



RUNDEZ-VOUS

Roman Olszewski

Director of Technical Services

45 Wellandvale Dr.
Welland, ON L3C 7C4
T: 905-732-9955
F: 905-732-0506
E: olsz@iaw.on.ca

John Craig

Director of Marketing & Administration

Anthony Biggar

Manager of Communications & Public Relations

Wendy Lee

Bookkeeper & Registration Manager

O.T.F.A. Office

1185 Eglinton Ave., East,
Suite 302
Toronto, ON M3C 3C6
T: 416-426-7215
F: 416-426-7358
E: ontrack@eol.ca
W: www.otfa.ca



Phoenix wins Indoor Youth and Senior Club Championships

Pending verification, Phoenix TFC has won both the OTFA Youth and Senior team titles following completion of the Indoor Youth-Senior Championships in Toronto on February 16-17.

In the Youth division Phoenix scored 120 points. The next 5 clubs were: London Legion 101, Laurel Creek 63, South Simcoe/Dufferin 47, Saugeen 43 and Niagara Olympic Club with 42.5 points.

In the Senior category, Phoenix had 72 points, not too far ahead of York University TC's 65. Etobicoke TFC was third with 53. The next 3 clubs were London Legion 48, Project Athletics 44 and I Be Fast 36.

More complete team standings will appear in the next edition of Rundez-Vous.

Entry to Competition Area To be Restricted to OTFA-Registered Coaches/Administrators

Please note that beginning with the 2008 OTFA Indoor Bantam-Midget-Junior Championships (Toronto Track & Field Centre, March 1 - 2), only OTFA-registered coaches and administrators will be permitted entry on the competition floor or field.

Also, coaches who wish to be near their athletes during competition will be required to stay in the designated areas, which are now marked out on the floor for each event.

Inside RUNDEZ-VOUS:

ITEM	PAGE
Indoor Youth-Sr Champs	1
Entry to Comp. Area	1
OSG/Eastern Cdn. Espoir	2
Team Staff	2
OTFA X-C Distances	2
IAAF Rulebooks	2
Training Camp Grants	2
SK Coaching Symposium	2
Reminder	2

Important Documents (Attachments)

Fixtures	3-6
BMJ Tech. Package	7-16

2008 Ontario Summer Games – Eastern Canadian Espoir Team Championships

The 2008 Ontario Summer Games will be held in Ottawa on Thursday, August 14 and Friday, August 15. This will be a high-performance Espoir competition intended to be a pre-Canada Games opportunity for the best 120 Ontario athletes aged 21 and under (as on December 31, 2008). The competition will be held in conjunction with the 5th Eastern Canadian Espoir Team Championships, which will bring the top Espoir athletes from all of eastern Canada to Ottawa. Coaches and athletes – please include this important meet in your training/competition plan for this summer. Events offered, selection details, etc. will be provided soon.

Team Staff for Ontario Summer Games/Eastern Canadian Espoir Team Championships

Coaches and managers who would like to be considered for a position on the staff for the Ontario Summer Games/Eastern Canadian Espoir Team should send a brief resume by March 10 to Roman Olszewski. Anyone wishing to be considered next year for a position on the Ontario Canada Games team is especially encouraged to submit his/her nomination. Selected team staff and athletes will be expected to register in Ottawa on Wednesday, August 13 and attend the opening ceremonies that evening.

OTFA Cross Country Distances

A committee has been formed to study the cross country distances in all age groups currently used by the OTFA at its championship meet.

The distances are:

BG	2000m	BB	3000m
MG	3000m	MB	4000m
YG	4000m	YB	6000m
JW	5000m	JM	8000m
SW	6000m	SM	10,000m

Coaches and athletes with an interest are invited to send their comments. One recent proposal was to increase the distance of the BG race from 2000m to 3000m. Please respond to Stuart Smith at stuart.j.smith@can.dupont.com by February 29.

2008 IAAF Rulebooks

We have a small supply of 2008 IAAF Rulebooks for sale at \$8.00 plus GST each to OTFA members and \$10.00 plus GST to others. For mail orders please add \$2.00 for shipping and handling. Roman Olszewski will have a few copies for sale at the OTFA Indoor B-M-J Championships in Toronto on March 1 - 2. You may reserve a copy by contacting him. Officials may obtain their books from Enrico Toscano.

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, 2008. The amount of grant will depend on the overall cost of the project, the number of OTFA-registered athlete-coaches participating and the number of applications submitted. Please contact Roman Olszewski and provide an outline of your plans or contact him for more information.

Saskatchewan Athletics Coaching Symposium – Insights into World Class Coaching

Two coaching symposia featuring speakers such as Dan Pfaff, Gary Winckler and Wynn Gmitroski will be held in Regina on March 21 - 23 and in Saskatoon on March 28. For details, please visit the Saskatchewan Athletics website at: www.saskathletics.ca.

Reminder: OTFA Registrations and Championships

Club secretaries, coaches, etc. are reminded that the OTFA registration deadline for championship entrants (in almost all OTFA Championships) will be 11:59 pm of the Sunday prior to the championships. The earlier timeline will allow office staff to notify clubs of ineligible athletes (to prevent needless travel) and to rectify errors in our registration databank. After that, registration forms will not be accepted for entered athletes either in the OTFA office or at the competition site.



Information is subject to change. Please note that a meet's inclusion on this list does not imply that it is sanctioned. 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. Performances will also count for all out-of-province events provided they are sanctioned by the provincial sport organization or Athletics Canada

S: OTFA Sanctioned

A: OTFA Approved (not OTFA Sanctioned but approved for competition by OTFA athletes)

S(AC): Athletics Canada sanctioned

Date	Status	Competition/Event	Location	Contact
February 15	A	Hal Brown Last Chance Meet	Toronto (U of T)	E
Feb. 16-17	S	OTFA Indoor Youth/Senior Championships	Toronto (TTFC)	TT
Feb. 21-22	S	Hamilton Indoor Games	Hamilton	UU
Feb. 22-23	A	OUA Indoor Track & Field Championships	Windsor	
February 23	S	Dome Super Saturday Athletic Series 4	Ottawa	Y
February 24	A	Ontario Masters Indoor Championships	Toronto (TTFC)	G
March 1-2	S	OTFA Indoor Bantam-Midget-Junior Champs	Toronto (TTFC)	B
March 6-8	A	CIS Indoor Track & Field Championships	Montreal (McGill)	
March 7-9		World Indoor Championships	Valencia, Spain	
March 27		Louis Riel Dome High School Track Series #1	Ottawa	Y
March 30		World Cross Country Championships	Edinburgh, Scotland	
April 2	S(AC)	Canadian Half-Marathon Championships	Montreal, QC	
April 3		Louis Riel Dome High School Track Series #2	Ottawa	Y
April 10		Louis Riel Dome High School Track Series #3	Ottawa	Y
April 17		Louis Riel Dome High School Track Series #4	Ottawa	Y
April 24		Louis Riel Dome High School Track Series #5	Ottawa	Y
TBD	S	OTFA 10,000m Track 4x1500 Relay Champs	London	O
May 1		University of Ottawa High School Invitational	Ottawa	Y
May 8		National Capital High School Classic (& Open)	Ottawa	Y
May 8-10		Glenn D. Loucks Games (HS only)	White Plains, NY	
May 10		Ottawa Olympic Prep Meet 1	Ottawa	Y
May 17		Ottawa Olympic Prep Meet 2	Ottawa	Y
May 18-31	A	Ontario High School Regionals	Various	
May 24		Ottawa Olympic Prep Meet 3	Ottawa	Y
May 25	S(AC)	Canadian Marathon Championships	Ottawa	
June 1	S	OTFA 10km Road Walk Championships	Toronto	N
June 4		Brooks Ottawa Summer Twilight Series 1	Ottawa	Y
June 5-7	A	OFSAA Track & Field Championships	Hamilton	
June 7		Ottawa Olympic Prep Meet 4	Ottawa	Y
June 11		Brooks Ottawa Summer Twilight Series 2	Ottawa	Y
Mid-June	S(AC)	2008 PacifiCanada Series	BC	
June 14	A	RCL District C Meet	Kitchener	HH
TBD	S(AC)	Canadian 10,000m Championships	TBD	
June 14	A	RCL District F Meet	Belleville	W
June 14	A	Bruce Faulds MTA Meet	Belleville	W
June 14-15	S	OTFA National Junior & Senior Qualifier #1	Toronto (TTFC)	B
June 18		Brooks Ottawa Summer Twilight Series 3	Ottawa	Y
June 21-22	S	OTFA Supermeet #1 Jr & Sr Championships	Ottawa	Y
June 25		Brooks Ottawa Summer Twilight Series 4	Ottawa	Y
June 28	A	RCL District G Championships	Ottawa	Y
June 28		Ottawa Olympic Prep Meet 5	Ottawa	Y
June 29	A	Ontario Masters Outdoor Championships	Toronto (TTFC)	G



Information is subject to change. Please note that a meet's inclusion on this list does not imply that it is sanctioned. 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. Performances will also count for all out-of-province events provided they are sanctioned by the provincial sport organization or Athletics Canada

S: OTFA Sanctioned

A: OTFA Approved (not OTFA Sanctioned but approved for competition by OTFA athletes)

S(AC): Athletics Canada sanctioned

Date	Status	Competition/Event	Location	Contact
TBD	S	OTFA Outdoor Relays (?: 4x200m, Sprint Medley)	Hamilton	?
July 3-6	S(AC)	Canadian Sr. Championships/Olympic Trials	Windsor	
Mid-July	S(AC)	Eastern Canadian High Performance Series	ON/QC/NS	
July 8-13		2008 IAAF World Jr. Championships	Bydgoszcz, Poland	
July 9		Brooks Ottawa Summer Twilight Series 5	Ottawa	Y
July 16		Brooks Ottawa Summer Twilight Series 6	Ottawa	Y
July 18-19	A	RCL Ontario Legion Championships	Kitchener	
July 18-20		2008 NACAC Under 23 Championships	Toluca, Edo.Mexico	
July 25-27	S(AC)	Canadian Jr. Championships	Abbotsford, BC	
August 1-3	A	Canadian Masters Championships	Regina, SK	
August 2-3	S	OTFA Supermeet #2 Bant/Midg/Yth Champs	Toronto (TTFC)	F
August 6		Brooks Ottawa Summer Twilight Series 7	Ottawa	Y
August 6-12	S(AC)	2008 RCL Canadian Legion Championships	Sherbrooke, QC	
August 10		Timmins Golden Trails Festival	Timmins www.goldentrails.net	
August 13		Brooks Ottawa Summer Twilight Series 8	Ottawa	Y
Aug. 13-16		Ontario Summer Games/E.Cdn.Espoir Chmps	Ottawa	
Aug. 15-24		2008 Olympic Summer Games	Beijing, China	
September 14	S	OTFA 20km Road Walk Championships	Welland	T
October 18	S(AC)	TransCanada Run with the Champions	Ottawa	
November 16	S	OTFA Cross Country Championships	Toronto (Sunnybrook)	V V
November 29	S(AC)	Canadian Cross Country Championships	Guelph	QQ



CONTACTS

A Suzanne Leroux suzanneleroux@rogers.com Ph. 416-733-2962
AA John Zubyck zuber25@hotmail.com Ph.416-324-9305
B Colin Inglis cinglis@yorku.ca Ph. 416-736-2100 ext. 44669
BB John Carson carson.j@sympatico.ca
C Brett Lumley lumley_3@uwindsor.ca Ph. 519-253-3000 ext. 2423
CC Jason Tunks jtunkc248@rogers.com
D Vickie Croley vcroley@uwo.ca Ph. 519-661-2111 ext. 85073
DD Stanley Samuel beyondsports@projectathletics.com Ph. 416-495-0582
E Carl Georgevski carl.georgevski@utoronto.ca Ph. 416-978-2991
EE Alan Baigent alanbaigent@sympatico.ca Fax. 416-397-6052
F Bill Stephens nedtrackman@rogers.com Ph. 416-759-7817
FF Stuart Galloway stuartg@cogeco.ca Ph. 905-934-8488
G Ontario Masters TFA douglasj.smith@sympatico.ca
GG Sharon Stewart redcoats_xc@hotmail.com Ph. 905-934-4937
H Rick Westwood bulletstrack@hotmail.com
HH Tom Read tom.read@sympatico.ca Ph. 519-896-1861 Fax: 519-896-0827
I Anthony Biggar (OTFA) ontrack@eol.ca Ph. 416-426-7215 Fax: 416-426-7358
II Joel Skinner skinzhj@hotmail.com Ph. 519-336-3484 (Res)
J Albert Tschirhart tschrhrt@sympatico.ca
JJ Gary Lubin 416-223-8008 (Res) 416-671-0527 (Cell)
K Ontario Minor Track www.minortrack.ca
KK John Allan allan4115@rogers.com Ph. 519-657-4115
L Richard Lenz Rlenz66593@aol.com Ph. 1-888-268-2762
LL Jamie Patchett coach.patchett@durhamdragons.ca
M Jeremy Yates jyates33@hotmail.com
MM Scott Haines hiitter@hotmail.com
N Stafford Whalen staffordwhalen@rogers.com
NN Gary Malloy gmalloy@cogeco.ca Ph. 519-948-6073
O Steve Weiler steveweiler@hotmail.com Ph.519-777-6096
OO Kevin DiNardo eyeamkevin@hotmail.com 519-996-8095
P Esha Herbert esha.herbert@cummins.com tubmangames@yahoo.com
PP Vital Shank polowy@ntl.sympatico.ca Ph. 705-264-0827 Fax: 705-235-8943
Q Tom Read tom.read@sympatico.ca Ph. 519-896-1861 Fax: 519-896-0827
QQ Dave Scott-Thomas dscottth@uoguelph.ca Ph. 519-763-2928
R Bob Tucker brockvillelegion@yahoo.ca Ph. 613-345-5808
RR Alanna Boudreau aboudreau@athletics.ca Ph. 204-489-7606 or 204-880-6256
S Dennis Fairall fairall@uwindsor.ca Ph.519-253-3000 ext. 2440
SS Doug Krall jkrall@ciaccess.com Ph. 519-882-1055
T Roman Olszewski olsz@iaw.on.ca Ph. 905-732-9955 Fax: 905-732-0506
TT Marc Christie marcchristie@rogers.com Ph. 905-896-4192
U Sheila Siermachesky sheila.siermachesky@dsb1.edu.on.ca Ph 705-647-1233
UU Bill Urie uriewm@interlynx.net
V Val Sarjeant vsarjeant@hotmail.com Ph.905-664-3852
V V David Christiani davidchristiani@rogers.com
W Tom Carr quintelegion@cogeco.ca
WW Darryl Snyder windsorlegiontrack@hotmail.com
X Chris Moulton cmoulton@uoguelph.ca
Y Andy McInnis ottl@bellnet.ca www.ottawalions.com Ph: 613-247-4886
Z Stuart Galloway noc_coach@hotmail.com Ph. 905-934-8488



2008 TIMEX Roadrunning Series

Date	Competition	Location	Contact
April 19	Spring Into Action Physio 5K Run 5km - 8:30am	Toronto	Adam Saporta adam.saporta@yahoo.com
April 27	Backs In Motion 5km - 9:00am	Toronto	Jodi Spivak jspivak@cmcc.ca 416-482-2340 x200
May 24	MDS Nordion 10k 10km - 6:30 pm	Ottawa	National Capital Marathon Inc info@ncm.ca
June 8	Bread & Honey Road Races 15km - 8:00 am	Mississauga	Ellie Arruda www.breadandhoneyrace.com
June 8	Toronto Challenge 5km - 9:30 am	Toronto	Erin Mulcahey Abbott challenge@toronto.ca www.toronto.ca/challenge
June 18	Night Crawler 5 Miler 5 miles - 7:15 pm	Toronto	Bruce Trigg Ph. 905-469-1962 Fax: 905-469-1503 www.nightcrawler.to
July 20	Lindsay Milk Run 10km - 9:00 am	Lindsay	Shelley Cooper 705-324-9411 x335 scooper@city.kawarthalakes.on.ca
September 21	Longboat Toronto Island Run 10km - 11:15 am	Toronto	Mike Turner info@longboatroadrunners.com
October 18	TransCanada Run with the Champions 10km	Ottawa	http://www.transcanada10km.ca/

www.otfa.ca



2008 Ontario Provincial Indoor Bantam-Midget-Junior Championships

DATE:	Saturday and Sunday, March 1-2, 2008		
SANCTIONED BY:	Ontario Track & Field Association		
HOSTED BY:	York University Track Club		
LOCATION:	Toronto Track & Field Centre (York University, Toronto)		
COMPETITION DIRECTOR:	Richard Parkinson Colin Inglis	Tel: 416-736-2100 x20119 Tel: 416-736-2100 x44669	Email: parkinr@yorku.ca Email: cinglis@yorku.ca
ENTRIES CHAIRPERSON:	Suzanne Leroux	Tel: 416-733-2962	Email: suzanneleroux@rogers.com

ENTRY DEADLINES & FEES:

One Deadline: 11:59 pm, Sunday, February 24, 2008

Fee: \$18.00 per athlete per event

Please make cheque payable to York University T.F.C. Present payment when picking up club envelope at the meet registration area.

The Entries Chairperson will only be accepting entries electronically until Sunday February 24, 11:59 pm via:

- **Hy-Tek Team Manager or Hy-Tek Team Manager Lite,**

For instructions, the event file and "On-Line registration" please go to the Events Calendar at www.otfa.ca. For assistance, please contact Suzanne Leroux.

POST ENTRIES:

Entries received after February 24 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.

To be eligible for post entry, athletes must have been registered with the OTFA by the registration deadline of 11:59 pm, Sunday, February 24, 2008.

NO REFUNDS.NO SUBSTITUTIONS.





START LISTS: Start lists will be posted at: www.otfa.ca on Tuesday February 26.

ELIGIBILITY: Athletes residing in Ontario must be registered and their clubs affiliated for 2008 with the OTFA by the Entry Deadline of 11:59 pm, Sunday, February 24.

Athletes registered with the OTFA as “Unattached”, or “Disassociated” do not require a club affiliation.

Athletes residing in Ontario but representing a club from outside the province must be registered with their association and must be entered by their respective clubs.

Athletes residing outside of Ontario must be registered for 2008 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 be submitted at the registration desk the day of the competition.

AGE CATEGORIES:

Bantam (BG, BB)	born in 1995 or after
Midget (MG, MB)	born in 1993 or 1994
Junior (JW, JM)	born in 1989 or after

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:

Athletes should check in at their events 30 minutes but absolutely no later than 10 minutes prior to the start time. Scratches will reduce the number of empty lanes, so please report them to the meet office as soon as possible on the scratch sheets that will be in your packages.

SCHEDULE: The schedule is subject to change. Arrive early, as event starting times (except for the first event) may be advanced by up to 30 minutes. Along with the performance lists, a revised schedule will be posted on line at www.otfa.ca and on the day in the balcony area of the facility for spectators and on the bulletin boards inside the field house.

TEAM PACKAGES Team packages will available for pickup in the classroom upstairs. Coaches please leave the packages upstairs with bib numbers so athletes can gain access to field house.

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.





FACILITY RULES & REGULATIONS: *IMPORTANT: New Facility Rules:**

Maximum spike length is now 5mm (9mm for High Jump only). Spiked shoes will be checked for spike length at the entrance to the fieldhouse. Please arrive early, particularly if entered in an early event.

Only OTFA-registered coaches and officials and meet organizing club volunteers will be permitted into the field house. All others must go to the spectator viewing area. The names of coaches who will be present at the competition and who will need access to the field house competition area must be emailed to the entries chairperson with the electronic entries. Coaches identification tags will be included in the club packages and must be presented at the facility entrance and worn at all times. otherwise, you will be asked to leave field house and watch from gallery.

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

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

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 as outlined in IAAF rule 146. In all cases, protests or appeals must be filed within 30 minutes of the official announcement or release of the results. If no protest or appeal is received within the above-mentioned time limit the result as released will stand. If a protest or appeal changes a result, 30 minutes will be allowed following the announcement or release of the decision for further appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The cost is \$25.00 which will be returned if the protest is upheld.

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. Please convey this information to the athletes.

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.



MANDATORY ADULT OFFICIALS' ASSISTANTS:

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 email the name of your volunteer(s) to Richard Parkinson at parkinr@yorku.ca by February 24, 11:59pm. Ask your volunteer to report to the classroom upstairs where they will sign in and be assigned their role by Richard Parkinson.

STARTING HEIGHTS:

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

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

* NEW: Pole Vault Coaches: Please email the desired starting height for your athletes.

SPECIFICATIONS FOR HURDLING EVENTS:

EVENT	DISTANCE	#	HEIGHT(m)	To 1st Hurdle	Between Hurdles
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

SPECIFICATIONS FOR THROWING EVENTS:

	BG	BB	MG	MB	JW	JM
Shot Put	3.0kg	3.0kg	3.0kg	4.0kg	4.0kg	6.0kg
Weight			20 lbs.	20lbs.	20lbs.	25lbs.





EVENTS

For All age categories:

- 60m
- 200m
- 400m
- 800m
- 1500m
- 3000m
- 60m Hurdles
- High Jump
- Long Jump
- Triple Jump
- Shot Put

For Bantam Girls and Boys only:

- 800m Walk

For Midget Boys and Girls and Junior Men and Women only:

- Pole Vault
- Weight

ACCOMMODATIONS: The Ontario Track and Field Association strongly recommends:
(Make sure to ask for the OTFA rate)



TORONTO AIRPORT MARRIOTT
901 Dixon Road
Toronto, ON M9W 1J5
Toll Free: 1-800-905-2811
www.marriott.com/yyzot code: otbotba
For groups of 10 or more or questions:
Marie - Tel: (416) 679-7313
marie.gambardella@marriott.com



HOLIDAY INN EXPRESS NORTH YORK
30 Norfinch Drive
Toronto, ON M3N 1X1
Tel: (416) 665-3500
Toll Free: 1-866-259-3501 (Bus. hrs)
Fax: (416) 665-0807
karen.to@whg.com
www.hiexpress.com/yyz-northyork



TRAVELODGE TORONTO NORTH
50 Norfinch Drive
Toronto, ON M3N 1X1
Tel: (416) 663-9500
Toll Free: 1-866-259-3501 (Bus. hrs)
Fax: (416) 663-8480
karen.to@whg.com
www.the.travelodge.com/northyork09777

How to get to the
Toronto T&F Centre:

1. Follow Highway 401 East to Highway 400 North.
2. Follow Highway 400 North to the Steeles Avenue exit.
3. Go East (left) on Steeles, past Jane Street and turn right at the York University Northwest Gate entrance, just past Pioneer Village.
4. Immediate first left entrance to parking lot is adjacent to track.





2008 ONTARIO PROVINCIAL BANTAM / MIDGET / JUNIOR CHAMPIONSHIPS

TENTATIVE SCHEDULE OF EVENTS - MARCH 1-2, 2008

TIME	TRACK	TIME	FIELD
SATURDAY, MARCH 1, 2008			
12:00 noon	BG & BB 800m Walk FINALS	12:00 noon	BB/MB Long Jump
12:15	60m Heats or Semi-Finals	12:00	BG/MG High Jump
1:15	BG, BB, MG, MB 1500m Timed FINALS	1:30	BB/MB High Jump
		1:30	JM Long Jump
2:10	60m Semi-Finals, if necessary		
2:30	JW, JM 1500m Timed Section FINALS	3:00	JW High Jump
		3:00	BG/MG Long Jump
3:45	60m FINALS		
4:05	400m Timed Section FINALS	5:00	JM High Jump
		5:00	JW Long Jump
	(Approximate finish time 6:00)		(Approximate finish time 6:15)

SUNDAY, MARCH 2, 2008			
9:00 a.m.	3000m Timed Section FINALS	9:00 a.m.	BB/MB Triple Jump
		9:30	BG/MG Shot Put
		10:00	MG/JW Pole Vault
		10:00	BG/MG Triple Jump
		10:30	JW Shot Put
11:00	60m Hurdles, Semi-Finals, if necessary.		
11:45	BG, BB, MG, MB 800m Timed Section FINALS		
LUNCH BREAK (c. 12:30-1:30)			
1:30	60m Hurdles FINALS (BG-BB-JW-MB-JM)	1:15	JW Triple Jump
		1:30	MB/JM Pole Vault
		1:30	BB/MB Shot Put
2:00	JW, JM 800m Timed Section FINALS	2:15	JM Triple Jump
		2:30	JM Shot Put
3:00	200m Timed Section FINALS	3:30	MB/JM Weight
		4:15	MG/JW Weight
	(Approximate finish time 5:00)		

Schedule Notes:

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 up to 30 minutes without notification prior to the start of the meet – a final schedule will be posted prior to each day's events and this will not change.
4. There is no declaration process at this meet. Athletes should report to their events 30 minutes but absolutely no later than 10 minutes prior to the scheduled or announced start time. Field event athletes must be present before the first trial for the first competitor commences. Report scratches to the results area at the announcer's/meet director's desk.





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

2008 O.T.F.A. INDOOR BANTAM-MIDGET-JUNIOR CHAMPIONSHIPS

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

ONTARIO TRACK AND FIELD ASSOCIATION
YORK UNIVERSITY TFC
TORONTO TRACK AND FIELD CENTRE
CITY OF TORONTO
ONTARIO OFFICIALS COUNCIL
RICHARD PARKINSON
COLIN INGLIS
SUZANNE LEROUX

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, Parent or
Guardian or Power of Attorney
to sign below.

Date

Print Name

Signature of Parent or
Guardian or Power of Attorney



Marriott®

TORONTO AIRPORT

***WE ARE PROUD TO WELCOME
ATHLETES FOR
THE OTFA PROVINCIALS 2008!!***

***\$99.00 Canadian funds
per room per night including parking!***
(Rates and parking are subject to availability)

*Just 15 minutes from
York University!*

*State of the Art Fitness Centre
Starbuck's Lobby Lounge
24 hour Room Service*

4 Star Luxury Accommodations

Indoor Pool, Whirlpool, Sauna

bistro
west by east

*For reservations please call **1-800-905-2811** and request
the **OTFA** group block at least two weeks prior to your arrival.
For groups of **10 or more** or for any questions please contact Marie at 416-679-7313
or email at marie.gambardella@marriott.com*



Not sure where you're sleeping tonight ?



Choose us, we never say no!

- Special Team Rates *
- Free Express Start Breakfast Bar *
- Free Parking *
- Hospitality Rooms (subject to availability) *
- Free High Speed Internet *



416-665-8830
north_yorkcluster@whg.com



Travelodge

Toronto North

50 Norfinch Drive, North York, Ontario M3N 1X1



Special Team Rates

10% off at Perkins Restaurant
when staying at our hotels

Free Parking

Hospitality Rooms
(subject to availability)

High Speed Internet

Come stay with us, your home away from home