents to allow them to cross the border and return. For a land crossing a passport or birth certificate plus photo i.d. is sufficient for Canadian citizens. Two or three coaches and teachers/retired teachers will accompany the team.

Travel: By bus. Departure from Toronto on Thursday morning, March 8. Return to Toronto on Monday, March 12. (Note: any athlete wishing to make alternate travel plans must obtain approval prior to departure). Organization and financing of travel to and from the bus pickup and drop off point is the responsibility of the athlete. Athletes will be encouraged to organize car pools.

Cost: \$90.00 per athlete. \$40.00 of the fee is payable as a deposit upon application for selection. The deposit will be refunded to athletes not selected. It will not be returned to athletes who are selected but do not go on the trip (except in the case of verifiable injury). Athletes canceling before February 7 will forfeit only \$25 of their deposit.

The remainder of the cost of bus travel (Toronto as point of departure/return), accommodation, singlet and entries (US\$30/per event!) will be covered by the OTFA. Food and incidental costs are the responsibility of the athlete. Accommodation will be provided at the meet hotel. All athletes are required to stay in that hotel and in the assigned rooms for the duration of the trip.

Selection: Based mainly on recent performances, primarily from nominations. **Deadline for nominations: Wednesday, February 14.** Selections will not necessarily be restricted to nominated athletes and the deadline may be extended depending on the quality and number of nominations submitted.

Note: Athletes may have to obtain written permission from their schools in order to participate. Those under the age of 18 must also obtain parental/guardian permission.

Athletes entered in shot put and weight must provide their own implements. This could be problematic for Ontario athletes in the weight throw as the implement used in New York is 25lb. – not a standard weight here.

Meet Website: www.nsictf.org/

See meet entry standards (and list of offered events) on next page.

Meet Entry Standards: (Events in **Bold** are events to be contested in New York)

<u>Boys</u>	<u>Event</u>	<u>Girls</u>
7.04	60m	7.84
22.74	200m	25.74
35.50	300m	41.25
50.54	400m	58.84
1:24.8	600m	1:40.0
1:58.0	800m	2:18.5
2:34.0	1000m	3:02.0
4:02.0	1500m	4:48.0
4:23.0	Mile	5:08.0
9:03.0	3000m	10:46.0
9:40.0	2 Mile	11:30.0
17:00*	5000m	19:00.0*
8.44	60m Hurdles	9.44
8:00.0	Mile Walk	8:45.0
7:25.0	1500m Walk	8:10.0
1.85	HJ	1.55
4.11	PV	3.05
6.70	LJ	5.33
13.56	TJ	10.97
15.24	SP (12lb.)	11.12
14.63	Weight^	9.14
3100*	Pent	3000*

* = projected from individual event performances

^ 20lb for girls, 25lb for boys

See nomination form on the next page.



Ontario Team

(U.S.) National Interscholastic Indoor Championships

Nomination Form

Athlete's Name _____ School _____

Club _____ Date of Birth _____

Tel. _____ email _____

Event(s) and recent performances (include date and place) _____

Club Coach's name _____

Email address of above: _____

If nomination coming from person other than athlete, is the athlete aware of the nomination?

Please return completed form, along with the \$40.00 deposit, payable to the OTFA, no later than **Wednesday, February 14** to

Mr. Marc Christie,
2407 Ravensthorpe Cr.,
Mississauga, ON L5C 2Y4

marcchristie@rogers.com

Third Annual

Indoor Prospects Series Information Package

A 3-meet Indoor Track and Field series at Thompson Arena (UWO campus), London, Ontario on:

1-Meet #1 Saturday December 16th 10:00am – 12:00pm

2-Meet #2 Saturday January 13th, 10:00am-12:00pm

3-Meet #3 Saturday February 24th, 10:00am-12:00pm

Sponsored by: College Prospects of America

Hosted by: London-Western Track and Field Club

Entry Fees: \$7 per athlete per event, Max. \$15.00 per athlete for 3 events (per meet)
:Relays are free,

*****Only High Schools or Club Athletes of High School age are eligible to compete in this Indoor Prospects Series.*****

Please make cheques payable to 'London-Western Track & Field Club'

Entry Process:

*Please e-mail entries to: Rlenz66593@aol.com (preferred) and pay at the meet

Or mail to:

Indoor Prospects Series

c/o Richard Lenz

146 Sussex Place, London, Ontario, N5Y 5G9

Entry Deadline:

Meet #1 Thursday December 14th

Meet #2: Thursday January 11th

Meet #3: Thursday February 22nd

Contact:

Richard Lenz

Rlenz66593@aol.com - or – CPOASWOntario@aol.com

Toll free at 1-888-268-2762 (CPOA)

Website: information and results will be posted on www.londonwestern.ca

Prizes: Cash prizes of \$250.00, \$150.00 and \$100.00 per club based on accumulated points from all events (Club must participate in all 3 meets to be eligible for)

Team Championship Cash prize, points based on points from meets 1, 2 and 3, 10 points for 1st, 9 pts for second, 8 pts for third, etc.

Individual Event Champions will receive “Event Champion” Sweat Shirts while 2nd and 3rd place will receive Event T – Shirts. Top 6 finishers in Meets 1 and 2 will receive place ribbons.

Meet Schedules:

*****Cash prizes from the 2006 Indoor Prospects Series will be handed out to the winning Clubs just prior to the Start of Meet #1 *****

Meet #1: Saturday December 16th, 10-1pm

	Track	Field
10:00am	N/A	Weight Throw (Men and Women combined)
10:40am	Men’s 60m Timed Finals	Women’s Long Jump
11:00am	1500m Timed Finals (+RW)	
11:20am		Men’s Long Jump
11:25am	Women’s 60m Timed Finals	
11:45am	600m Timed Finals	

Meet #2: Saturday January 13th, 10-1pm

	Track	Field
10:00am	60mH Timed Finals	Shot Put (Men and Women Combined) Men’s Triple Jump
10:30am	60m Timed Finals	
11:00am	3000m Timed Finals	Women’s Triple Jump
11:30am	300m Timed Finals	
11:45am	4x800m Relay (mixed)	

Meet #3: Saturday February 24th, 10-2

	Track	Field
10:00am	60mH Heats (4)	Shot Put (Men and Women Combined) Women's Long Jump
	10:05am Men 1st section	
	10:10am Men 2nd section	
	10:15am Women 1st section	
	10:20am Women 2nd section	
10:30am	60m Heats (4)	
	10:30am Men 1st section	
	10:35am Men 2nd section	
	10:40am Women 1st section	
	10:45am Women 2nd section	
11:00am	1500m Timed Finals	Men's Long Jump
11:30am	300m Heats (4)	
	11:30am Men 1st section	
	11:35am Men 2nd section	
	11:40am Women 1st section	
	11:45am Women 2nd section	
11:55m	60mH Finals	
	11:55am Men B Final	
	12:00pm Men A Final	
	12:05pm Women B Final	
	12:10pm Women A Final	
12:20pm	60m Finals	
	12:20pm Women's B Final	
	12:25pm Women's A Final	
	12:30pm Men's B Final	
	12:35pm Men's A Final	
12:40pm	Co-ed 8-2-4-16 Medley Relay (800m, 200m, 400m, 1600m) -must have 2 males and 2 females	
12:50pm	AWARDS	

Third Annual Indoor Prospects Series

Club Entry Form

Club Name: _____

#	Athlete	Event	Seed	Year of Birth
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
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13				
14				
15				
16				
17				
18				
19				
20				

Total cost: # of entries x \$7 =

-Max. \$15.00 per athlete for 3 events, relays are free

-Payable to 'London-Western Track & Field Club'

-Non-club athletes can use this form as well, simply put 'Unattached' for Club Name



2007 ONTARIO
INDOOR RELAY CHAMPIONSHIPS
Junior Men's and Women's 3000m Walk Championships
and PREPARATION MEET #2

DATE: Sunday, February 4, 2007

SANCTIONED BY: Ontario Track & Field Association

HOSTED BY: York University Track and Field Club

LOCATION: Toronto Track and Field Centre
York University, North York

FACILITY: Chevron-like or Mondo surface on 5-lane 200m banked oval and 8-lane sprint straight and on all field event approaches. Concrete throwing circle. Change room facilities and showers are available – bring own lock and towel.

MEET DIRECTORS: Colin Inglis - cinglis@yorku.ca
Jen Payne – payne@yorku.ca

ENTRIES CHAIRPERSON: Jen Payne
c/o School of Kinesiology & Health Science
210A Stong College
4700 Keele Street
Toronto, ON M3J 1P3
Tel: (416) 736-2100 ext: 20119

ENTRY DEADLINES & FEES:

Relays: To encourage more club participation in the **relay** events, advance entries will **not** be required. Relay entries in the form of team declaration forms, along with fees, may be submitted **on the day of the meet**. Please note, however, that a list of all possible runners must still be forwarded to the entries secretary no later than the second deadline date (but preferably by the first deadline). This is required in order to assign each athlete a competitor's number. In addition, all athletes must be registered with the OTFA in a competitive category before they run.

Fees: \$28.00 per team

Special Relay rules: OTFA-affiliated clubs (or clubs affiliated with other AC or USATF branches) only may enter the Relay Championships. **Composite or school/university teams are ineligible.**

Clubs must enter teams in the appropriate age category (i.e., may not move up). Example - a team made up of 4 Midgets must enter the Midget category and may not move up to the Juvenile category.

An athlete may compete in different age groups in different relay events only. For example, an athlete may compete in the midget boy's 4 x 200m and the junior men's 4 x 400m but the same athlete not compete in the midget boys' 4 x 200m and the junior men's 4 x 200m.

Indoor Club Championships Scoring: The top 6 Ontario teams in each event and category will earn points for their clubs as follows: 1st – 7 points, 2nd – 5, 3rd – 4, 4th – 3, 5th – 2, 6th – 1. There are no limits to the number of teams a

club may enter in each event (e.g. 2 teams from one club in the MB 4x200m). However, only one relay team per club will score in each event: "B", "C", etc. teams will not influence the scoring.

Relay Declaration forms will be available at the registration area or meet directors table. Completed declaration forms, with names of the runners in running order, must be turned in along with the fee to the meet organizers no later than 45 minutes prior to the published or announced start time for the respective events.

Non-Relay Events

First Deadline: **Thursday, January 25th, 2007**

Fees: **OTFA-registered (or AC/USATFA-registered)**
\$18.00 for JW/JM 3000m Walk Championship
Non-championship events:
\$7.00 for 1st event (see note below re: school pass)
\$5.00 for each additional event

Not-registered with OTFA
\$14.00 for 1st event for all others
\$6.00 for each additional event

Members of the **Ontario Masters Association** or the **Ontario Minor Track Association** for 2007 may join the OTFA for an additional fee. Please see the OTFA Website www.otfa.ca, under OTFA then Registration, for further information and application forms.

Final Deadline: **Thursday, February 1, 2007.**

Fees: **OTFA-registered (or AC/USATFA-registered)**
\$21.00 for JW/JM 3000m Walk Championship
\$10.00 per non-championship event (see note above re: school pass)

Not registered with OTFA
\$17.00 per event

Late Entries: **Late entries are at the discretion of the meet director and will only be considered if there is space. These entries will be subject to the final deadline fees plus \$5.00.**

ATHLETES WHO INTEND ON ENTERING ON THE DAY OF THE COMPETITION MUST COMPLETE THEIR ENTRY(IES) NO LATER THAN 1 HOUR PRIOR TO PUBLISHED OR REVISED START TIME OF THE EVENT(S). IF EVENTS ARE FULL ENTRIES RECEIVED AFTER FEBRUARY 1 WILL NOT BE ACCEPTED ON THE DAY. THE REVISED SCHEDULE WILL BE POSTED ON THE WEB FEBRUARY 2 AND WILL NOTE ANY EVENTS THAT ARE CLOSED FOR FURTHER ENTRIES.

Entry fees and waivers **must accompany** the entry forms.
Please make amount payable to **YORK UNIVERSITY TRACK CLUB**. No entries are to be dropped off at the O.T.F.A. office.
No telephone entries please.
No faxes.
No entries via e-mail.

If you would like to send them in using Hy-Tek Team Manager (Lite) instructions and file can be downloaded from the following website: <http://www.yorku.ca/yutc>

NO REFUNDS.

You are responsible for on-time mail delivery. It is the club's responsibility for ensuring that the entries are received by the meet organizer by the due date. If sending entries by **PRIORITY POST**, please tick off "**signature not required**" box. If sending by **REGISTERED MAIL** – your receipt is proof that your entry has been received.

Entries will be posted at: <http://www.yorku.ca/yutc>

ELIGIBILITY:

Athletes residing in Ontario should be registered and their clubs affiliated for 2007 with the OTFA by the time entry forms are received by the Competition Secretary (but see exception on age 1 for relay events). Any outstanding registration issues may be settled at the competition site at a fee of \$10 per athlete. Any athlete who has been allowed to compete without completing registration and who fails to do so within the timeline set out by the OTFA registrar is subject to having his/her results voided and being suspended from further membership and activities of the OTFA.

Athletes registered as “Independents” or considered “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 home clubs.

Note: Athletes entered in non-championship events who are not registered with the OTFA (but who have paid entry fees on the basis of being registered) must pay the late entry fees for non-registered athletes in order to compete.

WAIVER:

Every participant is required to sign the waiver form attached. For athletes under the age of 18, a parent or guardian’s signature must appear on the waiver. The waiver form must accompany your entry forms.

AWARDS:

Medals will be awarded to the first members of the top 3 clubs in each relay event and to the top 3 in the championship walk events. Duplicate medals will be awarded to teams and individuals placing in the top 3. **No awards are given in the non-championship individual events.**

FACILITY RULES & REGULATIONS:

*****IMPORTANT: New Facility Rules:**

Maximum spike length is now 5mm (was 6mm). Spiked shoes will be checked for spike length at the entrance to the fieldhouse. Spikes of the correct length will be available for purchase at the Centre.

Only coaches, officials and meet organizing club volunteers will be permitted into the fieldhouse. All others must go to the spectator viewing area. The names of coaches who will be present at the competition and will need access to the fieldhouse competition area must be provided on the list included with the entry kit. Coaches must present identification at the entrance at which time they will be given a handstamp or wristband.

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

NO street shoes on track surface.

NO portable radio/cd/mp3 players inside the center including track and viewing gallery.

OFF LIMITS The track and field areas are off limits to all non-competitors at all times. All officials’ working areas, whether inside or outside the track, are also off limits. This also includes High Jump and Pole Vault mats, even if not in use.

SPORTSMANSHIP

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

PROTESTS

All protests must be made using official protest forms. Protests must be filed with the referee within 30 minutes of the alleged rule infraction. Cost \$25.00 to be returned if the protest is upheld by the referee. The decision of the referee may be appealed to the Jury of Appeals whose decision is final.

**** NEW ** MANDATORY ADULT OFFICIALS' ASSISTANT**

Based on the approved motion at the 2005 Annual General Meeting each club participating in a sanctioned meet must provide one or more adult volunteers to assist officials during the meet. For this meet we are requesting that every club with 5 or more entrants provide one person. If the local organizing committee does not need the services of your volunteer you will be notified before the competition. Please print the name of your volunteer on the entry blank in the space provided. Ask your volunteer to report to the officials' room or the main meet desk 30 minutes prior to the start of the meet.

EVENTS:

Relay & Walk Events:	4 x 200m	Bantam	}	
(Championships)	4 x 400m	Midget	}	
	4 x 800m	Juvenile	}	Men & Women
	Sprint Medley (400-200-	Junior	}	
	200m-800m)	Senior	}	
	Junior Men's and Women's	3000m Walk		

Non-Championship Events	#M + W 60m	M + W HJ
	M + W 300m	M + W PV
	M + W 600m	M + W LJ
	M + W 1000m	M + W TJ
	M + W 60mH	M + W SP
	M + W 3000 walk	M + W Weight Throw

There will be two timed finals in each of the men's and women's 60m with the finalists consisting of athletes with the 14 best times from the first round.

AGE CATEGORIES:	Bantam	born in 1994 or later
	Midget	born in 1992 or later
	Juvenile	born in 1990 or later
	Junior	born in 1988 or later
	Senior	Open

CHECK-IN PROCEDURE: There is no declaration process for athletes pre-entered in individual events at this meet. Pre-entered athletes should check in at their events 15 minutes prior to the start time. Scratches will reduce the number of empty lanes, so please turn in your scratch form that will be in your package when you enter the facility to the finish line table. For relay team declarations please see section under Entry Deadlines and Fees-Special Relay Rules.

Note: Athletes who intend on entering on the day of the competition must complete their entry(ies) no later than **1 HOUR** prior to published, revised start time of the event(s). **This timeline will be strictly enforced. In events that are full after February 3 entries on the day will not be accepted. THE REVISED SCHEDULE WILL BE POSTED ON THE WEB FEBRUARY 2 AND WILL NOTE ANY EVENTS THAT ARE CLOSED FOR FURTHER ENTRIES.**

HOW TO GET TO THE TORONTO TRACK AND FIELD CENTRE:

From the **WEST:** Follow Highway 401 (MacDonald Cartier Freeway) to Highway 400 North. Follow Highway 400 North to Steeles Avenue and exit east. Go east on Steeles, past Jane Street and turn right at the York University West gate entrance just past Pioneer Village.

From the **EAST:** Follow Highway 401 (MacDonald Cartier Freeway) to Highway 400 North. Follow Highway 400 to Steeles Avenue and exit east. Go east on Steeles, past Jane Street and turn right at the York University West gate entrance just past Pioneer Village.

ACCOMMODATION: Suggestions

HOLIDAY INN EXPRESS 30 Norfinch Drive North York 416-665-3500	TRAVELODGE INN 50 Norfinch Drive North York 416-663-9500	COMFORT INN 66 Norfinch Drive North York 416-736-4700	SUPER 8 MOTEL 3400 Steeles North York 905-760-2120
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Event number codes (please use the number below in conjunction with event name when entering athletes on the attached entry blank.). If an event number is not available for an age group please enter the athlete in the next age class above or in the OW (Open Women) or OM (Open Men). Sections in the open category will be seeded according to times submitted, not ages of athletes. Please see event specifications section below for hurdle heights and spacings and implement masses. * = championship events.

	OW	OM	JW	JM	JvG	JvB	MG	MB	BG	BB
60m	10	11								
300m	20	21								
600m	30	31								
1000m	40	41								
3000m Walk	50	51	52*	53*						
60m Hurdles	60	61		63	64	65	66	67	68	69
High Jump	70	71								
Pole Vault	80	81								
Long Jump	90	91								
Triple Jump	100	101								
Shot Put	110	111		113		115	116	117		119
Weight	120	121				125				
Relays*	Enter on the day.									

If there is no event number given for a particular event and age group please enter the athlete in the next higher age group. For example, enter a bantam girl in the shot put under event no. 116 (MG – also throwing 3.0kg implement).

EVENT SPECIFICATIONS

	Shot	Weight	Hurdles
OW	4kg	20lb	84cm 100m spacing
OM	7.26kg	35lb	107cm 110m spacing
JM	6.0kg		99cm 110m spacing
JvG			76cm 100m spacing
JvB	5.0kg	20lb	91cm 110m spacing
MG	3.0kg		76cm 80m spacing
MB	4.0kg		84cm 100m spacing
BG	3.0kg		76cm 11.50m/7.50m spacing
BB	3.0kg		76cm 11.50m/7.50m spacing

All entrants in the LJ, TJ and SP will be permitted 3 trials; the top 8 senior/open competitors will be permitted 3 additional trials. Any age class entrant (Junior and under) who achieves the standard listed below in his/her event in the first three trials will also be permitted an additional 3 trials.

Standards:

	<u>BG</u>	<u>MG</u>	<u>JvG</u>	<u>JW</u>	<u>BB</u>	<u>MB</u>	<u>JvB</u>	<u>JM</u>
Long Jump	4.49	4.99	5.13	5.33	4.97	5.92	6.55	6.76
Triple Jump	8.82	9.66	10.46	10.74	9.87	11.81	13.17	13.89
Shot Put	8.41	10.25	9.58	10.40	9.57	12.92	13.43	14.42

TENTATIVE SCHEDULE OF EVENTS

The schedule is subject to change. Arrive early as event starting times may be advanced by up to 30 minutes.

Note: At this meet, non-relay event sections will be run FAST to SLOW -fast section 1st, slowest section last

TRACK

OVAL AND STRAIGHT RUNNING SIMULTANEOUSLY IN THE MORNING.

9:00 a.m.	Men's 3000m Walk (including JM Championship)
9:30 a.m.	Bantam Girls 60m Hurdles Bantam Boys 60m Hurdles Midget Girls 60m Hurdles Juvenile Girls 60m Hurdles Junior & Senior Women 60m Hurdles Midget Boys 60m Hurdles Juvenile Boys 60m Hurdles Junior Men 60m Hurdles Senior Men 60m Hurdles
9:25 a.m.	Women's 3000m Walk (including JW Championship)
9:50 a.m.	Women's 1000m Men's 1000m
10:30 a.m.	Women's 60m - Top 16 (by time) will qualify for finals at 12:45 p.m. Men's 60m – Top 16 (by time) will qualify for finals at 12:45 p.m.
10:50 a.m.	Women's Championship 4 x 400m Relay Men's Championship 4 x 400m Relay
11:30 a.m.	Women's 600m Men's 600m

LUNCH BREAK

12:45 p.m.	Women's 60m Finals (2 timed sections) Men's 60m Finals (2 timed sections)
12:45 p.m.	Women's Championship 4 x 800m Relay Men's Championship 4 x 800m Relay
2:00 p.m.	Women's 300m & Men's 300m
3:15 p.m.	Women's Championship 4 x 200m Relay Men's Championship 4 x 200m Relay
4:40 p.m.	Women's Championship Sprint Medley Relay (400m-200m-200m-800m) Men's Championship Sprint Medley Relay (400m-200m-200m-800m)

FIELD

9:00 a.m.	Men's Weight Throw (35 lb./20 lb.)
9:30 a.m.	Women's Weight Throw (20 lb.)
10:15 a.m.	Women's Long Jump
10:30 a.m.	Men's High Jump
10:30 a.m.	Women's Pole Vault
10:30 a.m.	Men's Shot Put
11:15 a.m.	Women's Shot Put

LUNCH BREAK

12:45 p.m.	Men's Long Jump
1:00 p.m.	Women's High Jump
1:30 p.m.	Men's Pole Vault
2:30 p.m.	Women's Triple Jump
3:45 p.m.	Men's Triple Jump

SANCTIONED AND REQUIRED BY:

THE ONTARIO TRACK & FIELD ASSOCIATION

RELEASE, WAIVER AND INDEMNITY

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

2007 ONTARIO INDOOR RELAY CHAMPIONSHIPS AND PREPARATION MEET #2

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

**ONTARIO TRACK AND FIELD ASSOCIATION
YORK UNIVERSITY TRACK AND FIELD CLUB
TORONTO TRACK AND FIELD CENTRE
CITY OF TORONTO
COLIN INGLIS
JEN PAYNE**

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 or my participation in the said event, whether as a spectator, participant, competition 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.

Date	Print Name	Signature (if under 18 years of age, Parent, Guardian or Power of attorney to sign below
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Date	Print Name	Signature of Legal Guardian
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2007 ONTARIO PROVINCIAL INDOOR JUVENILE – SENIOR CHAMPIONSHIPS

(Including Exhibition Masters 60m and 1500m Events)

- DATE:** Saturday and Sunday, February 17-18, 2007
- SANCTIONED BY:** Ontario Track & Field Association
- HOSTED BY:** York University Track Club
- LOCATION:** Toronto Track and Field Centre
York University, North York
- FACILITY:** Synthetic surface on 5-lane 200m banked oval and 8-lane sprint straight and on all field event approaches. Concrete throwing circle. Change room facilities and showers are available – bring own lock and towel.
- MEET DIRECTORS:** Colin Inglis <cinglis@yorku.ca>
Jen Payne <payne@yorku.ca>
- ENTRIES CHAIRPERSON:** Jen Payne
c/o School of Kinesiology & Health Science
210A Stong College
4700 Keele Street
Toronto, ON M3J 1P3
Tel: (416) 736-2100 ext: 20119

ENTRY DEADLINES AND FEES:

First Deadline: Friday February 09, 2007 (RECEIVED BY THIS DATE)

Fee: \$18.00 per athlete per event

Final Deadline: Thursday February 15, 2007 2:00 p.m.

Fee: \$28.00 per athlete per event

POST ENTRIES: Entries received after February 15 will be accepted **at the discretion** of the meet organizers and only if it does not cause a disruption of the conduct of the meet.

These entries will be subject to a \$50.00 per event entry fee **IF ACCEPTED**.
No entries will be accepted after 10:00 am on February 17, 2007.

Entry fees and waivers **MUST** accompany the entry forms.

MASTERS EXHIBITION EVENT ENTRIES: Men's and Women's 60m and 1500m races. These are by invitation and accepted entrants must be OTFA Masters members. Please direct enquiries to the Ontario Masters Association.

Please make amount payable to **YORK UNIVERSITY TRACK CLUB**

No entries are to be dropped off at the O.T.F.A. office.

No telephone entries please.

No faxes.

No entries via e-mail.

NO REFUNDS. NO SUBSTITUTIONS.

You are responsible for on-time delivery. It is the club's responsibility for ensuring that the entries are received by the entries chairperson by the due date.

If you would like to send your entries using Hy-Tek Team Manager (Lite) instructions and file can be downloaded from the following website: <http://www.yorku.ca/yutc>

START LISTS: Start lists will be posted at: <http://www.yorku.ca/yutc>

If sending entries by PRIORITY POST - please check off the "signature not required" box

If sending by REGISTERED MAIL – your receipt is proof that your entry has been received

ELIGIBILITY: All athletes should be registered (competitive or masters category) and their clubs affiliated for 2007 with the OTFA (or their provincial/state association) by the time entry forms are received by the competition secretary. Any outstanding registration issues may be settled at the competition site for an additional fee of \$10 per athlete. Any athlete who has been allowed to compete without completing registration and who fails to do so within the timeline set out by the OTFA registrar is subject to having his/her results voided and being suspended from further membership and activities of the OTFA.

Athletes registered with the OTFA as "Independents" or recognized by the OTFA as "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 2007 with their provincial or state associations.

WAIVER: Each participant is required to sign the waiver form attached. For athletes under the age of 18, a parent's, guardian's or power of attorney's signature must appear on the waiver. The waiver forms must accompany your entry forms.

ENTRY FORMS: The attached entry form or a photocopy must be used for all entries. Improperly completed forms will be returned and, if subsequently accepted, will be subject to late entry fees.

AGE CATEGORIES: Juvenile (JvG, JvB) born in 1990 or later
Senior (SW, SM) Open

LANE / HEAT / SELECTION ASSIGNMENTS:

Lanes, Heats and Sections will be assigned according to the rules of the IAAF / OTFA

AWARDS: Gold, Silver, and Bronze medals will be awarded to the first three finishers in each event. Duplicate medals will be awarded to non-Ontario athletes finishing in the top three.

CHECK-IN PROCEDURE/SCRATCHES:

There is no declaration process at this competition. Athletes should report directly to the event at least 15 minutes prior to the posted or announced start time.

We ask that all coaches or club administrators make initial scratches on the form provided in the team packages upon their arrival and return it to the results table at the finish line. Additional scratches will be accepted throughout the competition. **IT IS TO THE BENEFIT OF ALL ATHLETES FOR ALL SCRATCHES TO BE REPORTED AT LEAST 60 MINUTES PRIOR TO THE EVENT. THIS WILL ALLOW FOR FULL AND COMPETITIVE SECTIONS, SAVING TIME AND ALLOWING ATHLETES THE OPPORTUNITY TO COMPETE IN FULL EVENTS.**

STARTING HEIGHTS:

Unless all competitors agree to a higher height, starting heights will not exceed the following:

	<u>JvG</u>	<u>JvB</u>	<u>SW</u>	<u>SM</u>
High Jump	1.44	1.67	1.48	1.83
Pole Vault	TBD	3.00	TBD	3.00

SPECIFICATIONS FOR HURDLING EVENTS:

<u>EVENT</u>	<u>DISTANCE</u>	<u>#</u>	<u>HEIGHT(m)</u>	<u>To 1st Hurdle</u>	<u>Between Hurdles</u>
Juvenile Girls	60m	5	0.762	13.00m	8.50m
Juvenile Boys	60m	5	0.914	13.72m	9.14m
Senior Women	60m	5	0.840	13.00m	8.50m
Senior Men	60m	5	1.067	13.72m	9.14m

SPECIFICATIONS FOR THROWING EVENTS:

	<u>Juvenile Girls</u>	<u>Juvenile Boys</u>	<u>Senior Women</u>	<u>Senior Men</u>
Shot Put	4.0kg	5.0kg	4.0kg	7.26kg
Weight	20 lbs.	20 lbs.	20 lbs.	35 lbs.

FACILITY RULES AND REGULATIONS:

*****IMPORTANT: New Facility Rules:**

Maximum spike length is now 5mm (was 6mm). Spiked shoes will be checked for spike length at the entrance to the fieldhouse. Spikes of the correct length will be available for purchase at the Centre from the facility staff.

Only coaches, officials and meet organizing club volunteers will be permitted into the fieldhouse. All others must go to the spectator viewing area. The names of coaches who will be present at the competition and will need access to the fieldhouse competition area must be provided on the list included with the entry kit. Coaches must present identification at the entrance at which time they will be given a handstamp or wristband.

STARTING BLOCKS:

Official blocks will be supplied by meet management. However, any starting block complying with IAAF rules may be used.

NO portable radio / tape players inside the center including track and stands.

OFF LIMITS:

The track and field areas are off limits to all non-competitors at all times. Coaches, parents, friends and non-competing athletes may risk disqualification of competing athletes if they do not abide by these rules. All official working areas, whether inside or outside track, are off limits

SPORTSMANSHIP:

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

PROTESTS

All protests must be made using official protest forms. Protests must be filed with the referee within 30 minutes of the alleged rule infraction. Cost \$25.00 to be returned if the protest is upheld by the referee. The decision of the referee may be appealed to the Jury of Appeals whose decision is final.

SWEATSUIT RULE:

To help keep the meet stay on schedule athletes must have removed their sweatsuits, leggings, etc. and be ready to run by the time they are called to the start line.

GUESTS FROM OTHER PROVINCES/STATES:

Please note that OTFA rules require that in the 60m sprints and hurdles there must be a minimum of 4 athletes from Ontario included in the final or fastest timed final. Any out-of-province athletes excluded from the final will be included in a second timed final to consist of the next fastest group of runners.

**** NEW ** Mandatory Adult Officials' Assistant: Based on the approved motion at the 2005 Annual General Meeting each club participating in a sanctioned meet must provide one or more adult volunteers to assist officials during the meet. For this meet we are requesting that every club with 5 or more entrants provide one person. If the local organizing committee does not need the services of your volunteer you will be notified before the competition. Please print the name of your volunteer on the special form provided. Ask your volunteer to report to the officials room or the main meet desk 30 minutes prior to the start of the meet.**

ACCOMMODATION: Suggestions:

HOLIDAY INN EXPRESS	TRAVELODGE INN	COMFORT INN	SUPER 8 MOTEL
30 Norfinch Drive	50 Norfinch Drive	66 Norfinch Drive	3400 Steeles Ave. West
North York	North York	North York	Vaughn
416-665-3500	416-663-9500	416-736-4700	905-760-2120

All are less than a 10 minute drive to the track centre.
Please check with your travel agent for numerous other choices. You should always ask for the 'sports' rate.

HOW TO GET TO THE METRO TRACK AND FIELD CENTRE:

From the **WEST:** Follow Highway 401 (MacDonald Cartier Freeway) to Highway 400 North.
Follow Highway 400 North to Steeles Avenue and exit east.
Go east on Steeles, past Jane Street and turn right at the York University
West gate entrance just past Pioneer Village.

From the **EAST:** Follow Highway 401 (MacDonald Cartier Freeway) to Highway 400 North.
Follow Highway 400 to Steeles Avenue and exit east.
Go east on Steeles, past Jane Street and turn right at the York University
West gate entrance just past Pioneer Village.

**2007 ONTARIO PROVINCIAL JUVENILE – SENIOR
CHAMPIONSHIPS**

TENTATIVE SCHEDULE OF EVENTS

SATURDAY, FEBRUARY 17, 2007

Track Events

<u>Oval Track</u>		<u>Straight Track</u>	
10:00 a.m.	Senior Men's 5000m Walk		
10:30	Senior Women's 3000m Walk	10:30	Juvenile Girls' 60m (Heats, SF or F)
10:55	Juvenile Girls' 1500m		Juvenile Boys' 60m (Heats, SF or F)
	Juvenile Boys' 1500m		Senior Women's 60m (Heats, SF or F)
			Senior Men's 60m (Heats, SF or F)
Lunch Break			
01:00 p.m.	Masters Exhibition 1500m (M & W)	01:00	Masters Exhibition 60m (M & W)
	Senior Women's 1500m		Juvenile Girls' 60m (SF if necessary)
	Senior Men's 1500m		Senior Women's 60m (SF if necessary)
			Senior Women's 60m (SF if necessary)
			Senior Men's 60m (SF if necessary)
01:50	Senior Women's 400m	01:50	Juvenile Girls' 60m Final
	Senior Men's 400m		Juvenile Boys' 60m Final
	Juvenile Girls' 400m		Senior Women's 60m Final
	Juvenile Boys' 400m		Senior Men's 60m Final

Field Events

09:30 a.m.	Juvenile Girls & Senior Women's Weight Throw
10:30	Juvenile Girls High Jump
10:15	Juvenile Boys & Senior Men's Weight Throw
11:15	Juvenile Boys Triple Jump
01:00 p.m.	Juvenile Girls Shot Put
01:00	Juvenile Girls & Senior Women's Pole Vault
01:00	Juvenile Girls Triple Jump
01:45	Senior Women's Shot Put
02:00	Juvenile Boys & Senior Men's Pole Vault
02:00	Senior Women's Triple Jump
02:30	Juvenile Boys' Shot Put
03:00	Senior Men's Triple Jump
03:15	Senior Men's Shot Put

TENTATIVE SCHEDULE OF EVENTS

SUNDAY, FEBRUARY 18, 2007

Track Events

	<u>Oval Track</u>		<u>Straight Track</u>
10:00 a.m.	Juvenile Girls' 3000m Juvenile Boys' 3000m Senior Women's 3000m Senior Men's 3000m	10:00	Juvenile Girls' 60m Hurdles (Heats,SF or F) Senior Women's 60m Hurdles (H, SF or F) Juvenile Boys' 60m Hurdles (H, SF or F) Senior Men's 60m Hurdles (H, SF or F)
11:15	Juvenile Girls 800m Juvenile Boys 800m	11:15	Juvenile Girls' 60m Hurdles (SF or F) Senior Women's 60m Hurdles (SF or F) Juvenile Boys' 60m Hurdles (SF or F) Senior Men's 60m Hurdles (SF or F)

Lunch Break

1:20 p.m.	Senior Women's 800m Senior Men's 800m	1:20	60m Hurdles FINALS (if necessary)
2:00	Juvenile Girls' 200m Juvenile Boys' 200m Senior Women's 200m Senior Men's 200m		

Field Events

09:30 a.m.	Juvenile Girls Long Jump
09:30	Juvenile Boys High Jump
10:45	Senior Women's High Jump
11:15	Juvenile Boys Long Jump
1:00 p.m.	Senior Women's Long Jump
1:30	Senior Men's High Jump
2:30	Senior Men's Long Jump

Schedule Notes:

- Where it is indicated that "Heats, SF or FINAL" or "Heats or FINAL" will be conducted ONE OF THESE ROUNDS WILL DEFINITELY BE RUN AT THAT TIME.

These should not be confused with rounds that will be conducted "if necessary".

- Please note the schedule (with the exception of the first events) may be advanced by up to 30 minutes without notification to the clubs prior to their departure for Toronto. All changes to the schedule will be posted prior to the start of each day's events. To allow organizers to establish an accurate schedule, please report any scratches as soon as possible upon arrival in Toronto.
- Sections will be run slow to fast.

SANCTIONED AND REQUIRED BY:

THE ONTARIO TRACK & FIELD ASSOCIATION

RELEASE, WAIVER AND INDEMNITY

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

2007 O.T.F.A. Juvenile - Senior Championships

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

**ONTARIO TRACK AND FIELD ASSOCIATION
YORK UNIVERSITY TRACK AND FIELD CLUB
TORONTO TRACK AND FIELD CENTRE
YORK UNIVERSITY
CITY OF TORONTO
ONTARIO OFFICIALS COUNCIL
COLIN INGLIS
JEN PAYNE**

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 or my participation in the said event, whether as a spectator, participant, competition 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.

Date Print Name Signature (if under 18 years of age, Parent, Guardian or Power of attorney to sign below)

Date Print Name Signature of Legal Guardian

CLUB'S DESIGNATED OFFICIAL'S ASSISTANT

All clubs with more than 5 athlete entrants in these Championships are required to supply an adult volunteer to act as an official's assistant throughout the competition. If the services of the volunteer are not required by the local organizing committee the individual or club contact will be notified before the competition. Please ask your volunteer to report 30 minutes prior to the start of the first event to the meet director or specified area upon arrival. PLEASE SEND THIS FORM WITH YOUR ENTRIES.

Club: _____ Name of Club Contact:

Club Contact Telephone No. (____) _____ email address:

Name of Volunteer:

Volunteer's Contact Telephone No. _____ email address:

Working: Day 1 ____ Day 2 ____

If there is a different volunteer working each day please complete the information for volunteer #2 below:

Name of Volunteer:

Volunteer's Contact Telephone No. _____ email address:

Working: Day 1 ____ Day 2 ____

PLEASE LIST BELOW THE NAMES OF ANY COACHES WHO WILL REQUIRE ACCESS TO THE FIELDHOUSE COMPETITION AREA. PLEASE INFORM THE COACHES THAT THEY SHOULD HAVE IDENTIFICATION TO PRESENT AT THE ENTRANCE TO THE FIELDHOUSE.

COACHES PASSES WILL BE ADMINISTERED ON AN ATHLETE / COACH RATIO PER CLUB. IF THERE IS A PROBLEM WITH THE NUMBER OF ALLOTTED PASSES FOR YOUR CLUB PLEASE CONTACT THE MEET DIRECTOR.

Number of Athletes	Number of Coaches Passes
1 - 5	1
6 - 10	2
11 - 20	3
21 - 30	4
30 plus	5

CLUB NAME: _____

NUMBER OF ATHLETES ENTERED: _____

SURNAME	FIRST NAME

2007 ONTARIO JUVENILE-SENIOR INDOOR TRACK AND FIELD CHAMPIONSHIPS

Date: February 17-18

Final Entry Deadline: Feb. 15 2:00pm

JUVENILE GIRLS ENTRY FORM

Club: _____

Coach: _____ Telephone: _____

EVENTS: Please print last name first and enter the event name and number corresponding to the events listed below. If the athlete wishes to enter more than three events, continue entries on another line. **Seed performances for 200m and 400m entries should include "i" for indoor or "o" for outdoor and. Please add "e" for estimated time. This information will allow for more accurate seeding.**

Birth Date MM/DD/YY	Name	Event	Seed	Event	Seed	Event	Seed
	1.						
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Event Numbers:

1. 60 metres 5. 200 metres 9. 400 metres 13. 800 metres 17. 1500 metres 21. 3000 metres 25. 60m Hurdles
 33. High Jump 37. Pole Vault 41. Long Jump 45. Triple Jump 49. Shot Put 53. Weight Throw

2007 ONTARIO JUVENILE-SENIOR INDOOR TRACK AND FIELD CHAMPIONSHIPS

Date: February 17-18

Final Entry Deadline: February 15 2:00pm

JUVENILE BOYS ENTRY FORM

Club: _____

Coach: _____ Telephone: _____

EVENTS: Please print last name first and enter the event name and number corresponding to the events listed below. If the athlete wishes to enter more than three events, continue entries on another line. **Seed performances for 200m and 400m entries should include "i" for indoor or "o" for outdoor. Please add "e" for estimated time. This information will allow for more accurate seeding.**

Birth Date MM/DD/YY	Name	Event	Seed	Event	Seed	Event	Seed
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Event Numbers:

2. 60 metres 6. 200 metres 10. 400 metres 14. 800 metres 18. 1500 metres 22. 3000 metres 26. 60m Hurdles
 34. High Jump 38. Pole Vault 42. Long Jump 46. Triple Jump 50. Shot Put 54. Weight Throw

2007 ONTARIO JUVENILE-SENIOR INDOOR TRACK AND FIELD CHAMPIONSHIPS

Date: February 17-18

Final Entry Deadline: February 15 2:00pm

SENIOR WOMEN ENTRY FORM

Club: _____

Coach: _____ Telephone: _____

EVENTS: Please print last name first and enter the event name and number corresponding to the events listed below. If the athlete wishes to enter more than three events, continue entries on another line. **Seed performances for 200m and 400m entries should include "i" for indoor or "o" for outdoor. Please add "e" for estimated time. This information will allow for more accurate seeding.**

Birth Date MM/DD/YY	Name	Event	Seed	Event	Seed	Event	Seed
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Event Numbers:

3. 60 metres 7. 200 metres 11. 400 metres 15. 800 metres 19. 1500 metres 23. 3000 metres 27. 60m Hurdles
 31. 3000m Walk 35. High Jump 39. Pole Vault 43. Long Jump 47. Triple Jump 51. Shot Put 55. Weight Throw

2007 ONTARIO JUVENILE-SENIOR INDOOR TRACK AND FIELD CHAMPIONSHIPS

Date: February 17-18

Final Entry Deadline: February 15 2:00pm

SENIOR MEN ENTRY FORM

Club: _____

Coach: _____ Telephone: _____

EVENTS: Please print last name first and enter the event name and number corresponding to the events listed below. If the athlete wishes to enter more than three events, continue entries on another line. **Seed performances for 200m and 400m entries should include “i” for indoor or “o” for outdoor. Please add “e” for estimated time. This information will allow for more accurate seeding.**

Birth Date MM/DD/YY	Name	Event	Seed	Event	Seed	Event	Seed
	1.						
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	6.						
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Event Numbers:

4. 60 metres 8. 200 metres 12. 400 metres 16. 800 metres 20. 1500 metres 24. 3000 metres 28. 60m Hurdles
 32. 5000m Walk 36. High Jump 40. Pole Vault 44. Long Jump 48. Triple Jump 52. Shot Put 56. Weight Throw



2007 ONTARIO PROVINCIAL INDOOR BANTAM / MIDGET / JUNIOR CHAMPIONSHIPS – Revised Feb. 07, 2007

- DATE:** Saturday and Sunday, March 3rd and 4th, 2007
- SANCTIONED BY:** Ontario Track and Field Association
- HOSTED BY:** Windsor Legion Track & Field Club, University of Windsor Track and Field Alumni Club
- LOCATION:** St. Denis Centre
University of Windsor, Windsor
- FACILITY:** Mondo surface on 6 lane 200m oval and on all field event approaches with concrete throwing circle. Change room facilities and showers are available - bring own lock and towel.
- MEET DIRECTORS:** Darl Edwards
edwar13@uwindsor.ca
(519) 791-1818
- ENTRIES CHAIRPERSONS:** Brett Lumley
lumley3@uwindsor.ca
(519) 253-3000 Ext.2423
- Dennis Fairall
fairall@uwindsor.ca
(519) 253-3000 Ext. 2440

ENTRY DEADLINES AND FEES:

First Deadline: 8:00pm Thursday, February 22nd
Fees: \$18.00 per athlete per event

Final Deadline: 8:00pm Wednesday, February 28th
Fees: \$28.00 per athlete per event

LATE ENTRIES: Entries received after February 28th will be accepted **at the discretion** of the meet organizers and only if it does not cause a disruption of the conduct of the meet.

These entries will be subject to a \$50.00 per event entry fee **IF ACCEPTED**.

No entries will be accepted after 5:00 PM on March 3rd, 2006.

Entry fees and waivers **MUST** accompany the entry forms.

Emailed entries are allowed in one of two formats:

- 1) [Preferred] HY-TEK file (instructions & event file is available online at www.windsorlegiontrack.com).
- 2) MSExcel file that duplicates the entry form.

Clubs submitting their entries via email with an attached Hy-Tek file have until the second entry deadline to do so and will only be charged the first entry deadline fee.

Please make cheques payable to “**University of Windsor Track & Field Alumni Club**”

Payment may also be made by credit card (VISA or MC) with an additional service fee of \$5. Please

provide all relevant information with your entries i.e., card type, cc number and expiration date plus name on the card with billing address.

No entries are to be dropped off at the O.T.F.A. office. **Faxed or email entries will be accepted provided that credit card information or cheque covering the entry fees is also received. If sending a cheque, it must be in the hands of the entry chair by the second deadline. Fax to: (519) 973-7058.**

NO REFUNDS NO SUBSTITUTIONS

You are responsible for on-time delivery. It is the club's responsibility for ensuring that the entries are received by the entries chairperson by the due date.

If sending entries by PRIORITY POST, please check off the "signature not required" box.

If sending by REGISTERED MAIL - your receipt is proof that your entry has been received.

Mailing Address: Athletic & Recreational Services
 University of Windsor
 Windsor, ON
 N9B 3P4

Start Lists: Start lists will be posted at: www.windsorlegiontrack.com and www.golancers.ca

ELIGIBILITY: All athletes should be registered (competitive or masters category) and their clubs affiliated for 2007 with the OTFA (or their provincial/state association) by the time entry forms are received by the competition secretary. Any outstanding registration issues may be settled at the competition site for an additional fee of \$10 per athlete. Any athlete who has been allowed to compete without completing registration and who fails to do so within the timeline set out by the OTFA registrar is subject to having his/her results voided and being suspended from further membership and activities of the OTFA.

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.

WAIVER: Each participant is required to sign the waiver form attached. For athletes under the age of 18, a parent or guardian's signature must appear on the waiver. The waiver forms must accompany your entry forms.

ENTRY FORMS: The attached entry form or a photocopy must be used for all entries. Improperly completed forms will be returned and, if subsequently accepted, will be subject to late entry fees.

LANE / HEAT / SELECTION ASSIGNMENTS:

Lanes, Heats and Sections will be assigned according to the rules of the IAAF / OTFA.

Lane 1 will not be used in the junior women's and men's 200m.

SCRATCHES/CHECK-IN

We ask that all coaches or club administrators make initial scratches on the form provided in the team packages upon their arrival. Additional scratches will be accepted throughout the competition. **IT IS TO THE BENEFIT OF ALL ATHLETES FOR ALL SCRATCHES TO BE REPORTED AT LEAST 90 MINUTES PRIOR TO THE EVENT. THIS WILL ALLOW FOR FULL AND COMPETITIVE SECTIONS, SAVING TIME AND ALLOWING ATHLETES THE OPPORTUNITY TO COMPETE IN FULL EVENTS. IF ATHLETES HAVE NOT REPORTED TO THE EVENT STARTING AREA 10 MINUTES PRIOR TO THE START OF THEIR EVENT THEY ARE SUBJECT TO BEING SCRATCHED FROM THE EVENT.**

AWARDS: Gold, Silver and Bronze medals will be awarded to the first three finishers in each event. Duplicate medals will be awarded to non-Ontario athletes finishing in the top three.

WALKING & WEIGHT THROW EVENTS:

The Provincial Championships for **Midget** and **Junior** walking events and **all categories** of the weight throws will be held in other competitions starting Jan. 28. Contact Roman Olszewski if further information required.

STARTING HEIGHTS: Unless all competitors agree to a higher height, starting heights will not exceed the following:

	<u>BG</u>	<u>BB</u>	<u>MG</u>	<u>MB</u>	<u>JW</u>	<u>JM</u>
High Jump	1.25	1.30	1.35	1.48	1.48	1.83
Pole Vault			1.80	2.50	1.80	2.50

SPECIFICATIONS FOR HURDLING EVENTS:

<u>EVENT</u>	<u>DISTANCE</u>	<u>#</u>	<u>HEIGHT(m)</u>	<u>to 1st Hurdle</u>	<u>between</u>
Bantam Girls	60m	5	0.762	11.50m	7.50m
Bantam Boys	60m	5	0.762	11.50m	7.50m
Midget Girls	60m	5	0.762	12.00m	8.00m
Midget Boys	60m	5	0.840	13.00m	8.50m
Junior Women	60m	5	0.840	13.00m	8.50m
Junior Men	60m	5	0.990	13.72m	9.14m

FACILITY RULES AND REGULATIONS:

STARTING BLOCKS:

Official blocks will be supplied by meet management. However, any starting block complying with IAAF rules may be used.

MAXIMUM SPIKE LENGTH - 6mm pyramid spikes only (WILL BE ENFORCED !!)
NO Christmas tree or needle spikes allowed.

NO portable radio / tape players inside the centre including track and stands.

OFF LIMITS

The track and field areas are off limits to all non-competitors at all times. Coaches, parents, friends and non-competing athletes may risk disqualification of competing athletes if they do not abide by these rules.

All officials working areas, whether inside or outside the track, are off limits.

SPORTSMANSHIP

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

ACCOMMODATIONS:

The University of Windsor Alumni Track and Field Club has block booked a number of rooms with the University's official sponsor, the Westmont Hospitality Group. When booking indicate "**Ontario Track & Field Association (OTFA)**" group/sports rate. Booking for all 3 hotels will be made directly with each Hotel.

Quality Suites Downtown 250 Dougall Ave. Windsor, ON N9A 7C6 (\$ 99.00 per room 1 > 4 people) (519) 977-9707	Radisson Hotel 333 Riverside Drive West Windsor, ON N9A 5K4 (\$99.00 double) (519) 977-9777	Comfort Inn 2765 Huron Church Road Windsor, ON N9E 3Y7 (\$99.00 per room 1-4 people) (519) 972-1331
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ALL ROOMS BLOCKED, held until Feb.14th Phone: (519) 972-1331

HOW TO GET TO THE ST. DENIS CENTRE:

Take Highway 401 to Windsor. Follow the signs for the "Bridge to USA", exit 401 at this exit, where it becomes Highway 3 / Talbot Road. Eventually this road becomes Huron Church Road. Follow Huron Church Road to the intersection of College Avenue....turn RIGHT. The St. Denis Centre is located within 200m of the Huron Church intersection on your RIGHT.

AGE DIVISIONS:	JUNIOR (JW/JM)	born in 1988-89
	MIDGET (MG/MB)	born in 1992-1993
	BANTAM (BG/BB)	born in 1994 or later

CLUB OFFICIALS' ASSISTANTS.

Please note that for this meet clubs are not required to provide an officials' assistant.

Please note the following rules from the OTFA Policies and Procedures for Championships Handbook:

140. ADVANCEMENT PROCEDURES - NON-OTFA, OUT-OF-PROVINCE ENTRIES

140.1 TRACK EVENTS WITH QUALIFYING ROUNDS

- 140.11 In events where there are three rounds all athletes (i.e., OTFA and non-OTFA) entered will be eligible to advance to the second round according to the announced advancement procedures.
- 140.12 Non-OTFA, out-of province athletes who advance from the qualifying round shall be placed in the final. However, if this results in fewer than 4 OTFA athletes in the final, two timed finals shall be conducted. See Sections 140.13 and 140.14.
- 140.13 If two timed finals are necessary, the second timed final shall consist of the top 4 OTFA athletes as seeded by the preceding rounds and the top-seeded non-OTFA, out-of-province qualifiers. See Section 140.14.
- 140.14 The first timed section shall consist of the next fastest qualifiers as seeded by the preceding round, including non-OTFA, out-of-province athletes.
- 140.15 Final finish positions in events in which a second timed section is required will be determined on the basis of times.

140.2 TRACK EVENTS WITH TIMED SECTIONS

- 140.21 Non-OTFA, out-of province athletes shall be eligible for placement in the timed section with the fastest-seeded athletes except where this would result in there being fewer than:
 - 3 OTFA athletes in a race with lanes for 3 competitors
 - 4 OTFA athletes in races of from 200m to 800m, indoors or outdoors
 - 6 OTFA athletes in races of over 800m. indoors and outdoorsSee Section 140.22
- 140.22 Any non-OTFA, out-of-province athlete excluded from the fastest timed section by virtue of Section 140.21 shall be placed in the next fastest section.

140.3 FIELD EVENTS

- 140.31 In field events all non-OTFA, out-of-province entrants shall be permitted to advance to the finals if they so qualify. The top 8 OTFA athletes as determined after the third round of competition shall also be permitted to advance.

SANCTIONED and REQUIRED BY:

THE ONTARIO TRACK AND FIELD ASSOCIATION

RELEASE WAIVER AND INDEMNITY

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

2007 O.T.F.A. Bantam - Midget - Junior Championship

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

**ONTARIO TRACK AND FIELD ASSOCIATION
UNIVERSITY OF WINDSOR TRACK & FIELD ALUMNI CLUB
WINDSOR LEGION TFC
ST. DENIS CENTRE
UNIVERSITY OF WINDSOR
WINDSOR, ONTARIO
DENNIS FAIRALL
BRETT LUMLEY**

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, 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, or 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 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.

Date	Print Name	Signature - If under 18 years of age, Parent, Guardian or Power of Attorney to sign below
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Date	Print Name	Signature of Legal Guardian
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2007 ONTARIO PROVINCIAL BANTAM / MIDGET / JUNIOR CHAMPIONSHIPS

REVISED TENTATIVE SCHEDULE OF EVENTS

TIME	TRACK	TIME	FIELD EVENT	AGE GROUP
<u>SATURDAY, MARCH 3, 2007</u>				
1:00PM	1500m Sections	1:00PM	Shot Put Triple Jump	BG/MG BB/MB
2:30PM	60m (Heats, SF or F)	2:15PM	Triple Jump Shot Put	BG/MG JW
		3:15PM	Triple Jump Shot Put	JW BB/MB
3:30PM	400m Sections	4:00PM	Shot Put	JM
		4:30PM	Triple Jump	JM
<u>SUNDAY, MARCH 4, 2007</u>				
9:00AM	800m/1500m Walks (Bantam/ Midget / Juvenile)			
9:30AM	3000m Sections	9:30AM	Long Jump High Jump	BB/MB BG/MG
		10:30AM	High Jump Long Jump Pole Vault	JW BG/MG MG/JW
10:30AM	60m (SF, if necessary)			
11:00AM	60m Hurdles (SF or F) order: JM - JW - MB - MG - BB - BG	11:30AM	Long Jump High Jump	JM BB/MB
LUNCH BREAK				
1:00PM	60m Hurdles Finals order: BG - BB - MG - MB - JW - JM	12:30 PM	Pole Vault	MB/JM
1:15PM	60m Finals			
1:30PM	800m Sections	1:30PM	High Jump Long Jump	JM JW
2:35PM	200m Sections			

PLEASE NOTE

1. Unless otherwise specified, the order of events shall be: BG -BB -MG-MB -JW -JM
2. Fast sections will be run last.
3. Events may be advanced or delayed up to 30 minutes without notification prior to start of the meet. A **FINAL SCHEDULE** will be posted prior to each day's events and this schedule will not change.

2007 ONTARIO BANTAM, MIDGET, JUNIOR INDOOR TRACK AND FIELD CHAMPIONSHIPS

BANTAM GIRLS ENTRY FORM

Club: _____

Coach: _____ Telephone: _____

EVENTS: Please print last name first and enter the event name and number corresponding to the events listed below. If the athlete wishes to enter more than three events, continue entries on another line. **Seed performances for 200m and 400m entries should include “i” for indoor or “o” for outdoor. Indicate “est” for estimate. This information will allow for more accurate seeding.**

Birth Date MM/DD/YY	Name	Event	Seed	Event	Seed	Event	Seed
	1.						
	2.						
	3.						
	4.						
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Event Numbers:

1. 60 metres 7. 200 metres 13. 400 metres 19. 800 metres 25. 1500 metres 31. 3000 metres 37. 60m Hurdles
 43. 800m RW 49. High Jump 59. Long Jump 65. Triple Jump 71. Shot Put

2007 ONTARIO BANTAM, MIDGET, JUNIOR INDOOR TRACK AND FIELD CHAMPIONSHIPS

BANTAM BOYS ENTRY FORM

Club: _____

Coach: _____ Telephone: _____

EVENTS: Please print last name first and enter the event name and number corresponding to the events listed below. If the athlete wishes to enter more than three events, continue entries on another line. **Seed performances for 200m and 400m entries should include "i" for indoor or "o" for outdoor. Indicate "est" for estimate. This information will allow for more accurate seeding.**

Birth Date MM/DD/YY	Name	Event	Seed	Event	Seed	Event	Seed
	1.						
	2.						
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	25.						

Event Numbers:

2. 60 metres 8. 200 metres 14. 400 metres 20. 800 metres 26. 1500 metres 32. 3000 metres 38. 60m Hurdles
 44. 800m RW 50. High Jump 60. Long Jump 66. Triple Jump 72. Shot Put

2007 ONTARIO BANTAM, MIDGET, JUNIOR INDOOR TRACK AND FIELD CHAMPIONSHIPS

MIDGET WOMEN ENTRY FORM

Club: _____

Coach: _____ Telephone: _____

EVENTS: Please print last name first and enter the event name and number corresponding to the events listed below. If the athlete wishes to enter more than three events, continue entries on another line. **Seed performances for 200m and 400m entries should include “i” for indoor or “o” for outdoor. Indicate “est” for estimate. This information will allow for more accurate seeding.**

Birth Date MM/DD/YY	Name	Event	Seed	Event	Seed	Event	Seed
	1.						
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	25.						

Event Numbers:

3. 60 metres 9. 200 metres 15. 400 metres 21. 800 metres 27. 1500 metres 33. 3000 metres 39. 60m Hurdles
 51. High Jump 55. Pole Vault 61. Long Jump 67. Triple Jump 73. Shot Put

2007 ONTARIO BANTAM, MIDGET, JUNIOR INDOOR TRACK AND FIELD CHAMPIONSHIPS

MIDGET MEN ENTRY FORM

Club: _____

Coach: _____ Telephone: _____

EVENTS: Please print last name first and enter the event name and number corresponding to the events listed below. If the athlete wishes to enter more than three events, continue entries on another line. **Seed performances for 200m and 400m entries should include “i” for indoor or “o” for outdoor. Indicate “est” for estimate. This information will allow for more accurate seeding.**

Birth Date MM/DD/YY	Name	Event	Seed	Event	Seed	Event	Seed
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Event Numbers:

4. 60 metres 10. 200 metres 16. 400 metres 22. 800 metres 28. 1500 metres 34. 3000 metres 40. 60m Hurdles
 52. High Jump 56. Pole Vault 62. Long Jump 68. Triple Jump 74. Shot Put

2007 ONTARIO BANTAM, MIDGET, JUNIOR INDOOR TRACK AND FIELD CHAMPIONSHIPS

JUNIOR WOMEN ENTRY FORM

Club: _____

Coach: _____ Telephone: _____

EVENTS: Please print last name first and enter the event name and number corresponding to the events listed below. If the athlete wishes to enter more than three events, continue entries on another line. **Seed performances for 200m and 400m entries should include "i" for indoor or "o" for outdoor. Indicate "est" for estimate. This information will allow for more accurate seeding.**

Birth Date MM/DD/YY	Name	Event	Seed	Event	Seed	Event	Seed
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Event Numbers:

5. 60 metres 11. 200 metres 17. 400 metres 23. 800 metres 29. 1500 metres 35. 3000 metres 41. 60m Hurdles
 53. High Jump 57. Pole Vault 63. Long Jump 69. Triple Jump 75. Shot Put

2007 ONTARIO BANTAM, MIDGET, JUNIOR INDOOR TRACK AND FIELD CHAMPIONSHIPS

JUNIOR MEN ENTRY FORM

Club: _____

Coach: _____ Telephone: _____

EVENTS: Please print last name first and enter the event name and number corresponding to the events listed below. If the athlete wishes to enter more than three events, continue entries on another line. **Seed performances for 200m and 400m entries should include "i" for indoor or "o" for outdoor. Indicate "est" for estimate. This information will allow for more accurate seeding.**

Birth Date MM/DD/YY	Name	Event	Seed	Event	Seed	Event	Seed
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Event Numbers:

6. 60 metres 12. 200 metres 18. 400 metres 24. 800 metres 30. 1500 metres 36. 3000 metres 42. 60m Hurdles
 54. High Jump 58. Pole Vault 64. Long Jump 70. Triple Jump 76. Shot Put