



RUNDEZ-VOUS

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New Rules at the Toronto Track & Field Centre

Please note the following new rules that are being imposed at the Toronto Track & Field Centre following the recent resurfacing of the indoor facility:

- 1. Maximum spike length is now 5mm (was 6mm).** Spiked shoes will be checked for spike length at the entrance to the field house. Spikes of the correct length will be available for purchase from Centre staff.
- 2. Only coaches, 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 will need access to the field house 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 hand stamp or wristband.

The new rules will help increase the life span of the indoor facility, provide more room for athletes to warm up in, increase visibility for officials, decrease the risk of injury and leave the area in a cleaner condition.

OTFA Championship Entry Fees 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. The OTFA levy, which is included in the entry fee, will rise to \$7.50 from \$7.00 but the OTFA will now pick up the cost of medals. The OTFA levy is used primarily to provide travel expense money for officials working at provincial championships, for officials training and recognition and now also for the cost of medals.

2007 Indoor Club Championships

Scoring for the 2007 Indoor Club Championships will commence at the January 28 OTFA Preparation Meet for the combined events and several walking events. The relays and the Junior walking championships will be scored at the 2nd OTFA Prep. meet on February 4. Scoring will be completed at the Juvenile Senior Championships (Toronto) and the Bantam-Midget-Junior Championships. The rules are attached.

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New Coaching Coordinator Announced

We are pleased to announce that **Roger Burrows** has been appointed the Coaching Coordinator for the OTFA for the period ending March 31, 2007. In the short time that Roger has, he will be setting up a series of coaching workshops in various parts of the province and will be assisting in improving the Mentor Coach Programme. Roger has a wealth of experience, having served in the past as the Coaching Development Manager at Athletics Canada. The creation of the temporary position of Coaching Coordinator was made possible by a grant from the Active 2010 Programme.

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, which 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 burr014@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 will soon be 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

Repeat Announcement Section

Team Ontario Coaching and Managerial Positions for 2007

The OTFA is seeking coaches and managers for assignments to the following teams:

- Ontario Junior Team to USA Indoor Interscholastic Championships, New York City, likely March 7-12.
- Northeastern Walks Cup, likely Niagara Falls, NY, June 2
- Eastern Cdn. Team Espoir Champs, St. John's, NF, Aug. 1-5
- Ontario vs. Michigan Walks Match,
(either late summer or October, Michigan).
- Other projects, TBA.

Please contact Roman Olszewski as soon as possible for the March New York competition or **January 20** for the outdoor events, to register your possible interest. Membership in the OTFA (as either a coach or administrator) will be a requirement for all Team Ontario staff. All selected team staff will be expected to contribute toward the planning for the event and organization of the team they will be working with.

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 \$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.

Check-in Procedure at Provincial Championships

The following policy regarding checking in of athletes at Provincial Championships was formally adopted recently:

190. ATHLETE CHECK-IN PROTOCOL

- 190.1 Athletes shall not be required to declare their intention to compete at the competition venue. Coaches of athletes (or the athletes themselves) who will not be competing in an event should advise the Competition Director through the procedure announced prior to the commencement of competition.
- 190.2 Track athletes shall check in at the start line or designated area no sooner than 30 minutes prior to and no later than 10 minutes prior to the scheduled or re-scheduled start of the athlete's race.
- 190.3 Athletes in field events must report to the event site and declare their entries (i.e., "check-in") before the start of the first trial for any competition in the event.
- 190.4 A hardcopy of the athlete check-in protocol shall be posted, included in the club registration envelope and/or announced prior to the start of each day's competition and repeated several times throughout. Athletes who fail to check-in as required are subject to disqualification from the event.

This policy is included in the *Policies and Procedures for the Staging of Provincial Championships Version 1.1 (November 2006)* handbook. Changes to version 1.0 (February 2006) are listed above.

The entire handbook is available for download on the OTFA website. Click the "Provincial Chps. Bids" item on the menu on the left on the home page to find the championships policies handbook.

Help Needed with Provincial Road Event Records

We currently have a large number of road running events for which we do not have an Ontario record listed. Road running records were only added to the list several years ago and we need help in determining the best time achieved by an Ontarian anywhere (or

by a non-Ontario running in Ontario - i.e., the Open record).

Information provided could also assist in the formation of all-time lists. If you have information on a possible Ontario record, please send the following information to Roman Olszewski:

Time, Name of Runner, Place of Competition, Name of Competition, Place of Finish, Date

In the near future decisions will be made and announced regarding course conditions (measurement, elevation changes, etc.) and their effect on road record eligibility. However, at this point, we would appreciate receiving all performances that are potentially records.

The events looking for a claimant:

Women:

Open and Espoir U-24 **5km** (Sr rec. is 15:54 L. Alexeef, 1994)
 Open **10km** (Senior record is 32:20 Nancy Rooks, 1983)
 Open, Senior and Espoir **15km**, Open, Senior and Espoir **20km**
 Espoir U-24 **Half Marathon**, Open and Senior **25km**
 Open and Senior **30km**, Open and Senior **100km**
 Open and Senior **Road Relay** (5-10-5-10-5-7.195km = marathon)

Men

Open **5km** (Sr. record is 13:41 Brendan Matthias, 1992)
 Espoir-U24 **10km**, Open, Sr and Espoir **15km**
 Open, Sr. and Espoir **20km**, Open and Espoir U-24 **Half Marathon**
 (Sr. record is 1:02:30 P. Maher, 1990)
 Open and Sr. **25km**, Open and Sr. **30km**, Open and Sr. **100km**,
 Open and Sr. **Road Relay** (5-10-5-10-5-7.195km = marathon)

On-Line Registration is almost here!

When you mail, e-mail or fax us your **Club Affiliation** for 2007 you will be asked to advise us of the e-mail address that will be used by your club for on-line registrations. (Payment by credit card or cheque must accompany the Club Affiliation form.) We will then e-mail you authorization to start using this e-mail address as your log-in ID, and we will give you a temporary password. The first time you log in you will be asked to choose a secure password (of up to 8 characters in size) known only to the club executive who will be processing athlete registrations for your club.

The OTFA will continue to process Coach, Official and Administrator forms here at the office so that we can meet Volunteer Screening requirements. And, of course, Independent athletes will submit their forms directly to the OTFA for processing.

If your club does not have access to a computer or is not computer literate do not worry, we will continue to process athlete registrations here at the OTFA office, as long as the fees are included with the registrations, payable either by cheque, money order or credit card.

OTFA FIXTURES LIST – 2007 (As on January 2, 2007)

Please note that a meet's inclusion on this list does not imply that it is sanctioned. Please contact the OTFA or the meet director to determine the exact status of the meet. Much of the information for outdoor competitions in 2007 is at this time tentative and subject to change.

Indoor

Jan. 6	Sharon Anderson Memorial	Toronto (UofT)	E
Jan. 12-13	Can Am Classic (University only)	Windsor	C
Jan. 13	Ottawa Dome Super Saturday Series	Ottawa	Y
Jan. 13	Prospects Series Meet #2	London	L
Jan. 14	Phoenix Allcomers Meet	Toronto (VV)	F
Jan. 19	Nike Track Classic pentathlon	Toronto (UofT)	E
Jan. 20	Nike Track Classic	Toronto (UofT)	E
Jan. 20	Don Wright Team Challenge (University only)	London	D
Jan. 20	Hamilton Olympic Minor Track Meet	Hamilton (McM)	K
Jan. 21	Windsor Legion Open	Windsor	C
Jan. 21	Ontario Masters Mini Meet #1	Toronto (TTFC)	G
Jan. 26	McGill Invitational	Montreal	
Jan. 27	Ottawa Dome Super Saturday Series	Ottawa	Y
Jan. 28	OTFA Indoor Combined Events Championships & Prep Meet #1	Toronto	I
Feb. 3	York Open	Toronto (TTFC)	B
Feb. 3	District G RCL Indoor Championships	Ottawa	Y
Feb. 3-4	Ottawa Gee Gee Invitational (incl. open events)	Ottawa	Y
Feb. 4	OTFA Indoor Relays Championships and Prep Meet#2	Toronto (TTFC)	B
Feb. 10	Team Challenge (University only)	Windsor	C
Feb. 10	RCL Provincial Championships	Toronto (TTFC)	
Feb. 11	Ontario Masters Mini Meet #2	Toronto (TTFC)	G
Feb. 14-15	Hamilton Indoor Games	Hamilton	V
Feb. 16	Hal Brown	Toronto (UofT)	E
Feb. 17-18	OTFA Indoor Juvenile-Senior Championships	Toronto (TTFC)	B
Feb. 23-24	OUA Championships	Windsor	C
Feb. 24	Ottawa Dome Super Saturday Series	Ottawa	Y
Feb. 24	Prospects Series Meet #3	London	L
Feb. 24	Bullets Indoor Games (Minor Track)	Toronto (TTFC)	K
Feb. 25	Ontario Masters Mini Meet #3	Toronto (TTFC)	G
March 3	Ontario Masters Indoor Championships	Toronto (TTFC)	G
March 3-4	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 25	Ontario Minor Track Championships	Toronto ?	K
March 29	Louis Riel High Dome Mini-Series	Ottawa	Y
March 30-31	York High School Invitational	Toronto (TTFC)	B

Outdoor

March 10(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	

OTFA FIXTURES LIST – 2007 (Continued)

May 19	Burlington Minor Track Meet	Burlington	K
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	OTFA 10km Road Walk Championships/Art Keay Memorial	Toronto	N
May 30-31	OFSAA Eastern Regional Championships	Belleville	
June 3	Ontario Masters Outdoor Championships	London	G
June 3	Guelph Allcomers	Guelph	J
June 3	Guelph Lightning Minor Track Meet	Guelph	K
June 7-9	OFSAA Championships	Ottawa	
July 8	London Throws Meet	London	CC
June 9	Bullets Standard Meet (Minor Track)		K
June 9-10 (tent.)	Phoenix Allcomers	Toronto	F
June 13	Brooks Ottawa Summer Twilight Series	Ottawa	
June 15-17	Ian Hume Invitational	Sherbrooke	
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 23	Hershey Ontario Finals (Minor Track)	Oshawa	K
June 22-24	Ontario Paralympics Championships	Sarnia	
June 26	Eastern Canadian High Performance Athletic Series Meet #1	Sherbrooke	
June 29-01	OTFA Supermeet 1 (Junior and Senior Championships)	Ottawa	Y
June 29-01	Eastern Canadian HPAS Meet #2	Ottawa	
July 4	Brooks Ottawa Summer Twilight Series	Ottawa	
July 6	Eastern Canadian HPAS Meet #3	Halifax	
July 6-8	Pan American Junior Championships	Fortaleza, BRA	
July 7	District G RCL Championships	Ottawa	
July 8	Eastern Canadian HPAS Meet #4	Toronto	
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 28-29 (tent.)	OTFA Supermeet 2 (Bantam-Midget-Juvenile Chps.)		
August 1	Brooks Ottawa Summer Twilight Series	Ottawa	
Aug. 3-5 (tent.)	OTFA Supermeet 2 (Bantam-Midget-Juvenile Chps.)	Toronto	
Aug. 4-5	Eastern Canada Team Espoir Championships	St. John's, Newfoundland	
Aug. 5	London Throws Meet	London	CC
August 8	Brooks Ottawa Summer Twilight Series	Ottawa	
Aug. 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 MTA Cross Country		K
Sept. 22	Burlington Legion MTA Cross Country	Burlington	K
Sept. 29	Newmarket Huskies	Bradford	K
Sept. 30?OTFA 20km Walk Championships			
Oct. 6	South Simcoe/Dufferin MTA Cross Country	Barrie	K
Oct. 13	Brantford MTA Cross Country	Brantford	K
Oct. 20	Bullets MTA Cross Country	Brampton	K
Oct. 27	Ontario MTA Cross Country Championships	Burlington	K
Nov. 18	OTFA Cross Country Championships		

EVENT CONTACTS:

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OTFA Transfer Policy

(New - beginning in 2007)

Guiding Principle: No coach is allowed to contact an OTFA athlete for the purpose of recruiting while said athlete is registered with another OTFA Member Club or Coach.

If a Club/Coach, other than the coach of record of an athlete, is approached by the athlete for the purpose of transfer to another Club/Coach, the 'new' Club/Coach must communicate the details of the contact to the OTFA Club/Coach of record of said athlete.

Policy:

- 1) **End of Year Transfers:** All athletes may transfer to any OTFA Member Club/Coach at the beginning of any calendar year without restriction.
- 2) **Mid-Year Transfers:** All athletes who wish to change Club/Coach during a calendar year may train with the 'new' Club/Coach as appropriate, but must continue to compete for and represent the 'former' club. The athlete may not represent the 'new' club until the beginning of the next calendar year.

Alternatively, if the two clubs involved complete an Athlete Transfer form as explained below, the athlete may compete as a "Disassociated" athlete for the remainder of the year, representing neither club during competition.

Disassociated athletes may represent the 'new' Club/Coach at the start of a new calendar year. There must, however, be mutual agreement between 'former' and 'new' Club/Coach on any outstanding details affecting the transfer. Outstanding details may include issues such as funds owed, return of 'former' Club/Coach property, etc.

Only under special circumstances, and on written appeal to the OTFA Board of Directors, may an athlete transfer to, and represent, a new club during a calendar year

- 3) **Mid-Year Transfer Procedure:**
 - Recognizing that an athlete who wishes to transfer from one club to another may **not** compete for the new club until the beginning of the next calendar year, athletes wishing to transfer must complete an 'Application for Transfer' (see Appendix).
 - Both the 'former' and 'new' Clubs/Coaches must be involved in the completion of the Application for Transfer and authorize the transfer.
 - The decision to approve an Application for Transfer and hence, in doing so, 'Disassociate' from the athlete requesting the transfer, is *solely* at the discretion of the former OTFA Club/Coach.

The only criteria deemed acceptable to refuse an Application for Transfer of an athlete is if funds and/or property are owed to the former Club/Coach. In such cases, the former Club/Coach must provide accurate and detailed accounting of the funds and/or property owed the Club/Coach by said athlete, in writing. If the

funds are not paid and/or property not returned, the Application for Transfer will not be approved, and hence, said athlete will not be able to compete until such time as the owed funds and/or property are paid and/or returned. Once all outstanding funds are paid and property returned, the approval of the Application for Transfer is automatic.

Any and all appeals regarding the Application for Transfer will be heard by the OTFA or their delegate and all decisions regarding the appeal are final.

All Applications for Transfer must be sent to the OTFA office for review and acceptance.

- 4) **Relocation:** If an athlete moves principal residences from one area of Ontario to another and therefore is unable to participate with the former Club/Coach, said athlete must compete as 'Disassociated', i.e., **not** representing new Club/Coach, for the remainder of the calendar year **unless** there is an agreement between the 'former' and 'new' Club/Coach to allow said athlete to compete for the 'former' club/coach for the remainder of the year. This is consistent with the policy regarding Mid-Year Transfers.
- 5) **Coaches and Recruiting:** The OTFA position is that recruiting of an athlete while the athlete is training with and/or competing for another Club/Coach is unethical. For a Club, Coach, parent or other member of a club to approach an athlete registered with another OTFA Member Club/Coach for the purposes of recruiting is not allowed at any time during the calendar year.
- 6) While not required, the OTFA believes that as a courtesy, all athlete transfers, whether done during a year or at the beginning of a new year, should be done with full knowledge and disclosure to all coaches and clubs involved.

OTFA Application for Transfer

Athlete Information:

Last Name: _____ First Name: _____
 OTFA Number: _____ Address: _____
 City: _____ Postal Code: _____ Phone: _____

Current Club Information:

Club Name: _____ Coach: _____

New Club Information:

Club Name: _____ Coach: _____

Reason for Transfer:

<p>Current Club: We do hereby acknowledge receipt of the Application to Transfer from the above athlete and approve release.</p>	<p>New Club: We do hereby acknowledge receipt of the Application to Transfer from the above athlete and approve acceptance.</p>
<p>_____ <i>signature of current coach</i> <i>date</i></p>	<p>_____ <i>signature of new coach</i> <i>date</i></p>

Please mail this form to the OTFA office at:

1185 Eglinton Ave. East,
 Suite 302,
 Toronto, Ontario, M3C 3C6



2007 Indoor Ontario Club Championships

Information Sheet

- Ontario Indoor Club Champions will be determined in the Bantam, Midget, Juvenile, Junior, Senior and Overall divisions based on results from a) the Ontario Indoor Combined Events Championships, b) the Ontario Indoor Relays Championships, c) the Ontario Indoor Juvenile-Senior Championships d) the Ontario Indoor Bantam, Midget & Junior Championships and e) other championship events conducted outside of the normal age group championships.
- In each division the point totals of males and females will be combined.
- All OTFA-affiliated clubs will be automatically entered in all categories. No fees will be assessed.
- The winning club in each age division will be awarded a banner to keep permanently. The winning club in the overall division will have its name inscribed on a trophy to be displayed at the OTFA office and at provincial championship competitions.
- The top six individual and relay team finishers in each championship event will earn points for their clubs as follows: 1st - 7 points, 2nd - 5, 3rd - 4, 4th - 3, 5th - 2, 6th - 1. Only one relay team per club will score in each event. Second, third, etc. teams from clubs will not influence the scoring.
- Out-of-province, non-OTFA members will not figure in the scoring (i.e., the top 6 OTFA members will be scored, regardless of the number of out-of-province, non-OTFA members in the top 6 in any event). Independent or disassociated athletes who are OTFA members will be scored but no totals will be calculated for these categories.
- In the 60m and 60mH and the Junior and Senior 200m events athletes from the penultimate round will NOT be moved up into a scoring position should there be any disqualifications or non-finishers in the final. An exception will be made in the case where there are fewer than 6 OTFA members in the final. In that case, athletes will be moved up to scoring positions based on their times from the penultimate round.
- Ties for first place in any age division or overall category will be decided in favour of the club which scored points in more events.

ONTARIO CLUB CHAMPIONSHIPS - TOP THREE CLUBS INDOOR

	1st		2nd		3rd	
OVERALL						
2000	Windsor Legion	201	Univ. of Toronto TC	150.5	London-Western	116
2001	London-Western	221	Windsor Legion	209	Niagara Regional	176.5
2002	Windsor Legion	236	London-Western	235.5	Univ. of Toronto TC	191
2003	Windsor Legion	282	Mississauga	214.5	London-Western	210
2004	Windsor Legion	234.5	Laurel Creek & Niagara Olympic	196		
2005	Mississauga	212	Niagara Olympic	187	Phoenix	163
2006	London Legion AC	269	Niagara Olympic	216	Laurel Creek	190
SENIOR						
2000	Mississauga	35	Windsor Legion	28	St. Thomas Legion	19
2001	York University TC	62	Mississauga	58	Toronto Sports	56
2002	Univ. of Toronto TC	73	Etobicoke Gladstone	68	London-Western	62
2003	London-Western	90	Mississauga	60	Windsor Legion	48
2004	York University TC	63	Windsor Legion	55	Mississauga	44
2005	Phoenix	66	Mississauga	54	York University TC	35
2006	Mississauga	54	London-Western	43	Power Athletics	38
JUNIOR						
2000	Univ. of Toronto TC	70.5	Windsor Legion	68	Saugeen	53
2001	London-Western	100	Univ. Toronto Jun. Dev.	67	Central Pickering	66
2002	London-Western	79.5	Niagara Regional & Windsor Legion	47		
2003	Univ. of Toronto TC	85.5	London-Western	57	Mississauga	54
2004	Guelph	59	Mississauga	55	London-Western	51
2005	Mississauga	69	York Flyers	45	Toronto Olympic	37
2006	York Flyers	67	Hamilton Olympic	65	Phoenix	55
JUVENILE						
2000	London-Western	73	Mississauga	30	Windsor Legion	16
2001	Niagara Regional	71	Univ. Toronto Jun. Dev.	50	Osh. Leg. & Lon.-West.	46
2002	London-Western	74	Mississauga	44	Oshawa Legion	39
2003	Mississauga	72	Windsor Legion	63	South Simcoe/Dufferin	48
2004	Phoenix	81	Mississauga	51	Hamilton Olympic	46
2005	Mississauga	78	York Flyers & London-Western	59		
2006	Laurel Creek	77	Niagara Olympic	60	Mississauga	56
MIDGET						
2000	Univ. of Toronto TC	65	Windsor Legion	48	St. Thomas legion	28
2001	South Simcoe/Dufferin	89	Oshawa Legion	71	Niagara Regional	43
2002	Phoenix	41	Windsor Legion & Mississauga	34		
2003	Windsor Legion	60	Laurel Creek	54	North York	46
2004	Niagara Olympic	103	Laurel Creek	67	Windsor Legion	46.5
2005	South Simcoe/Dufferin	60	Niagara Olympic	58.5	London-Western	47
2006	London Legion AC	101	Laurel Creek	69	Saugeen	39
BANTAM						
2000	Windsor Legion	27	Univ. of Toronto TC	15		
2001	Niagara Olympic	61	Windsor Legion	59	South Simcoe/Dufferin	56
2002	Windsor Legion	82	North York	43	Quinte Legion	30
2003	Windsor Legion	60	North York	51	South Simcoe/Dufferin	40
2004	Windsor Legion	83	Laurel Creek	47	North York	44
2005	Woodstock Legion	56	Durham Dragons	56	Niagara Olympic	35
2006	London Legion	83	Niagara Olympic	61	University of Toronto TC	32

Note: In the 2000 Championships clubs had to enter teams to be considered. Thereafter, all clubs were scored automatically.

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				
12				
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

PHOENIX / VARIETY VILLAGE
ALL COMERS MEET

Sunday Jan. 14/06
12 noon to 5.00 PM

SCHEDULE OF EVENTS

REGISTRATION 10.30 am

50M Heats 12 noon
(Top 10 times go to an A & B Final)

LONG JUMP 12.30 pm

600 M

50m FINALS, A& B FINAL

300M

1500M

RELAY -400, 200, 200, 400.

Note: 5 mm ceramic spikes only. Clerks will check.

FEES:

\$ 7.00 per event registered, \$10.00 per event unregistered

\$12.00 per relay;

High Schools: \$185.00 maximum

Clubs : \$300.00 maximum

Registration, 10.30 am to 3.00 pm.



2007 ONTARIO INDOOR COMBINED EVENTS
MIDGET/JUVENILE GIRLS & BOYS 1500m WALK
CHAMPIONSHIPS
and PREPARATION MEET #1

Date: Sunday, January 28

Sanctioned by: Ontario Track & Field Association

Hosted by: Ontario Track & Field Association

Location: Toronto Track and Field Centre
York University, Toronto

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 Director: Anthony Biggar 416-426-7215 Email: ontrack@eol.ca

Entries Chairperson and Entry Enquiries: Suzanne Leroux,
5334 Yonge St, Unit 104,
Toronto, ON M2M 6V1
416-732-2962
Email: suzanneleroux@rogers.com

ENTRY DEADLINES & FEES:

First Deadline: **Thursday, January 18, 4pm**

Fees: OTFA-registered (or AC/USATFA-registered)

Tetrathlon	\$18.00
Pentathlon	\$18.00
MG/JvG/MB/JvB 1500m Walk Championship -	\$18.00
Non-Championship Events	\$7.00 for 1st event \$5.00 for each additional event

Not registered with OTFA

Non-Championship Events	\$14.00 for 1st event \$ 6.00 for each additional event
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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, January 25, 4pm**

Fees: OTFA-registered (or AC/USATFA-registered)

Tetrathlon	\$21.00
Pentathlon	\$21.00
JvG/JvB/MG/MB 1500m Walk championship	\$21.00
Non-Championship Events	\$10.00 per event

Not registered with OTFA

Non-Championship Events \$17.00 per event

Entries received after January 25 will be accepted at the discretion of the entries chairperson and only 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 JANUARY 25 WILL NOT BE ACCEPTED ON THE DAY. THE REVISED SCHEDULE WILL BE POSTED ON THE WEB JANUARY 26 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 Ontario Track & Field Association.

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

No telephone entries please.

No faxed entries.

NO REFUNDS

- Entry Confirmations:** As entries are processed, the performance lists will be made available on line on the Ontario Track and Field Association website www.otfa.ca . Please check on line to confirm your entries following each entry deadline.
- Electronic Entries:** **The Entries Chairperson will be accepting entries electronically using Hy-Tek Team Manager or Hy-Tek Team Manager Lite. If you would like to receive the event file for using this method or instructions on how to use Hy-Tek Team Manager Lite, please contact Suzanne at suzanneleroux@rogers.com. Mastercard or Visa may be used for payment; please include the name on the card, the number and the expiry date.**
- Eligibility:** Athletes residing in Ontario should (must, in the case of the Combined Events or Midget/Juvenile 1500mWalk championships) be registered and their clubs affiliated for 2007 with the OTFA by the time entry forms are received by the Competition Secretary 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 (or that of the Power of Attorney) must appear on the waiver. The waiver forms must accompany your entry forms.
- Awards:** Medals will be awarded to the first three finishers in each of the Combined Events and the Midget/Juvenile Walk championships. No awards are given in non-championship events.
- Lane/Heat/Section Assignments:** Lanes, heats and sections will be assigned according to the rules of the IAAF/OTFA.

Scratches: All coaches or club administrators are asked to 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.

Lane 1 will be vacant for all sections of the 200m event.

Sweat suit rule: Due to the anticipated number of entries and the desire to stay on schedule, all athletes will be expected to be ready to start when they are called onto the track i.e., all sweat suits and tights must be off when called. Please convey this information to the athletes.

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 field house. Spikes of the correct length will be available for purchase at the Centre.

Only coaches, officials, 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 will need access to the field house 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 hand stamp or wristband.

IMPLEMENTS

All implements except vault poles will be provided by the meet management.

Personal implements will be allowed.

NO street shoes on track surface.

NO portable radio/tape players inside the centre 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.

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 as outlined in IAAF rule 146. In all cases, protests or appeals shall be filed within 30 minutes of the official announcement or release of the results. If no protest or appeal is received within 30 minutes of the official announcement or release of the results, 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 Jury of Appeal is the final authority on all issues. Cost: \$25.00 to be returned only if the protest is upheld.

Concessions: There is food service on site.

**** 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.

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 Ave. West 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

Toronto T&F Centre:

1. Follow Highway 401 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.

EVENTS:

**Combined Events
and Walks:**
(Championships)

Midget Girls	Tetrathlon	60mH,HJ,SP,200m
Juvenile Girls	Pentathlon	60mH,HJ,SP,LJ,800m
Junior Women	Pentathlon	60mH,HJ,SP,LJ,800m
Senior Women	Pentathlon	60mH,HJ,SP,LJ,800m

Midget Boys	Tetrathlon	60mH,SP,HJ,200m
Juvenile Boys	Pentathlon	60mH,LJ,SP,HJ,1000m
Junior Men	Pentathlon	60mH,LJ,SP,HJ,1000m
Senior Men	Pentathlon	60mH,LJ,SP,HJ,1000m

Midget and Juvenile Girls 1500m Walk
Midget and Juvenile Boys 1500m Walk

**Non-Championship
Events**

M + W 60m*	M + W HJ
M + W 200m	M + W PV
M + W 400m	M + W LJ
M + W 1500m	M + W SP
M + W 3000m	M + W Weight Throw
M + W 60m Hurdles	
W 1500m Walk (with Ontario Midget/Juvenile Girls Championship)	
M 1500m Walk (with Ontario Midget/Juvenile Boys Championship)	

*There will be two timed finals in each of the men's and women's 60m with the finalists consisting of athletes with the top 16 times from the first round.

Age Categories

Bantam	(BG/BB)	born in 1994 or later
Midget	(MG/MB)	born in 1992 or later
Juvenile	(JvG/JvB)	born in 1990 or later
Junior	(JW/JM)	born in 1988 or later
Senior	(OW/OM)	open

Check-in procedure:

There is no declaration process at this meet. Athletes must check in at their events 15 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. .

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 on the Ontario Track and Field Association website www.otfa.ca. The final schedule will be posted by noon, Friday, January 26.

Number of Trials:

All horizontal jumpers and shot putters will be permitted 3 trials; the top 8 senior/open competitors will be permitted 3 additional trials. Any age class competitor (Junior and under) who achieves the standard 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	7.20
Shot Put	7.48	10.25	9.58	10.40	9.57	12.92	13.43	14.42

TENTATIVE SCHEDULE OF EVENTS

Note: At this meet, sections will be run FAST to SLOW

Except for the 60m, all events will be run as timed finals.

TRACK

10:00 a.m.	Men's 1500m Walk including Midget and Juvenile Boys 1500m Ontario Championship
10:15 a.m.	Women's 1500m Walk including Midget and Juvenile Girls 1500m Ontario Championship
10:15 a.m.	Senior Men's Pentathlon & Senior Men's 60m Hurdles Junior Men's Pentathlon & Junior Men's 60m Hurdles Juvenile Boys' Pentathlon & Juvenile Boys 60m Hurdles Midget Boys' Tetrathlon & Midget Boys 60m Hurdles Senior Women's Pentathlon & Senior Women's 60m Hurdles Junior Women's Pentathlon 60m Hurdles Juvenile Girls' Pentathlon & Juvenile Girls 60m Hurdles Midget Girls' Tetrathlon & Midget Girls 60m Hurdles Bantam Girls' 60m Hurdles Bantam Boys' 60m Hurdles
10:30 a.m.	Women's 1500m & Men's 1500m
11:15 a.m.	Women's 60m & Men's 60m qualifying rounds
11:30 a.m.	Women's 3000m & Men's 3000m

LUNCH BREAK

1:10 p.m.	Women's 60m and Men's 60m Finals (2 timed sections in each)
1:25 p.m.	Women's 400m & Men's 400m
3:00 p.m.	Women's 200m & Men's 200m
TBD	Midget Girls' & Midget Boys' Tetrathlon 200m Women's Pentathlon 800m Men's Pentathlon 1000m

FIELD

9:30 a.m.	Men's Weight Throw (35lb/20 lb.)
9:45 a.m.	Women's High Jump
10:00 a.m.	Women's Weight Throw (20 lb.)
11:00 a.m.	Men's Shot Put
11:10 a.m.	Men's Pentathlon Long Jump
11:30 a.m.	Women's Pole Vault
11:40 a.m.	Women's Tetrathlon + Pentathlon High Jump
11:45 a.m.	Midget Boys Tetrathlon Shot Put
12:20 p.m.	Men's Pentathlon Shot Put

LUNCH BREAK

1:00 p.m.	Women's Tetrathlon + Pentathlon Shot Put
1:00 p.m.	Women's Long Jump
1:30 p.m.	Men's Pole Vault
1:30 p.m.	Men's Tetrathlon + Pentathlon High Jump
2:00 p.m.	Women's Shot Put
2:15 p.m.	Women's Pentathlon Long Jump
3:00 p.m.	Men's High Jump
3:30 p.m.	Men's Long 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 COMBINED EVENTS ,
MIDGET/JUVENILE GIRLS & BOYS 1500m WALK CHAMPIONSHIPS
and PREPARATION MEET #1

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

Ontario Track & Field Association
Ontario Officials Council
Anthony Biggar
Suzanne Leroux
City of Toronto
Toronto Track & Field Centre

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 or Guardian or Power of Attorney to sign below.
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Date	Print Name	Signature of Parent or or Guardian or Power of Attorney
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2007 ONTARIO INDOOR COMBINED EVENTS CHAMPIONSHIPS

SUNDAY, JANUARY 28

COMBINED EVENTS ENTRY FORM

Club: _____

Name of Person completing this form: _____

Phone: _____ **Email:** _____

PLEASE PRINT SEED TIMES IN THE APPROPRIATE BOX

Event numbers can be found on the accompanying sheet.

**MIDGET GIRLS TETRATHLON
MIDGET BOYS TETRATHLON**

SURNAME	FIRST NAME	Sex	YOB	Event #	60mH	HJ	SP	200m

**WOMEN'S PENTATHLON
MEN'S PENTATHLON**

SURNAME	FIRST NAME	SEX	YOB	Event #	60mH	HJ	SP	LJ	800m 1000m

**2007 ONTARIO INDOOR COMBINED EVENTS
MIDGET/JUVENILE GIRLS & BOYS 1500m WALK CHAMPIONSHIPS
and PREPARATION MEET #1
*** EVENT NUMBERS *****

	OW	OM	JW	JM	JvG	JvB	MG	MB	BG	BB
60m	10	11								
200m	20	21								
400m	30	31								
1500m	40	41								
3000m	50	51								
1500m Walk	60	61			64*	65*	66*	67*		
60m Hurdles	70	71		73	74	75	76	77	78	79
High Jump	80	81								
Pole Vault	90	91								
Long Jump	100	101								
Shot Put	110	111		113		115	116	117	118	119
Weight Throw	120	121				125				
Tetrathlon							136*	137*		
Pentathlon	140*	141*	142*	143*	144*	145*				

Shot Put

Specifications: OW 4.0kg OM 7.26kg JW JM 6.0kg JvG JvB 5.0kg MG 3.0kg MB 4.0kg BG 3.0kg BB 3.0kg

Weight Throw

Specifications: OW 20lb OM 35lb JW JM JvG JvB 20lb MG MB BG BB

Hurdles

Specifications:

EVENT	DISTANCE	#	HEIGHT	to 1 st hurdle	between
Open Women	60m	5	0.84m	13.00m	8.50m
Open Men	60m	5	1.07m	13.72m	9.14m
Junior Men	60m	5	0.99m	13.72m	9.14m
Juvenile Girls	60m	5	0.76m	13.00m	8.50m
Juvenile Boys	60m	5	0.91m	13.72m	9.14m
Midget Girls	60m	5	0.76m	12.00m	8.00m
Midget Boys	60m	5	0.84m	13.00m	8.50m
Bantam Girls	60m	5	0.76m	11.50m	7.50m
Bantam Boys	60m	5	0.76m	11.50m	7.50m



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 page 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
-------------------------------------------------------------------------------	--------------------------------------------------------------------------	-----------------------------------------------------------------------	--------------------------------------------------------------------

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
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Date	Print Name	Signature of Legal Guardian
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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.						
	2.						
	3.						
	4.						
	5.						
	6.						
	7.						
	8.						
	9.						
	10.						
	11.						
	12.						
	13.						
	14.						
	15.						
	16.						
	17.						
	18.						
	19.						
	20.						
	21.						
	22.						
	23.						
	24.						

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
	1.						
	2.						
	3.						
	4.						
	5.						
	6.						
	7.						
	8.						
	9.						
	10.						
	11.						
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	16.						
	17.						
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	20.						
	21.						
	22.						
	23.						
	24.						

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
	1.						
	2.						
	3.						
	4.						
	5.						
	6.						
	7.						
	8.						
	9.						
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	21.						
	22.						
	23.						
	24.						

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.						
	2.						
	3.						
	4.						
	5.						
	6.						
	7.						
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	22.						
	23.						
	24.						

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



Hamilton Indoor Games & Sports Festival
Invitational Section
Copps Coliseum - Thursday, February 15, 2007

- Hosted by:** 91st Highlanders Athletic Association
- Sanctioned by:** Ontario Track & Field Association
- Entry Deadline:** Wednesday, February 1, 2007
- Entry Fees:** \$15 per athlete per event (\$25 after entry deadline).
- Contact:** Val Sarjeant - 47 Titan Drive Stoney Creek, Ontario L8E 5Z9
vsarjeant@hotmail.com or (905) 664-3852
- Prizes:** 1st place \$200, 2nd \$100 3rd \$50 plus cash bonuses, up to a grand total of \$1,000 will be awarded to entrants that achieve pre-established performance standards during the meet. Awards schedule and performance standards will be posted on the OTFA website (www.otfa.ca) by February 1, 2007.
- Meet Schedule:** Tentative start times only

Field Events

Track Events

3pm	Women's Pole Vault (7)	5pm	Men's 300m (4)
5pm	Men's Pole Vault (7)	6pm	1500m Women's Race Walk (8)
6pm	*Women's High Jump (5) (Triathlon Athletes Only)	8pm	*Women's 50m Heats (10) Men's 50m Heats (15)
7pm	*Women's Shot (7)	8:30pm	Women's 50m Finals Men's 50m Finals

*** A Women's Triathlon Event will be integrated into the above highlighted events.**

NOTE: All entrants in the Invitational Section must be currently registered in a competitive category with the OTFA or a branch of AC or USATF. For updates on entries received visit www.otfa.ca.

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HAMILTON INDOOR GAMES - INVITATIONAL SECTION ENTRY FORM

Athlete: _____ Club Name: _____

Bio/PB:

Event: _____ Seed: _____

OTFA/AC/USATF 2007 Number: _____

Name of person completing this form/ Coach: _____

Email address: _____ Telephone: _____

Complete form and return with entry fee by February 1, 2007 to:

**HAMILTON INDOOR GAMES
& SPORTS FESTIVAL
47 TITAN DRIVE
STONEY CREEK, ON L8E 5Z9**

Please make cheque payable to the 91st Highlanders Athletic Association.