



# RUNDEZ-VOUS

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## Year of the Track & Field Official

On Sunday, January 20, 2008 at the 2008 OTFA Combined Events & Midget/Youth 1500m Walk Championships & Preparatory Meet #1, at the Toronto Track & Field Centre at York University, prior to the running of the 60m Finals, a plaque was presented by Val Sarjeant, Vice-Chair of the OTFA Board of Directors, to Enrico Toscano, Chair of the Ontario Officials Council (OOC), on behalf of all of the members of the OOC.



The OTFA Board of Directors has declared 2008 to be the “Year of the Track & Field Official”. The declaration was made in order to recognize the dedication and commitment made by members of the Ontario Officials Council who volunteer their time and services to ensure that track meets all across the province are run in a fair and equitable way.

Specific funds have been set aside for member clubs that are interesting in hosting Officials Clinics in the their communities so we can increase our pool of Certified Officials. For more information on the above program please contact the OTFA office at: (416) 426-7215 or by e-mail at [ontrack@eol.ca](mailto:ontrack@eol.ca).

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## 2008 Indoor Club Championships

The rules are included in this edition of Rundes-Vous. Scoring for the club championship will take place at the two major championships (Youth-Senior and Bantam-Midget-Junior) as well as at the two OTFA Prep meets on January 20 (Midget-Juvenile Walks and all Combined Events) and February 3 (Relays and Junior Walks).

## First Ontario Overall Club Cross Country Championships

Starting with the 2008 Ontario Cross Country Championships the top 8 individuals and teams in each division will be scored with the top club overall to receive a pennant similar to that awarded for indoor and outdoor track and field.

## Call for Rule Change Proposals

Anyone who has a proposal for an Athletics Canada rule change is invited to forward it to the OTFA c/o Roman Olszewski. The proposal will be considered by the OTFA Board and Technical Committee and if accepted will be presented by the branch at the Athletics Canada Annual General Meeting in the spring. Please send proposals by February 20.

The proposal should include a rationale and the new rule should be written in its final form, ready for insertion into the rules if accepted.

The Athletics Canada rules can be found on the Athletics Canada website. Click "About Us" on the left menu, then click "Governance" and "Policies, Rules and Bylaws" on the pop-up menu.

## Level 3 Distances Course Cancelled

Though a search was done across Canada for a Level 3 Distances Course Conductor there was none available on the weekend of February 22-24 and so the course that we had hoped to run in conjunction with the Ontario Coaches Conference had to be cancelled. Hopefully, the course can be scheduled in with the York University courses that will be held this spring, dates TBA.

## 2008 Ontario Coaches Conference

This year's conference will be held in Mississauga on February 22-24. Please see the Coaches Association of Ontario's website [www.coachesontario.ca](http://www.coachesontario.ca) for details.

## 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. The Saskatchewan Athletics website [www.saskathletics.ca](http://www.saskathletics.ca) has the details.

## Reminder: OTFA Registrations and Championships

Club secretaries, coaches, etc. are reminded that the 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.

## Guelph's Dave Scott-Thomas Named January 2008 Ontario Coach-of-the-Month

The Coaches Association of Ontario (CAO) named Dave Scott-Thomas (Speed River TFC) from Guelph, the January 2008 Coach-of-the-Month.

One of the top priorities of the CAO is to recognize and celebrate the outstanding contributions that coaches make to both sport and athletes across the province. Each month, one outstanding coach is identified and featured on the CAO web site and within their local community. The following is an excerpt from an announcement made by the Coaches Association of Ontario, which can also be found at: <http://www.coachesontario.ca/>.



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
January 27	S	Ontario Masters Mini Meet #2	Toronto (TTFC)	G
January 27		Windsor Legion Open	Windsor	WW
February 2	A	York University Open	Toronto (TTFC)	B
February 2	A	District G Legion Invitational	Ottawa	Y
February 2	A	University of Ottawa Invitational	Ottawa	Y
February 2	S	Winter National Capital Dome Invitational	Ottawa	Y
February 3	S	OTFA Indoor Relays & Prep Meet #2	Toronto (TTFC)	B
February 9	S	Indoor Prospects Series Meet #3	London	L
February 9	A	Windsor Team Challenge	Windsor	
February 9		PATFP Friday Night Dash	Toronto (TTFC)	DD
February 10	S	Ontario Masters Mini Meet #3	Toronto (TTFC)	G
February 15	A	Hal Brown Last Chance Meet	Toronto (U of T)	E
Feb. 16-17	S	OTFA Indoor Youth/Senior Championships	Toronto (TTFC)	
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 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
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 PacificaCanada Series	BC	
June 14	A	RCL District C Meet	Kitchener	HH



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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
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
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 <a href="http://www.goldentrails.net">www.goldentrails.net</a>	
August 13		Brooks Ottawa Summer Twilight Series 8	Ottawa	Y
Aug. 13-16		Ontario Summer Games	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	



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# 2008 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: 1<sup>st</sup> - 7 points, 2<sup>nd</sup> - 5, 3<sup>rd</sup> - 4, 4<sup>th</sup> - 3, 5<sup>th</sup> - 2, 6<sup>th</sup> - 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 INDOOR CLUB CHAMPIONSHIPS - TOP THREE CLUBS

	1st		2nd		3rd	
<b>OVERALL</b>						
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 AA	269	Niagara Olympic	216	Laurel Creek	190
2007	London Legion AA	413	Laurel Creek	243	Niagara Olympic	184
<b>SENIOR</b>						
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
2007	York University TC	59	Etobicoke	35	Univ. of Toronto TC	32
<b>JUNIOR</b>						
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
2007	London-Western	69	Mississauga	68	Laurel Creek	61
<b>JUVENILE</b>						
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
2007	London Legion AA	122	Laurel Creek	55	Mississauga	49
<b>MIDGET</b>						
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 AA	101	Laurel Creek	69	Saugeen	39
2007	London Legion AA	116	Laurel Creek	62	Durham Dragons	56
<b>BANTAM</b>						
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 AA	83	Niagara Olympic	61	University of Toronto TC	32
2007	London Legion AA	131	Niagara Olympic	67	Kitchener-Waterloo	48

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



## 2008 Ontario Indoor Relay Championships & Junior 3000m Walk Championships & Preparation Meet #2

Date: Sunday, February 3, 2008

Location: Toronto Track & Field Centre (York University, Toronto)

Competition Director: Richard Parkinson    Tel: 416-736-2100 x20119    Email: [parkinr@yorku.ca](mailto:parkinr@yorku.ca)

Entries Chairperson: Suzanne Leroux    Tel: 416-733-2962    Email: [suzanneleroux@rogers.com](mailto:suzanneleroux@rogers.com)

### ENTRY DEADLINES & FEES:

Relay events: Entries accepted on the day, no later than 60 minutes prior to the posted start time of the event. Please note, however, that clubs **must declare all possible athletes who may be running in a relay via an email to the entries chairperson by 11:59 pm on Wednesday, January 30.** All athletes on this declaration list must be registered by 11:59 pm, Wednesday, January 30 to be eligible as relay runners at the competition.

Individual events, including JW and JM Championship 3000m Walk: Entries must be received by the Entries Chairperson no later than 11:59 pm Wednesday, January 30.

Entries in non-championship events received after January 30 will be accepted at the discretion of the entries chairperson and only if there is space. Athletes who intend on entering on the day of competition must complete their entry(ies) no later than 1 hour prior to the published or revised start time of the event(s). If events are full, entries received after January 30 will not be accepted on the day. The revised schedule will be posted on the web by Friday, February 1, and will note any events that are closed for further entries.

### Championship Events Fees:

\$28.00 per relay team  
\$18.00 for JW or JM 3000m Walk Championship

### Non-Championship Events Fees:

	Before the Deadline	After the Deadline
- OTFA-registered (or AC/USATFA-registered)	\$7.00 per event	\$14.00 per event
- Not registered with OTFA	\$14.00 per event	\$21.00 per event

**Entries will only be accepted electronically until January 30 via one of the following options:**

**Electronic Entries: Hy-Tek Team Manager or Hy-Tek Team Manager Lite**

**For instructions and the event file, please go to the events calendar at [www.otfa.ca](http://www.otfa.ca). For assistance please contact: Suzanne Leroux at [suzanneleroux@rogers.com](mailto:suzanneleroux@rogers.com)**





**Payment:** Mastercard or Visa may be used for payment; please include the name on the card, the number and the expiry date. For meet day entries, please bring cash.

**Entry Confirmations:** As entries are processed, the performance lists will be made available on the OTFA web site at [www.otfa.ca](http://www.otfa.ca). Please check on line to confirm your entries following the entry deadline.

**NO REFUNDS.**

**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 Youth category.

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

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 60 minutes prior to the published or announced start time for the respective events. Only athletes whose names were included on the list of potential relay runners that were sent to the Entries Chairperson by January 30 and who were registered as of 11:59 pm on the same date are eligible.

**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.

**Eligibility:**

In the Relays and JW/JM 3000m Walk Championship events athletes residing in Ontario must be registered and their clubs affiliated for 2008 with the OTFA by the Entry Deadline of 11:59 pm. Wednesday, January 30. Athletes entered as OTFA-registered in the non-championship events must also be registered by the entry deadline of January 30. Athletes so entered, but not registered with the OTFA by the above-mentioned deadline are subject to additional fees applicable to non-registered athletes.

Athletes registered 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 home clubs.





- 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 be submitted at the registration desk on the day of the competition.
- Awards** Medals will be awarded to the four members of the top 3 clubs in each relay event and to the top 3 individuals in the championship walk events. Duplicate medals will be awarded to out-of-province teams and individuals placing in the top 3. No awards are given in the non-championship individual 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.
- 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.
- 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). 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 who will need access to the fieldhouse 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.  
NO street shoes on track surface.  
NO portable radio/cd/mp3 players inside the center including track and viewing gallery.
- Implements** All implements except pole 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.
- 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 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. Cost \$25.00 to be returned if the protest is upheld.

**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 email the name of your volunteer(s) to the Entries Chairperson.** Ask your volunteer to report to the main meet desk 30 minutes prior to the start of the meet.

**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  
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[www.the.travelodge.com/northyork09777](http://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.





**EVENTS**

**Championship Events**

Relays: 4 x 200m - Bantam, Midget, Youth, Junior, Senior - Women & Men  
 4 x 400m - Bantam, Midget, Youth, Junior, Senior - Women & Men  
 4 x 800m - Bantam, Midget, Youth, Junior, Senior - Women & Men  
 Sprint Medley (400-200-200-800m) - B, M, Y, Jr, Sr - Women & Men

Walks 3000m Walk - Junior Men and Junior Women

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 16 best times from the first round.

Age Categories

Bantam	(BG/BB)	born in 1995 or later
Midget	(MG/MB)	born in 1993 or later
Youth (Juvenile)	(YG/YB)	born in 1991 or later
Junior	(JW/JM)	born in 1989 or later
Senior	(SW/SM)	open

Check-in procedure: 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 results table 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 at [www.otfa.ca](http://www.otfa.ca).

Number of Trials: 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 below in his/her event in the first three trials will also be permitted an additional 3 trials.

**Standards:**

	BG	MG	YG	JW	BB	MB	YB	JM
Long Jump	4.49	4.99	5.13	5.33	4.97	5.92	6.55	7.20
Triple Jump	8.82	9.66	10.46	10.74	9.87	11.81	13.17	13.89
Shot Put	7.48	10.25	9.58	10.40	9.57	12.92	13.43	14.42





SPECIFICATIONS

Shot Put  
Specifications:

SW	SM	JW	JM	YG	YB	MG	MB	BG	BB
4.0kg	7.26kg	4.0kg	6.0kg	4.0kg	5.0kg	3.0kg	4.0kg	3.0kg	3.0kg

Weight Throw  
Specifications:

SW	SM	JW	JM	YG	YB	MG	MB
20lb	35lb	20lb	25lb	20lb	20lb	20lb	20lb
(9.072kg)	(15.876kg)	(9.072kg)	(11.338kg)	(9.072kg)	(9.072kg)	(9.072kg)	(9.072kg)

Hurdles  
Specifications:

EVENT	DISTANCE	#	HEIGHT	to 1st hurdle	between
Senior Women	60m	5	0.84m	13.00m	8.50m
Junior Women	60m	5	0.84m	13.00m	8.50m
Senior Men	60m	5	1.07m	13.72m	9.14m
Junior Men	60m	5	0.99m	13.72m	9.14m
Youth (Juvenile) Girls	60m	5	0.76m	13.00m	8.50m
Youth (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





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.

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**TRACK OVAL AND STRAIGHT RUNNING SIMULTANEOUSLY IN THE MORNING**

9:00 a.m.	Men's 3000m Walk (including JM Championship)
9:25 a.m.	Women's 3000m Walk (including JW Championship)
9:30 a.m.	Bantam Girls 60m Hurdles Bantam Boys 60m Hurdles Midget Girls 60m Hurdles Youth Girls 60m Hurdles Junior & Senior Women 60m Hurdles Midget Boys 60m Hurdles Youth Boys 60m Hurdles Junior Men's 60m Hurdles Senior Men's 60m Hurdles
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
<b>LUNCH BREAK</b>	
12:45 p.m.	Women's 60m Finals (2 timed sections) Men's 60m Finals (2 timed sections)
12:55 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)

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**FIELD**

8:30 a.m.	Men's Weight Throw
9:15 a.m.	Women's Weight Throw
10:00 a.m.	Women's Pole Vault
10:15 a.m.	Women's Long Jump
10:30 a.m.	Men's High Jump
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

2008 ONTARIO INDOOR RELAY CHAMPIONSHIPS, JUNIOR 3000m WALK CHAMPIONSHIPS and PREPARATION MEET #2

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

Ontario Track & Field Association  
Ontario Officials Council  
Richard Parkinson  
Colin Inglis  
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 Guardian or Power of Attorney to sign below.

_____	_____	_____
Date	Print Name	Signature of Parent or Guardian or Power of Attorney



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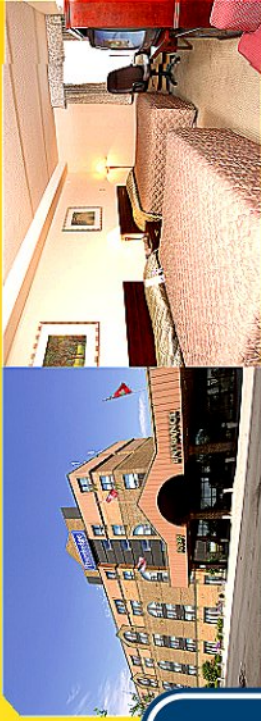
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Email: [north\\_yorkcluster@whg.com](mailto:north_yorkcluster@whg.com)

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## 2008 Ontario Provincial Indoor Youth - Senior Championships

(Including Invitational Exhibition Masters 60m and 1500m Events)

DATE: Saturday and Sunday, February 16-17, 2008

SANCTIONED BY: Ontario Track & Field Association

HOSTED BY: Mississauga TFC and Guelph TFC

LOCATION: Toronto Track & 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.

COMPETITION DIRECTORS: Marc Christie Email: [marcchristie@rogers.com](mailto:marcchristie@rogers.com)  
Albert Tschirhart Email: [guelphtrack@sympatico.ca](mailto:guelphtrack@sympatico.ca)

ENTRIES CHAIRPERSON: Albert Tschirhart Email: [guelphtrack@sympatico.ca](mailto:guelphtrack@sympatico.ca)

**ENTRIES: The Entries Chairperson will only be accepting entries 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](http://www.otfa.ca).**

### ENTRY DEADLINE AND FEES:

**One Deadline: 11:59 pm, Sunday, February 10, 2008**

**Fee: \$18.00 per athlete per event**

**Please make cheque payable to: Mississauga TFC.**

### POST ENTRIES:

**Entries received after February 10 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 10, 2008.**





**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.

**NO REFUNDS. NO SUBSTITUTIONS.**

**START LISTS:** Start lists will be posted at: [guelphtrack.ca](http://guelphtrack.ca) on Tuesday February 12th, 11:59pm

**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 10.

Athletes registered with the OTFA as "Independents" 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:**

Youth (YG, YB)	born in 1991 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  
Lane 1 will be vacant for all sections of the 200m event.

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

**CHECK-IN PROCEDURE/SCRATCHES:**

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 at [www.guelphtrack.ca](http://www.guelphtrack.ca)





**STARTING HEIGHTS:**

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

	JvG	JvB	SW	SM
High Jump	1.44	1.67	1.48	1.83
Pole Vault	TBD	TBD	TBD	TBD

\* 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
Youth Girls	60m	5	0.762	13.00m	8.50m
Youth 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:**

	Youth Girls	Youth Boys	Senior Women	Senior Men
Shot Put	4.0kg	5.0kg	4.0kg	7.26kg
Weight	20 lbs.	20 lbs.	20 lbs.	35 lbs.

**FACILITY RULES AND REGULATIONS:**

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

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 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 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.

**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. 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 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. Cost \$25.00 to 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' 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 email the name of your volunteer(s) to the Entries Chairperson.** Ask your volunteer to report to the main meet desk 30 minutes prior to the start of the meet.

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



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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.

## EVENTS

For Youth Boys and Girls and Senior Men and Women:

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

For Senior Women only:

- 3000m Walk

For Senior Men only:

- 5000m Walk

For Masters Men and Women only (invitational and non-championship):

- 60m
- 1500m



2008 ONTARIO PROVINCIAL YOUTH – SENIOR CHAMPIONSHIPS

TENTATIVE SCHEDULE OF EVENTS

SATURDAY, FEBRUARY 16, 2008

TRACK EVENTS

Oval Track (Timed Finals)		Straight Track	
1:00 p.m.	Senior Men's 5000m Walk	1:00 p.m.	Youth Girls' 60m (Heats or SF)
1:40	Senior Women's 3000m Walk		Youth Boys' 60m (Heats or SF)
2:05	Youth Girls' 400m		Senior Women's 60m(Heats or SF)
	Youth Boys 400m		Senior Men's 60m (Heats or SF)
2:50	Senior Women's 400m		
	Senior Men's 400m	2:10	60 m Semi-Finals (if necessary)
3:30	Youth Girls 1500m		
	Youth Boys 1500m	2:50	Masters 60m (non-championship)
4:35	Masters 1500m (non-championship)		
	Senior Women's 1500m	3:00	60m Finals – all groups
	Senior Men's 1500m		

FIELD EVENTS

12:30 p.m.	Youth Girls & Senior Women's Weight Throw
1:00	Youth Girls High Jump
1:10	Youth Boys & Senior Men's Weight Throw
2:00	Youth Girls & Senior Women's Shot Put
2:30	Youth Boys & Senior Men's Triple Jump
3:00	Senior Women's High Jump
3:15	Youth Boys & Senior Men's Shot Put
3:45	Youth Girls & Senior Women's Triple 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 that the schedule (with the exception of the first events) may be advanced by up to 30 minutes. After the revised schedule is posted on each morning event start times will not be advanced without unanimous approval of the athletes.
- Sections will be run slow to fast.





2008 ONTARIO PROVINCIAL YOUTH – SENIOR CHAMPIONSHIPS

TENTATIVE SCHEDULE OF EVENTS

SUNDAY, FEBRUARY 17, 2008

TRACK EVENTS

	Oval Track (Timed Finals)		Straight Track
10:00 a.m.	Youth Girls' 3000m Youth Boys' 3000m Senior Women's 3000m Senior Men's 3000m	10:00	Youth Girls' 60m Hurdles (Heats, SF or F) Senior Women's 60m Hurdles (H, SF or F) Youth Boys' 60m Hurdles (H, SF or F) Senior Men's 60m Hurdles (H, SF or F)
11:20	Youth Girls 800m Juvenile Boys 800m	11:15	Youth Girls' 60m Hurdles (SF or F) Senior Women's 60m Hurdles (SF or F) Youth 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.	Youth Girls Long Jump
10:00	Youth Boys High Jump
10:00	Youth Girls & Senior Women's Pole Vault
11:00	Senior Men's Long Jump

LUNCH BREAK

1:00 p.m.	Senior Men's High Jump
1:00	Youth Boys & Senior Men's Pole Vault
1:15	Youth Boys Long Jump
2:15	Senior Women'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 that the schedule (with the exception of the first events) may be advanced by up to 30 minutes. After the revised schedule is posted on each morning event start times will not be advanced without unanimous approval of the athletes.
- 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

2008 OTFA INDOOR YOUTH - SENIOR CHAMPIONSHIPS

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

Ontario Track & Field Association  
Guelph TFC  
Mississauga TFC  
Toronto Track & Field Centre  
York University  
City of Toronto  
Ontario Officials Council  
Albert Tschirhart  
Marc Christie

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