



# RUNDEZ-VOUS

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## Travel Grants – 2008

This summer clubs may apply to the OTFA for travel grants to assist Junior athletes (i.e., athletes 19 and under as of Dec. 31, 2008) who incurred expense while representing Ontario or Canada at one or more of the following competitions:

1. USA Indoor Interscholastic Champs, New York, NY, March 14-16
2. World Junior Championships, Bydgoszcz, Poland July 8-13
3. Canadian Junior Championships, Abbotsford, BC July 25-27

A total of \$15,800 is available for the 3 events. Each qualifying athlete will be eligible for one grant for the largest amount.

Athletes must have been registered with the OTFA at the time of the event. In order to claim a grant from Event No.3, the athlete must have participated in the 2008 Ontario Junior-Senior Championships (Supermeet 1).

Grants will be awarded on the basis of the athlete's placing.

Clubs and Athletes must disclose, for Event No.1, all grants obtained from the meet hosts.

An application form will be available in the August edition of Runderz-Vous.

### Inside RUNDEZ-VOUS:

ITEM	PAGE
Travel Grants - 2008	1
Supermeet 1 Changes	2
OSG/Espoir Staff	2
OSG/Espoir Selection	2
Women in Coaching	3
Mixed Rule Clarification	3
Missing Outdoor Records	3
Jewish Athletes	3
Asian Community Games	3
Revised Q4G criteria	3
OTFA Staff - Ryan Finn	3

### Important Documents (Attachments)

Legion Coaching Acad.	4
Fixtures	5-8
OSG/Espoir Info.	9-12
OSG/Espoir Schedule	13-14
Revised Q4G Criteria	15-22
SM1 Tech Package	23-39
Missing Records	40
Asian Comm. Games	41-46

## OTFA Jr/Sr Championships

The schedule for Supermeet 1 (OTFA Junior/Senior Championships) has been revised. The Revised Tentative Meet Schedule and the Technical Package is available on pages 23-39. The Final Meet schedule will be available on Wednesday June 18.

## Espoir Team Staff Named

The OTFA is pleased to announce the makeup of the team staff for the Ontario Summer Games/Eastern Canadian Espoir Team Championships in Ottawa (Aug. 13-15, 2008). Congratulations to the selected members and thank you to all who applied for positions.

Team Leader:	Dave Christiani
Manager:	Paula Jones
Sprints/Hurdles Coaches:	Craig Blackman, Kurt Downes
Distances Coaches:	Rob Grepe, Chris Moulton
Jumps Coaches:	Leslie Estwick, Kevin Dinardo
Throws Coaches:	Sylvia Kontra, Richard Parkinson

## OSG/Espoir team Selection Criteria Announced

The criteria for selection to the Ontario Summer Games and the Ontario Espoir Team as well as other information on the competition is now available. For the Information Sheet, please go to pages 9-12 and for the Tentative Meet Schedule, please go to pages 13-14.

## Women in Coaching opportunity at the Commonwealth Games

There is a very interesting opportunity for our Women in Coaching. This is in regards to the 2008 Commonwealth Youth Games staffing for Pune, India in October of 2008. There is a team size of 20 athletes and 4 coaches approved. Two (2) of the coaching positions are to be funded by Women in Coaching. One of the requirements is to have the women selected, also be part of the Commonwealth Games team in 2010.

The conditions are the following :

- Female coach
- Level 3 coach with proven ability to develop and work with high performance athletes.
- Be able to attend Commonwealth Youth Games (Oct 2008) and Commonwealth Games (Oct 2010).
- Be committed to a professional growth program over the 2 years with a master / mentor coach –with advancement toward 4/5 certification.

The National Team Committee is still looking at the impact this may have on the overall planning between now and 2010, so [we] are very hopeful that this will be a reality. IF you are interested please send me your coaching resume OR if you know someone who is might be interested please pass this along, the deadline will be June 20th.

For further questions, please contact: Carla Nicholls, Head Coach Track and Field/Cross Country, University of Regina, Office: (306) 337-2366, Cell: (306) 737-4350, [carla.nicholls@uregina.ca](mailto:carla.nicholls@uregina.ca)

## Mixed Competition Clarification

Athletes, coaches and meet directors should be aware that regardless of the IAAF rule permitting mixed competition in races of 5000m or longer and all field events in domestic meets, Athletics Canada will not, according to its rules, accept such performances for the purposes of records or selection. A motion from Ontario presented at the recent AC AGM to amend Rule 177 to allow Canadian records to be set in mixed competitions was defeated. Instead, a motion was passed that Canada ask, at the next opportunity, for a rule change in the IAAF Rules which would permit a World Record to be set in a mixed event. Presumably, following acceptance, AC would amend its rules.

Following is Athletics Canada Rule 177, which is currently in force:

“In all competitions held completely in a stadium, performances established in events which permit or schedule male and female athletes to compete together or to be on the track at the same time, shall not be eligible for Canadian records or selection purposes.”

## Missing Outdoor Records

There were several Ontario Records not listed on the printed version of the May 2008 edition of Rundes-Vous including Boys Tetrathlon, Octathlon, and Mens Decathlon. These omissions can be found on page 40 of this edition of Rundes-Vous.

Our apologies go to Branden Wilhelm, Jamie Adjety-Nelson, Dustin Haenni, Michael Smith, Alex Dobranowski, Garth Peet, J. Hollingsworth and Liam McNabb for this error.

## Jewish Track & Field Athletes

Maccabi Canada is now accepting applications from Jewish track and field athletes interested in competing in the 18th Maccabiah in Israel, July 2009.

For more information, visit the website, [www.maccabicanada.com](http://www.maccabicanada.com)

## Asian Community Games

The 4th Annual Asian Community Games will be held this year at Centennial Stadium in Etobicoke on Saturday July 12. This competition is open to everyone of any ethnic background.

The Technical Package can be found in this newsletter on pages 41-46 and visit the [www.acgames.ca](http://www.acgames.ca) website.

## Revised Quest For Gold Criteria

A revised Selection Criteria for the 2008-09 Quest for Gold Athlete Assistance Program is attached on pages 15-22. Please note, this document is subject to approval by the OTFA Board of Directors and the Ministry of Health Promotion.

## OTFA Summer Staff - Ryan Finn

The Ontario Track and Field Association is pleased to announce that Ryan Finn will join the OTFA office this summer as the OTFA Event Coordinator. Ryan, a member of Phoenix Athletics, and Canadian Youth Record holder in the 800m (1:51.15) is coming off a 1:50.3 800m this past week in Indiana. He will be working from the OTFA Office and helping promote the sport at several OTFA events this summer and can be reached at: [otfa@live.com](mailto:otfa@live.com)

The Event Coordinator position is part of the 2008 Summer Experience Program, which is co-sponsored by the Ontario Ministry of Health Promotion and the Ministry of Government and Consumer Services.

# 2008 LEGION COACHING ACADEMY

August 4-6, 2008  
University of Sherbrooke  
Sherbrooke, QC

The 2nd Annual Legion Coaching Academy is open to development level coaches across Canada. Its goal is to enhance the educational opportunities of our coaches and to provide additional program value for the team coaches who annually volunteer their time with the Legion program.

This year's program includes five different sessions, all of which will contribute to the coach's Professional Development portfolio.

Topics and Presenters for 2008 include;



### ***Strength and Conditioning***

Ed McNeely

### ***Nutrition***

Beth Mansfield

### ***Sport Psych***

Melanie Gregg

### ***Drug Free Sport***

Adrian Roberts

### ***Biomechanics***

Steve LeBlanc and Francois Thenault



Registration for the Coaching Academy will be available online starting in Mid-April. Find the registration form and more information regarding the Academy at <http://www.athletics.ca/page.asp?id=295>. Deadline to register is July 11, 2008.

For additional information regarding the Academy, please contact Donna Kaye, Manager of Coaching Development, at [dkaye@athletics.ca](mailto:dkaye@athletics.ca) or (204) 471-4883.





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
June 14		RCL District C Meet	Kitchener	TR
June 14	A	RCL District F Meet	Belleville	TC
June 14	A	Bruce Faulds MTA Meet	Belleville	TC
June 14	A	Mercedes Classic Mile & Carnival 5km	Cambridge	JC
June 14-15	S	OTFA National Junior & Senior Qualifier	Toronto (TTFC)	CI
June 15-21	S	2008 PacifiCanada Series (PCS)	Various (BC)	
June 15	S(AC)	Review Kajaks Int'l Track Classic (PCS)	Richmond, BC	
June 17	S(AC)	Abbotsford Int'l Track Classic (PCS)	Abbotsford, BC	
June 17	S(AC)	UTTC Summer Twilight Meet	Toronto (VC)	CG
June 17		High Jump Qualifier Meet #4	Toronto (TTFC)	GL
June 18	S	Southwestern Ontario Throws Series Meet #5 Sarnia		JS
June 18		Brooks Ottawa Summer Twilight Series #3	Ottawa	AM
June 19		Victoria Int'l Track Classic (PCS)	Victoria, BC	
June 21	S(AC)	Vancouver Sun Harry Jerome Int'l (PCS)	Vancouver, BC	
June 21-22	S(AC)	OTFA Supermeet #1 Jr & Sr Chmps (EHPAS)	Ottawa	AM
June 24	S	UTTC Summer Twilight Meet	Toronto (VC)	CG
June 25	S	Runners Choice London Distance Meet #4	London	SW2
June 28	S	HH/PIB Throws Challenge	London	JA
June 28	A	RCL District G Championships	Ottawa	AM
June 28	A	RCL District D Championships	Toronto (TTFC)	PP
June 28	S	Ottawa Olympic Prep Meet #3	Ottawa	AM
June 29	A	Ontario Masters Outdoor Championships	Toronto (TTFC)	OM
TBD	S	OTFA Outdoor Relays (?: 4x200m, Sprint Medley)	Hamilton	TBD
July 3-6	S(AC)	Canadian Sr. Championships/Olympic Trials	Windsor	
July 8	S(AC)	Kidd-Crothers Track Classic (EHPAS)	Toronto (VC)	CG
July 8-13		2008 IAAF World Jr. Championships	Bydgoszcz, Poland	
July 9	S	Runners Choice London Distance Meet #5	London	SW2
July 9		Brooks Ottawa Summer Twilight Series #4	Ottawa	AM
July 11	S(AC)	Aileen Meagher Invitational (EHPAS)	Halifax, NS	
July 13		4th Asian Community Games (Open)	Toronto (TTFC)	TBD
July 15	S	YUTC Summer Twilight Series Meet #3	Toronto (TTFC)	CI/RP
July 16		Brooks Ottawa Summer Twilight Series #5	Ottawa	AM
July 18-19	A	RCL Ontario Legion Championships	Kitchener	
July 18-20		2008 NACAC Under 23 Championships	Toluca, Edo.Mexico	
July 20	S	Southwestern Ontario Throws Series Meet #6	London	JA
July 23	S	Runners Choice London Distance Meet #6	London	SW2
July 25-27	S(AC)	Canadian Jr. Championships	Abbotsford, BC	
July 29	S	Southwestern Ontario Throws Series Meet #7	London	JA
July 30		7th Annual Toronto Community Track Meet	Toronto (VC)	CG
August 1-3	A	Canadian Masters Championships	Regina, SK	
August 2-3	S	OTFA Supermeet #2 Bant/Midg/Yth Champs	Toronto (TTFC)	BS



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S: OTFA Sanctioned

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S(AC): Athletics Canada sanctioned

Date	Status	Competition/Event	Location	Contact
August 6		Brooks Ottawa Summer Twilight Series #6	Ottawa	AM
August 8-10	S(AC)	2008 RCL Canadian Legion Championships	Sherbrooke, QC	
August 10		Timmins Golden Trails Festival	Timmins <a href="http://www.goldentrails.org">www.goldentrails.org</a>	
August 13		Brooks Ottawa Summer Twilight Series #7	Ottawa	AM
Aug. 14-15		Ontario Summer Games/E.Cdn.Espoir Chmps	Ottawa	
Aug. 15-24		2008 Olympic Summer Games	Beijing, China	
September 14	S	OTFA 20km Road Walk Championships	Welland	RO
October 18	S(AC)	TransCanada Run with the Champions	Ottawa	
November 16	S	OTFA Cross Country Championships	Toronto (Sunnybrook)	DC
November 29	S(AC)	Canadian Cross Country Championships	Guelph	DS



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TBD	To Be Determined



# 2008 TIMEX Roadrunning Series

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

[www.otfa.ca](http://www.otfa.ca)

# 2008 Ontario Summer Games

## 5<sup>th</sup> Eastern Canadian Espoir Team Championships

Terry Fox Facility, Ottawa, August 13-15

Track & Field is back in the **Ontario Summer Games** (OSG) as a fully participating sport. The Ontario Summer Games is a biennial multi-sport competition involving over 3500 participants. 120 of Ontario's top Espoir athletes (16 to 21 years of age, as on December 31, 2008) will be selected to compete in the track & field competition. At the same time, the **5<sup>th</sup> Eastern Canadian Espoir Team Championships** (ECETC) will be taking place and involving teams from Ontario, Quebec, New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland and Labrador. Ontario will have **two** teams made up from the 120 athletes selected for the Ontario Summer Games.

In each event there will be a single competition for both meets with standings being extracted for each competition from the overall results. Special Ontario Summer Games medals will be presented to the top three Ontario athletes in each event.

Since the age group for the Ontario Summer Games and the Espoir competition coincides with that for the **2009 Canada Summer Games**, this competition will serve as an important identification tool for potential members of the Ontario CSG Team.

### Selection to the Ontario Summer Games

- The top three Ontario athletes, born in 1987 or later (but not after 1992) in each event from either Junior or Senior competition at Supermeet 1 (Ottawa, June 20-21-22) will be automatically selected to the pool of 120 for the Ontario Summer Games. Two additional athletes will be selected as alternates. If any of the first three ranked athletes decline to participate in the OSG/ECETC the alternates will be selected so as to fill the three automatic positions. In events in which the Junior-Senior specifications are not the same, a conversion factor and/or IAAF tables will be used against the Junior performance to facilitate comparisons. Junior athletes must agree to compete at the Ontario Summer Games using senior specifications. **All athletes in the first three (plus the two alternates, if applicable) must declare their interest in attending the Ontario Summer Games/Eastern Canada Espoir Championships.** A declaration form is attached.

The remainder of the athletes will be selected on the basis of best seasonal performance achieved before Monday, July 21. Athletes who are interested in selection will be asked to register their names on a list of potential participants.

### Selection to the Ontario Espoir Team(s)

The Ontario Espoir Team Staff will select, from the selection pool of 120, the athletes that will represent Ontario on either of two teams. There will be an "A" team made up of the top 50 to 60 athletes and a "B" team made up of the remaining athletes. For the Eastern Canadian Espoir

Team Championships, each team will name two scorers in each event with the others competing as alternates.

### **Eligibility**

All athletes must:

- be permanent residents of Ontario
- be born in between 1987 and 1992
- be Canadian Citizens or landed immigrants
- be registered with the OTFA as competitive members for the year 2008
- agree in writing to adhere to OTFA/OSG rules re: curfew, etc.
- register on-line with the OSG Host Group (instructions will be provided)
- agree to attend the Opening Ceremonies on the night of Wednesday, August 13

### **Athlete Fees**

The athlete fee is \$75\* per athlete, payable to the OTFA (this amount will in turn be forwarded to the Host Organizing Committee as our sport's fee to the Games.)

**The fee must be paid before the athlete is confirmed as a participant.** In case of injury between selection and the Games, the fee will be refunded if a replacement can be found.

\* attempts are being made to find funding so that this fee can be reduced. If we are successful, a rebate will be provided.

For the fee, each athlete will receive accommodation for the nights of Wednesday, August 13 and Thursday, August 14 and food for the 3 days or partial days, June 13 – June 15. There are no entry fees.

Athletes traveling beyond 300km one way will be eligible for a travel grant from the hosts. (The OSG Travel Policy will be available). However, athletes are responsible for arranging their own transportation to and from Ottawa. A shuttle bus service will be provided for transport from the residence to the track and back.

### **Events Included (Senior Specifications in all events)**

Men's and Women's: 100m, 200m, 400m, 800m, 1500m, 3000m\*, 100/110mH, 400mH, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin

Men's 3000m Steeplechase

Women's 2000m Steeplechase\*\*

\* the Junior and Senior Men's 5000m at Supermeet 1 will serve for selection purposes in the Mens 3000m.

\*\* the Junior women's 2000m Steeplechase will be converted to an equivalent 3000m SC performance.

Espoir match only: Men's and Women's 4x100m, 4x400m

## **Team Staff**

Team Leader: Dave Christiani  
Manager: Paula Jones  
Sprints/Hurdles Coaches: Craig Blackman, Kurt Downes  
Distances Coaches: Rob Grepe, Chris Moulton  
Jumps Coaches: Leslie Estwick, Kevin Dinardo  
Throws Coaches: Sylvia Kontra, Richard Parkinson

## **Meet Schedule**

See attached.

## **Declaration Form**

See attached. Please hand the completed Declaration Form to the Team Manager at Supermeet 1 or email to: [ontrack@eol.ca](mailto:ontrack@eol.ca).



**ATHLETE DECLARATION FORM**

**Ontario Summer Games - Eastern Canadian Espoir Team Championships**

Ottawa, August 13-15, 2008

**I, the undersigned, declare my intention to participate in the above-mentioned competition. After selection I agree to abide by the rules of behaviour as set out by the Ontario Summer Games and OTFA Team Staff. (These will be made available for you to read).**

Athlete Name: \_\_\_\_\_ Club \_\_\_\_\_

Year of Birth: \_\_\_\_\_ Coach's Name: \_\_\_\_\_

Canadian Citizenship: Yes \_\_\_\_\_ No \_\_\_\_\_ If no, Landed Immigrant? Yes \_\_\_\_\_ No \_\_\_\_\_

If neither a Canadian Citizen or Landed Immigrant please explain current status:

\_\_\_\_\_

City of Residence: \_\_\_\_\_

Phone Number: (\_\_\_\_\_) \_\_\_\_\_ Email Address: \_\_\_\_\_

Coach's Name \_\_\_\_\_ Coach's Email Address \_\_\_\_\_

Please note: If you are one of the top three automatic selections from Supermeet 1 your place in the Ontario Summer Games and on the Ontario Team will be confirmed upon receipt by the Team Staff of the Declaration Form and the athlete fee of \$75.00. The deadline for this is Monday June 30. After that date all unclaimed positions will be re-opened. Payment can be made by 1) cash presented to the team Manager at Supermeet 1; 2) phoning in a credit card number (please call Wendy Lee at 416-426-7217); 3) mailing a cheque, payable to the Ontario Track & Field Association, to: OTFA, 1185 Eglinton Ave. East, Suite 302, Toronto, ON M3C 3C6. Declaration forms may be sent to the address above or emailed to ontrack@eol.ca.

This form should also be used by the two alternates from Supermeet 1 and any other athletes wishing to be considered for a position in the OSG and on Team Ontario based on best seasonal performance. (Please let us know what it is.) If you are selected you will be asked to pay the team fee.

\_\_\_\_\_  
Athlete Name – please print

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

# 2008 Ontario Summer Games

## (Athletics / Track & Field)

### Eastern Canadian Espoir (U23) Championships

**Ottawa, August 14 - 15 / Terry Fox Athletic Facility**

**Athletics Meet Schedule: "TENTATIVE"** (as of May 6, 2008)

#### Thursday, August 14

Opening Ceremonies                      17:45 pm  
 Award / Medal Ceremonies            Immediately at Each Event's Conclusion

Start Time	Track Event	Start Time	Field Event
18:00	4 x 100m Relay - M/H	18:00	Pole Vault - M/H
18:15	4 x 100m Relay - W/F	18:30	Hammer - W/F & M/H to Follow
18:30	1500m - M/H (Sections)	18:30	Long Jump - W/F
18:45	100m Qualifying - M/H	18:30	Shot Put - M/H
19:00	100m Qualifying - W/F		
19:20	1500m - W/F (Sections)		
19:40	100mH Qualifying - W/F	20:00	Long Jump - M/H
19:55	110mH Qualifying - M/H	20:00	Javelin - H/M (Main Stadium)
20:10	400m - M/H (Sections)	20:00	Shot Put - W/F
20:25	400m - W/F (Sections)	20:00	High Jump - W/F
20:40	100m Final (A/B) - M/H		
20:55	100m Final (A/B) - W/F		
21:10	3000m - M/H		
21:30	110m H Final (A/B) - M/H		
21:40	100m H Final (A/B) - W/F		
21:50	3000m - W/F		
22:00 22:45	BQ Reception @ Track Facility - All Teams / Officials Bus Residence Return		

## Friday, August 15

Closing Ceremonies

Immediately at Meet Ending

Award / Medal Ceremonies

Immediately at Each Event's Conclusion

Start Time	Track Event	Start Time	Field Event
13:00	3000m Steeple - M/H	12:30	Pole Vault - W/F
13:15	400mH - W/F (Sections)	12:30	Triple Jump - W/F
13:35	400mH - M/H (Sections)	12:30	Discus - W/F
13:50	800m - W/F (Sections)		
14:05	800m - M/H (Sections)	14:00	High Jump - M/H
14:20	200m - W/F (Sections)	14:00	Triple Jump - W/F
14:40	200m - M/H (Sections)	14:00	Javelin - W/F (Main Stadium)
15:00	2000m Steeple - W/F	14:00	Discus - M/H
15:15	4 x 400m Relay - W/F		
15:30	4 x 400m Relay - M/H		
15:45	Team Awards, MVP's & Closing		
16:30	** LOC & Official's Reception @ The Prescott Hotel		



Revised June 6, 2008

**Please Note:** This document is subject to approval by the OTFA Board of Directors and the Ministry of Health Promotion.

### **Selection Criteria for 2008-09 Quest for Gold Athlete Assistance Program**

The Selection Committee has re-defined the selection criteria to make them simpler and more representative of the aims and objectives of the Quest for Gold program.

As the purpose of this funding is to “improve the performance and number of Ontario athletes performing at the national and international level”, funding will be aimed at those Ontario athletes who have demonstrated both a high level of achievement and a commitment to continued training at an elite level.

The following Selection Criteria are subject to change based on Ministry of Health Promotion Guidelines when they are published.

**Please Note:** Athletes who apply for National Carding are encouraged to apply for Quest for Gold funding as well. If you don't apply for the Quest for Gold program and you do not receive National Carding, you will be too late to apply to the Quest for Gold program and may end up with no financial support at all.

For the year 2008:

1. Three age categories will be used for Quest for Gold athletes. These are:
  - a. **Junior:** athletes born in 1990 or earlier (but see exception below)
  - b. **Espoir:** athletes born in 1984, 1985, 1986, 1987 or 1988
  - c. **Senior:** athletes born in 1983 or earlier. Senior athletes are only eligible for funding under the exceptions category listed below, if they are performing at a high level and if they continue to show improvement
2. To be considered for the Quest for Gold Athlete Assistance Program (AAP), athletes must apply to the OTFA.
3. Athletes who were born in 1991 or later and named to the 2007 Quest for Gold Programme are eligible for the 2008 Programme.
4. All qualifying athletes must have a **Full Year Competitive Membership** in the OTFA in 2008.

5. All qualifying athletes must list a coach on their membership form who is registered as a coach with the OTFA. Athletes who are self-coached must be registered as an Athlete/Coach for the year.
6. To be eligible for funding, athletes must compete in the OTFA Junior or Senior Outdoor Track and Field Championships in 2008.
7. Athletes who have commitments to the Canadian National Team programme or who have the opportunity to compete outside the country, and in so doing have a conflict with the 2008 OTFA Outdoor Championships, may be excused if an exemption has been granted. All requests for exemption must be made in writing (or email) a minimum of seven (7) working days prior to the start of the Championship, and exemptions must be approved by the OTFA Quest for Gold Selection Committee.
8. If an athlete is excused from the OTFA Championships so they can compete in an alternate competition, the athlete may score points based on a comparison of his or her performance in the alternate meet and the results of the OTFA Championship. The Selection Committee will determine at the time of the exemption request, what alternate competition mark will be used for comparison purposes.
9. ***Athletes who do not receive an exemption from the Selection Committee and who miss the OTFA Outdoor Championships in order to compete elsewhere will not be eligible for Quest for Gold Funding.***
10. Athletes are encouraged to compete in the OTFA Indoor Championships, but this is not a criteria for Carding eligibility.
11. Junior athletes who apply for Quest for Gold funding in the *Junior category* must compete in the OTFA outdoor championships as a Junior. They should, therefore, compete in the Junior category at the National Championships in order to score points in that event. Athletes applying for funding in the *Junior category* cannot score points by competing in the Senior National Championships - they can only score points by competing in the Junior National Championships.
12. However, Junior athletes are encouraged to also compete in the National Seniors and competing in the National Seniors will not disqualify them from the program. Junior athletes wishing to apply for funding in the Senior category may do so by competing in the outdoor OTFA and National Senior Championships as a Senior athlete.
13. If a Junior athlete competes and scores Quest for Gold AAP points in a Senior event, they may also compete and score points as a Junior athlete in another event.

14. An equal number of male and female athletes are eligible to receive Ontario Card funding. For 2008 Track and Field will have twenty-seven male and twenty-seven female cards available, unless there are not enough athletes in a specific category who meet all eligibility requirements. Some of these cards may be split into half cards.
15. For the purposes of the Quest for Gold Athletes Assistance Program, athletes in the sport of track and field will be divided into four categories; Espoir male, Espoir female, Junior male, and Junior female. Athletes older than 24 years of age in 2008 will not be eligible for funding except as noted below under 'Exceptions'.
16. To qualify for funding, all Espoir-athletes must achieve a performance at least equal to a Level Seven performance on the OTFA Senior Step-Up to Excellence tables in the event in which they are applying. Junior athletes must achieve a performance at least equal to a Level Seven performance on the OTFA Junior Step-Up to Excellence tables in the event in which they are applying. Please see 'Exceptions' below for athletes who are over-age.
17. With the exception of marathon and walking events, performances based on cross-country or road racing events will not be considered.
18. The time period allowed for athletes to achieve their top performances for all events, with the exception of those noted below in 'Exceptions', is December 1, 2007 to August 20, 2008.
19. Selection of athletes will be based on total Athlete Assistance Program (AAP) points that each athlete accumulates. Athlete Assistance Program points are awarded as follows:
  - a. Points will be awarded based on the *average* of an athlete's best two performances achieved in 2008 by August 20, 2008 as scored on the 2008 IAAF Scoring Tables.
  - b. The two best performances must be made at different competitions (different day and different meet).
  - c. Junior athletes and Espoir-aged athletes will be scored using a conversion factor on the 2008 Senior IAAF Scoring Tables to better represent their relative score. Conversion factors for Junior and Espoir athletes are different to reflect the age difference. Senior athletes will be scored using the Senior IAAF Scoring Tables.
  - d. Athletes may score bonus points by placing in the top 8 among Ontarians of the same age or younger at the 2008 Ontario Track and Field Association's Outdoor Junior or Senior Championships. Points will be awarded on the following basis:

First Place	240 points
Second Place	216 points
Third Place	196 points
Fourth Place	180 points
Fifth Place	168 points
Sixth Place	156 points
Seventh Place	144 points
Eighth Place	132 points

- e. Athletes may score bonus points by placing in the top 8 among Canadians of the same age or younger at the 2008 Junior National Outdoor Track and Field Championships or the 2008 Senior National Outdoor Track and Field Championships. Points will be awarded on the following basis:

First Place	108 points
Second Place	96 points
Third Place	88 points
Fourth Place	82 points
Fifth Place	76 points
Sixth Place	70 points
Seventh Place	66 points
Eighth Place	62 points

20. If an athlete is excused from the National Championships so they can compete in an alternate competition, the athlete may score points based on a comparison of his or her performance in the alternate meet and the results of the National Championship. The Selection Committee will determine at the time of the exemption request, what alternate competition mark will be used for comparison purposes.
21. Performances must be in events normally conducted at the IAAF Outdoor World Championships.
22. For events in which no Canadian and/or Ontario Championships are conducted, athletes will be ranked and scored on the basis of their best performance during the period September 1, 2007 through September 6, 2008.
23. Performances must be made in OTFA-sanctioned or OTFA-approved competitions and all pertinent information must be available and *provided* (wind readings etc). High school results will be accepted if they meet the above criteria.
24. Hand times may **not** be used for qualifying performances in races of 400m or less in distance.

25. All performances must be verifiable. *The responsibility of providing accurate information lies with the athlete, club and/or coach.*
26. Indoor performances may count, but at least one of the two selection based performances must be from an outdoor competition. For indoor jumping and vaulting events, only performances achieved on runways complying with IAAF rules will be accepted. In the shot put, indoor performances achieved on landing surfaces which do not leave a mark are acceptable for the purposes of the Athlete Assistance Program.
27. Indoor and/or outdoor performances made in events that are not normally conducted at the IAAF Outdoor World Championships will **not** be converted to standard events.
28. In the short sprint and hurdles events and the horizontal jumping events, only performances achieved with a following wind of 2.0 metres per second or less will be accepted. In the combined events, all performances (final point totals) will be accepted, regardless of wind conditions.
29. There will be no limit on the number of athletes who can qualify in any given event.
30. Athletes may apply for Quest for Gold funding in one or more events, but may qualify for funding in only one event.
31. To be eligible, athletes must apply to the program. Applications must be received by the OTFA between August 22 of 2008 and September 8, 2008. The applicants with the best point totals who complete the application process will be nominated for Ontario Cards, pending the awarding of Ontario Cards to athletes who are, or have been, injured, ill or pregnant.
32. The Selection Committee will ensure that at least three members of each of the Espoir and Junior age groups are nominated in each of the male and female categories. If necessary, the lowest ranking athletes in a category or age group will be removed in order to make room for athletes from another age group who scores more points.
33. Athletes who may not qualify for funding due to illness, injury or pregnancy in 2008 and who believe they should be funded may appeal to the Selection Committee directly. These athletes must submit a rationale for selection including a description of the injury or illness, documents from a certified physician and/or therapist detailing the nature of the illness or injury, the rehabilitation program, the prognosis for recovery, and the athlete's two best performances from January 2006 to present. All other conditions hereto set forth must be met, and a full application form must be submitted. A maximum of four male and four female

- athletes (regardless of age category) may qualify for an illness, injury or pregnancy card.
34. To be eligible for a Pregnancy, Injury or Illness Card, the applicant must have been on the Quest for Gold program – or the National Carding program – in the previous year.
  35. Athletes who miss the OTFA or Canadian Championships because of illness or injury cannot compete for a period of ten days before and/or after these Championships without jeopardizing their chances of getting an injury card.
  36. Athletes who wish to apply for consideration under the Illness, Injury or Pregnancy category should send all pertinent information to the OTFA office as an addendum to the Athlete Application Form.
  37. Ties for the final position(s) in any of the four categories will be resolved in favour of the athlete who places highest in the 2008 Ontario Outdoor Championships. If the tie is still not broken, the tie will be resolved in favour of the athlete with the best performance (time, height or distance) - of the performances used in the ranking - if in the same event. Alternately a tie will be broken in favour of the athlete with the best IAAF Scoring Table score of the single best performance used in the ranking if in different events.
  38. All *selected* athletes will be required to fill out a formal application form with the Ministry of Health Promotion, and sign an Athlete–OTFA agreement.
  39. All *selected* athletes will be required to submit a training and competition plan for the 2009 season. The athlete’s coach must also sign the plan, verifying that the athlete has committed to an ongoing, comprehensive, well-considered training schedule aimed at high performance in the athlete’s selected event.
  40. Selected athletes enrolled in High School who will *not* be graduating from High School (or equivalent) in 2009 will receive a *split card*. Each *split card* will be worth half (50%) as much as a full card. Athletes receiving split cards must meet all other Selection Criteria.
  41. Selected athletes enrolled in High School who will be graduating from High School (or equivalent) in 2009 will receive a full card. Graduating High School athletes must meet all other Selection Criteria.

### **Exceptions**

#### **Exceptions for Athletes Born in 1983 or Earlier.**

1. A maximum of ten cards (five female and five male) in the Senior category will be available to athletes who are 25 years of age or over as on December 31, 2008 and who:
  - achieve, during 2008, indoors or outdoors, a performance that equals or exceeds Level 9 of the Step Up programme in the Senior category in the event in which they are applying;
  - show at least a 27 point improvement on the 2008 IAAF Scoring tables over his or her lifetime best *as on December 31, 2006*;
  - comply with all other conditions of being named to the Quest for Gold Athlete Assistance Programme.
2. Athletes in this category will be scored as all other applicants. All applicants will be ranked and those who receive the highest scores will receive funding. Therefore, the top 5 male and female applicants born in 1983 or earlier are not guaranteed funding.

#### **Event Exceptions:**

1. Athletes in the following events may use two performances in the same event or use another event as the second event to be scored against the IAAF Scoring Tables. To be consistent, in using a performance in a second event, only the *second* best performance in that event will be considered:
2. 10,000m (JrM, SW, SM): Athletes may use 2 performances in 10,000m or 1 performance at 10,000m and one performance at 5,000m. Points earned in the second event may be equal to but may not exceed points earned in the first, primary event.
3. 20,000m Walk (SW, SM): Athletes may use 2 performances in 20km Walk or 1 performance at 20km Walk and one at 10km Walk. Points earned in the second event may be equal to but may not exceed points earned in the first, primary event
4. Athletes in the following events require only a single performance in the event.
  - Marathon (SW, SM)
  - 50km Walk (SM)
  - Heptathlon (JrW, SW)
  - Decathlon (JrM, SM)
5. For 2008 athletes competing in the 20km Walk Ontario Championships will have until September 22 to apply for funding.
6. In Ontario Championships, where there are fewer than 8 Ontarians finishing in a final, the additional places to make up a total of 8 will be determined on the basis of times achieved in the penultimate round. (For example, if one competitor either

does not start in the final of the 100m or is disqualified, etc., and there are 7 Ontarians who have finished, the 8<sup>th</sup> place score will be awarded to the athlete with the best time in the semi-finals).

7. In Canadian Championships, Ontario finishers shall count in the final positions when scoring Canadians only. If necessary, results from the penultimate round may be used to obtain the top 8 Ontarians.
8. Where no IAAF Scoring Table exists for an event an equivalent table shall be established by the OTFA Director or Technical Services.
9. Athletes may not compete in both the Junior and Senior categories in the same event (even if the specifications are different) at the Ontario Championships. If a Junior athlete is, for some reason, permitted to run the same or equivalent event in both the Junior and Senior categories at the Ontario Championships, only the performance in the Junior event will be considered and scored for the purposes of the Quest for Gold programme.



# 2008 SUPER MEET #1

## Ontario Senior & Junior Championships

Important selection tool for the Ontario 21 & Under Team (born 1987 or later) for the Eastern Canadian Espoir Team Championship – Ottawa, August 14-15 and the Ontario Summer Games – Ottawa, August 14-15

**National Senior and National Junior Championships  
Ontario Qualifier Selection Meet #2**

Go to [www.ottawalions.com](http://www.ottawalions.com) form more details

**Friday, Saturday and Sunday  
June 20, 21 & 22**

**SANCTIONED BY:** Ontario Track & Field Association

**HOSTED BY:** Ottawa Lions Track & Field Club

**LOCATION:** Terry Fox Athletic Facility – Mooney’s Bay Park, Ottawa, Ontario  
Front Desk – (613) 247-4883, Riverside Drive & Hogsback Drive

**FACILITY:** 8 lanes synthetic rubber running surface, synthetic field runways.  
Concrete throwing circles. Stadium night lighting.  
There will be no access to showers or change room facilities available.

**MEET DIRECTORS:** Andy McInnis & Vince Fay – Terry Fox Facility Office (613) 247-4886  
All inquiries and questions directed to: [ottl@ottawalions.com](mailto:ottl@ottawalions.com)

**AGE CATEGORIES:** Senior Open  
Junior Under 20 - Born in 1989 or earlier

**CHAMPIONSHIP EVENTS:**

**Ontario Senior Championship Events:** 100m, 200m, 400m, 800m, 1500m, 5000m, 100/110m Hurdles, 400m Hurdles, 3000m Steeple Chase, 5000m Walk\*  
Relays - 4x100m\*, 4x400m\*, Distance Medley Relay \*(1200m-400m-800m-1600m)  
HJ, PV, LJ, TJ, SP, DT, HT, JT

**Ontario Junior Championship Events:** 100m, 200m, 400m, 800m, 1500m, 3000m (F), 5000m (M), 100 / 110m (99cm) Hurdles, 400m Hurdles, 2000m Steeple Chase (F)\*, 3000m Steeple Chase (M), 5000m Walk\*.

Relays - 4x100m\*, 4x400m\*, Distance Medley Relay\*(1200m-400m-800m-1600m)  
HJ, PV, LJ, TJ, SP (4kg-F / 6kg-M), DT (1kg-F / 1.75kg-M), HT (4kg-F / 6kg-M), JT

**\* NOTE ( \* ) = These events are Not National Qualifier Events.** (There are no National Championship entry standards for the Junior and Senior Men's and Women's walking events or for the Junior Women's 2000m Steeplechase)

**Note:** All track events, with the exception of the 5000m Walk, will be conducted as separate sections for Junior and Senior Divisions.

**Note:** All field events may or may not be conducted simultaneously for both age divisions. IF the categories are combined, the top 8 Junior and the top 8 Senior athletes (after 3 rounds) will be permitted another 3 trials. 16 athletes will/could advance to the final 3 rounds.

#### **4 x 100m / 4 x 400m / Distance Medley Relay:**

Clubs must enter teams in the appropriate age category (i.e., not move up to an older age category than would apply to the oldest member of the team). Example: a team made up of four Junior athletes must enter the Junior category. A team made up of three Juniors and one Senior must enter the Senior category. **All members of a team must be members of the same Club.**

To encourage club participation in all Relay Events, **advance entries will not be required.** All Relay entries will be made in the form of a "Team Declaration" along with the entry fees. Entries are to be submitted during the Championships up to 60 minutes before the scheduled race time at the Registration Desk or directly to the Meet Director.

**Please note, that meet organizers must be informed in advance of the competition if there are any possible relay runners who are not entered in other events at the championships.** This information is required so that every athlete can be assigned a competitor's bib number.

**All athletes must be registered with the OTFA in a competitive category by Sunday, June 15 @ 11:59pm, before they may compete.**

**RELAY TEAM ENTRY:** Relay Declaration Forms will be available at the Registration Desk throughout the Championship (Warm-Up Area). They must be turned in to the Registration Desk or to the Meet Director a minimum of 60 minutes prior to the scheduled start of the event.

#### **ELIGIBILITY:**

There are minimum entry standards for this meet for athletes **below Junior** age. Athletes (Born 1991 or younger) should have equaled or bettered the entry standards (see below) in their events. These standards are intended to help ensure that our Provincial Championship is of good athlete quality and can be conducted on an specified time schedule.

All Athletes residing in Ontario and competing in the Championship must be registered with the OTFA (competitive category) no later than Sunday, June 15 @ 11:59pm . All Ontario Clubs must be affiliated for 2008 with the OTFA by the time entry forms are received by the Meet Director.

All "Out of Province" athletes must be registered with their respective provincial or international associations.

Athletes registered as “Unattached” 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 shown on the entry form as representing that province/club.

Athletes temporarily 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 of the age of 30 and over who are current members of the Ontario Masters Association or Canadian Masters AA may join the OTFA (Masters Category) by completing an OTFA Masters Registration form and paying a fee of \$5. This membership is good for the entire calendar year. Forms are available from the OTFA office or website.

Junior aged athletes may move up to compete in a Senior Category event, but it must be different than the Junior Event. (i.e.: Junior 100m and Senior 400m entry is OK) You cannot enter in both the Junior 100m and Senior 100m events.

**ENTRY STANDARDS FOR ATHLETES OF YOUTH (U18) or Midget (U16) AGE. Standards may have been achieved at any time leading up to the meet entry deadline.**

	Girls	Boys
100m	13.23	11.42
200m	27.68	23.55
400m	63.14	53.70
800m	2:28.00	2:05.00
1500m	5:00.00	4:18.00
3000m	11:00.00	-
5000m	-	16:30.00
3000m	-	9:30.00
100mH	17.00 (84cm or 76cm)	-
110mH	-	17.20 (99cm or 91cm)
400mH	70.00	61.00
300mH	50.00	43.50
2000mSC	8:30.00	-
1500mSC	5:35.00	-
3000mSC	-	10:40.00
2000mSC	-	6:40.00
HJ	1.50	1.80
PV	2.90	3.50
LJ	4.70	6.00
TJ	10.00	12.30
SP	9.30 (4.0kg) or 12.40 for 3.0kg	12.00 (6.0kg) or 13.21 for 12 lb. or 14.40 for 5.0kg
DT	30.00	33.00 (1.75kg) or 35.85 for 1.61kg or 38.50 for 1.50kg
HT	30.00	35.00 (6.0kg) or 42.00 for 5.0kg
JT	30.00	41.00 (800g) or 46.00 for 700g

## INTERNATIONAL & OUT-OF-PROVINCE ATHLETES

**International Athletes / Out-of-Province Athletes & Clubs** are welcome to enter these Championships, participate and win medals provided they are members in good standing with their provincial or national associations. The top 3 OTFA athletes will also receive medals.

### **Specific Rules for Out of Province Athletes / International Athletes** **TRACK EVENTS WITH QUALIFYING ROUNDS**

140.11 In events where there are three rounds all athletes (i.e., OTFA and non-OTFA) entered will be eligible to advance to the second round according to the announced advancement procedures.

140.12 Non-OTFA athletes who advance from the qualifying round shall be placed in the final. However, if this results in fewer than 4 OTFA athletes in the final, two timed finals shall be conducted.

140.13 If two timed finals are necessary, the second timed final shall consist of the top 4 OTFA athletes as seeded by the preceding rounds and the top-seeded non-OTFA qualifiers.

140.14 The first timed section shall consist of the next fastest qualifiers as seeded by the preceding round, including non-OTFA, out-of-province athletes.

140.15 Final finish positions in events in which a second timed section is required will be determined on the basis of times.

### **TRACK EVENTS WITH TIMED SECTIONS**

140.21 Non-OTFA athletes shall be eligible for placement in timed section events with the fastest-seeded athletes except where this would result in there being fewer than 4 OTFA athletes in races of from 200m to 800m or 6 OTFA athletes in races of over 800m.

140.22 Any non-OTFA athlete excluded from the fastest timed section by virtue of 140.21 shall be placed in the next fastest section.

### **FIELD EVENTS**

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

## **Junior & Senior National Championships Ontario Qualifier Meet**

**QUALIFYING FOR ENTRY INTO NATIONAL CHAMPIONSHIPS WITHOUT STANDARD – Conditional on Athletics Canada’s entry criteria remaining “unchanged from 2007”.**

The following athletes may enter the National Championships without having achieved the entry standard:

- Top Junior athlete without standard (in each event) from Ontario at this qualifier meet,
- Top 2 Senior athletes without standard from Ontario at this qualifier meet,
- Top Junior athlete without standard (in each event) from Ontario at National Qualifier 1 (Toronto).
- Top 3 Senior athletes without standard from Ontario at National Qualifier 1 (Toronto).
- Top 3 high school athletes (OTFA Junior age) in Senior events at the OFSAA championships.

One additional Junior athlete may qualify as a wild card in each event. Selection will be based on performance at either of the two National Qualifier meets in Ontario. If there are no nominees from participants in the National Qualifier meets by June 25, other nominees may be considered.

Important: It is the responsibility of the athlete to identify which athlete finishing ahead of him/her has already met the entry standard. Juniors are counted as Seniors as well if the specifications are the same as for the senior events. Athletes who wish to enter the Nationals without standard, including wild card nominees, must declare their intention to do so by signing a special form at each of the two qualifier competitions. The final date for declaration is Sunday, June 22 (prior to conclusion of Supermeet 1) in Ottawa for Seniors and Wednesday, July 2 for Juniors (please contact Roman Olszewski). Thereafter, for Juniors only, other athletes without standard and finishing below the top junior without standard in either Qualifier meet or the wild card may be considered on a first-come-first served basis until July 16 in events in which there are openings.

\*\*\*\*\*

## **Mandatory Club Adult Officials' Assistant**

**Based on the approved motion at the 2005 OTFA 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 10 or more athletes participating provide one volunteer person per day to assist with the Championship.**

**If the local organizing committee does not need the services of your volunteer you will be notified before the competition. Please see the form that is to be completed and emailed to the organizers at the end of this information package. Have your club's volunteer report to the Registration Desk 30 minutes prior to the start of the meet each day.**

\*\*\*\*\*

# **CHAMPIONSHIP ENTRY PROTOCOL**

**All meet entries must be made by EMAIL ONLY using online forms or Hy-Tek Team Manager or Hy-Tek Team Manger Lite. NO MAIL, FAX or TELEPHONE entries will be accepted.**

All entry forms are online at [www.ottawalions.com](http://www.ottawalions.com)

Go to [www.ottawalions.com](http://www.ottawalions.com) . Go to the Lions Home Page. Go to the "Upcoming Competitions" list. Click on "Ontario Junior and Senior Championships". Go to "Registration Forms" and open the appropriate entry form, one form at time. Complete one form for each age group and gender.

## Entries by Email Forms:

The entry forms are MS Word documents and they are NOT friendly with other software such as Word Perfect. The computer you use for entry should apply MS Office / Word software.

**Save each entry form (file) on your computer only “AFTER it is completed** using a file name with your club’s reference name, category and gender and before you open the next form(s). Do NOT save the form and then complete the document.

Entry File Examples could be:

- UTTC.SR.MALE = University of Toronto Track Club Senior Male
- BLEG.JR.FEMALE = Brockville Legion Junior Female
- OTTL.JR.MALE = Ottawa Lions Junior Male

**Send the entry form files as “attachments” via email directed to:**

[ottl@bellnet.ca](mailto:ottl@bellnet.ca)

**Credit Card information for payment is to be sent with your entries. This information is to be included on each entry form sent. If you “live in fear” of credit card fraud, please ask our staff (via an email) to call you and take the card payment information over the telephone. Our website is secure.**

We will issue you an email receipt for your entries and for a receipt for payment(s). The confirmation email is your entry receipt. The receipt for payment will be available for you at the Meet Registration Desk at the Championships. If you do not hear back from us (via email) within 12 hours, please contact us at the email address used. You should print a copy of this email to bring with you to the meet.

**If there is any confusion with this entry process or the opening of the entry documents, do not hesitate to contact us immediately at [ottl@bellnet.ca](mailto:ottl@bellnet.ca).**

It is the club's responsibility for ensuring that the entries are completed in the required technical fashion and received (via email) to the championships entry secretary by the due date and time.

### **\*\* HY-TEK TEAM MANAGER USERS \*\***

Email entry files from Hy-Tek Team Manager users will be accepted. Please email us directly at [ottl@bellnet.ca](mailto:ottl@bellnet.ca) and request the file for the championship “event codes”. We will email you the proper event number file from Hy-Tek Meet Manager to apply to your Team Manager software.

Clubs entering athletes using the Hy-Tek Meet Manager system will be charged 1<sup>st</sup> Entry Deadline entry fees, provided entries are filed by the Final Entry Deadline.

## **ENTRY DEADLINE AND FEES**

**Deadline**

**Sunday, June 15<sup>th</sup>**

**All entries to be received by 11:59 pm Est**

Individual Championship Events = \$18.00 per event

Relay Championship Events = \$28.00 per Team

ENTRIES received after June 15<sup>th</sup> (11:59 pm) will be accepted only at the discretion of the Meet Director. Accepted late entries will be subject to a \$50.00 penalty per athlete per event (credit card payment or cash only – NO Cheques). The acceptance of a late entry will be subject to the availability of entry space in an event. Athletes must have been registered with their associations as of June 15 at 11:59 pm . Remember that email messages are date and time coded as well.

**Entry Fees may be paid by MCARD, VISA or AMEX**  
**All Entry fees paid by Credit Card MUST be included with the emailed entry forms**

Payment of entry fees by a Club Cheque (**NO PERSONAL CHEQUES ACCEPTED**) or certified money order must be payable to “**OTTAWA LIONS TFC**”. Entry fees paid by a CLUB Cheque must be issued for the full amount owed at the time of entry and it must hand delivered directly to the Meet Registration Desk. (No payments are to be posted via mail. No individual entry materials, numbers or passes for a Club will be released from a Registration Package without full payment. Entry fees can be paid with a credit card at the Meet Registration Desk. However, these entries will all be assessed the “final entry deadline rate” of \$28 per person per event.

**There will be No Refunds & No Substitutions**

## **VIEW ALL THE CHAMPIONSHIP ENTRIES AND MEET UPDATES ONLINE STARTING SUNDAY JUNE 15**

The Championship Start Lists for all events will be posted at [www.ottawalions.com](http://www.ottawalions.com) beginning Sunday, June 15<sup>th</sup> and will be updated daily. Any errors in entries should be reported by email ([ottl@bellnet.ca](mailto:ottl@bellnet.ca)) asap.

### **ATHLETE CHECK-IN PROCEDURE**

#### **Track Athletes**

**All Track Athletes MUST CHECK-IN at the TRACK EVENT MARSHALLING DESK located in the building immediately adjacent to the High Jump Apron no later than 20 minutes before the scheduled race time. Athletes must conduct their preparation on the “Upper Field” of the Facility adjacent to the athlete / coach entrance. Athletes will be allowed access to the track running area no more than 20 minutes prior to the event.**

**The track oval infield will always be OUT OF BOUNDS TO ALL ATHLETES AND COACHES.**

#### **Field Athletes**

**Athletes should report directly to the field event site at least 30 minutes prior to the posted or announced start time. Any athlete appearing after the first jumper or thrower has begun his/her first trial will not be permitted to compete in the event. All initial warm-ups must be conducted on the upper field warm-up area. You are permitted on to your field event competition site no more than 45 minutes before the posted start time.**

#### **Athlete Event Scratches**

All coaches and club administrators and athletes are encouraged to report any scratches directly to the Registration Desk. Scratches will be accepted throughout the competition. IT IS TO THE BENEFIT OF

ALL ATHLETES to report ALL SCRATCHES AT LEAST 60 MINUTES PRIOR TO an EVENT. THIS WILL ALLOW RACE SECTIONS TO BE FAIRLY SEEDED to MAX CAPACITY.

## The Final Meet Schedule will be posted Wednesday, June 18<sup>th</sup> @ 12:00 noon

### SEED TIMES:

In these Championships actual recent (i.e., after April 1) and documented 2008 performances (versus estimated times or life bests) will be used for determining the top-ranked athletes for seeding purposes in the following events:

400m, 400m Hurdles, 800m, 1500m, 3000m (JrW), 5000m JrM & SM).

The following information must be provided on the entry form along with an entry for any athlete for **whom a seed performance is faster than those times listed below:**

The exact time / The name of competition / The date and location.

Failure to provide this information will result in the athlete being moved down the ranking list.

400mHurdles	JrM & SM:	60.00	JrW & SW:	68.00
800m	JrM & SM:	2:00.00	JrW & SW:	2:25.00
1500m	JrM & SM:	4:05.00	JrW & SW:	4:55.00
3000m			JrW:	10:50.00
5000m	JrM:	17:00.00		
5000m	SM:	16:00.00		

In all other events at these Championships, it is expected that actual recent performances or very **accurate** estimates be provided. The meet organizers, in conjunction with the OTFA Director of Technical Services will amend seed performances if they are not convinced of their accuracy, particularly if they are from sources that have not submitted accurate information in the past. Please do not list the athlete's life bests or best performances from previous seasons. Please take the responsibility to ensure your athletes' performance data reaches the Ontario and /or National Office Statisticians. We will be applying statistical data and research for event seeding.

### VERTICAL JUMP STARTING HEIGHTS:

Unless all competitors agree to a higher height, the starting heights will begin at and not exceed the following: Coaches should consider the opening heights for athletes when making entries.

High Jump:	Senior Women	1.45	Senior Men	1.85
	Junior Women	1.40	Junior Men	1.75
Pole Vault:	Senior Women	3.20	Senior Men	3.80
	Junior Women	2.75	Junior Men	3.35

**AWARDS:** OTFA gold, silver and bronze medals will be awarded to the top 3 finishers in the Ontario Championship events (including relays). Duplicate medals will also be awarded to guests from out-of-province finishing in the top 3 in these events.

## RULES & REGULATIONS:

**STARTING BLOCKS** - Official Starting blocks will be supplied by the meet organizers. However, any

starting blocks complying with IAAF rules may be used. Note: All athletes are required to use starting blocks in events of 400m and less.

**IMPLEMENTS** All implements except pole vault poles will be provided by the meet management. Personal throwing implements will be permitted provided they meet specifications. They will be included in the implement pool.

**MAXIMUM SPIKE LENGTH:** 9mm

**SPORTSMANSHIP** Proper conduct extends to all athletes on and off the field during the meet and to coaches, parents and friends especially at the meet site. NO audible radios / tape, cd, or mp3 players will be allowed at the FACILITY - including infield, track and the bleachers.

**COACHING AREA** - Coaching areas for all field events shall be designated by the Meet Director & Event Officials. There will be one location only where coaches will be allowed to communicate with athletes during the competition. Any coach not obeying the instructions by officials may be required to leave the event area.

**THROWING IMPLEMENT WEIGH- IN** All personal throwing implements must be delivered to the Technical Manager (TM) at the large equipment building adjacent the facility Administration Building a minimum of 90 minutes prior to the start of the event. If an implement is not delivered to the TM, it will not be available for use during the competition. The TM is shall be the sole authority regarding certification. The current event specs are available on the OTFA website.

**PROTESTS** All protests must be made as outlined by IAAF Rule 146. Protests must be filed with the referee within 30 minutes of the posting of the results. Cost: \$25.00 (Cash) to be returned if the protest is upheld by the Referee and / or not considered frivolous. A decision of the Track of Field Referees may be appealed to the Jury of Appeal.

## **FACILITY ACCESS – PASSES & ADMISSION FEES**

**Coaches, Club Administrators and Athletes**

**Enter the facility from the Warm-Up area on the Upper Field / North Entrance.** At this location you will access the Athlete Registration Table.

- For the Club Registration pick-up
- For Athlete numbers
- For Coaches & Club Administrators passes
- For athlete track event check-in

**Coach / Club Administrator Passes will only be issued to registered 2008 OTFA Club Coaches or Administrators.** We will have the most current OTFA data base at the Registration Table. Sorry ... there will be NO Exceptions. Extra Coaches Passes can be purchased for \$15 and are valid for all days.

**Athletes will enter the Facility using their BIB Number. A Lost or forgotten Bib Number will cost an athlete \$10 to replace. Athletes may pay the \$5 Gate Fee if their competition has concluded at the Main Gate (South**

Entrance).

**Athletes, Coaches and Club Administrators must always enter the facility from the North Gate Entrance.**

If you come through the Main Gate you will be expected to pay the daily gate admission fee. You can exit the facility from any facility gates ... but then only re-enter the facility from the North Gate Entrance.

**All Spectators and non OTFA Registered Coaches must enter the facility from the Main Entrance (South Gate). A daily general admission fee of \$5 per person per day (all ages) will be charged.**

**ACCOMMODATIONS:**

**Go to our website for details and contact information or go to:  
<http://checkintothecentre.com/properties/ottawa/index.html>**

**Residence Inn on the Algonquin College Campus**

(1385 Woodroffe Avenue at Baseline). 613-727-7698 / Fax 613-727-7698 /  
email: [algonquin@stayrcc.com](mailto:algonquin@stayrcc.com)

Quote: Ontario Track & Field Championships for our Rate.

Less than 10 minute bus / drive to the track facility and with plenty of places to eat within walking distance and many more inside a 5 minute drive. They have over 400 rooms ... a Great Place, Great Location ... for a Great Deal. All information at [www.ottawalions.com](http://www.ottawalions.com) Look for the link under "What's New".

**THIS IS A VERY BUSY WEEKEND  
DRAGON BOAT FESTIVAL**

**There will be limited or NO PARKING at the Track Facility and the Surrounding Area & Lots of Parking Tickets**

– a very large gathering of canoe athletes, spectators and performing stage events.

<http://www.dragonboat.net> Please see their website for reference to off-site parking locations if you wish to drive and park ... otherwise ... read on below:

**A SUPERMEET SHUTTLE BUS SYSTEM  
(Two x 50 pass. Buses) will run from the RESIDENCE INN to the  
TERRY FOX TRACK FACILITY – Cost \$2 per trip per athlete or**

**coach from the Residence Inn Departure Only for a round trip.  
No charge on return from the Track Facility to the Hotel**

**(Every 30 minutes on the hour & half hour in each  
direction)**

**Friday, June 20 – No BUSES are PROVIDED.**

**Saturday, June 21** – Buses Start 90 minutes before the 1<sup>st</sup> event of each day and last bus return will be 60 minutes after the final event conclusion. ( it is a 10 to 15 min. Trip One-Way)

**Sunday, June 22** – The Same busing format as above. You can leave your car / vans at Algonquin Residence Inn on the Sunday and buses will return you for the drive home.

**HOW TO GET TO THE TERRY FOX FACILITY**

The Terry Fox Athletic Facility is located on Riverside Drive at Mooney's Bay Park.

From the West (Toronto), take 401, and turn north on 416. Exit the 416 at Manotick Hwy 8 / Old Hwy 16 Exit ... Turn right and then Left onto Old #16 (Prince of Wales). Turn right on Hunt club and then left just over the bridge on to Riverside Drive (go about 5 km to the facility on your left).

From the East (Montreal), take 417 to Walkley Road exit. Turn west on Walkley Road. Go all the way on Walkley Road until it comes to an end at Riverside Drive. Turn (right) on Riverside Drive ... it is only 400m to the Terry Fox Facility entrance ... then turn left.

**Meet Schedule is  
a separate  
Document**

**See [www.ottawalions.com](http://www.ottawalions.com)**



## **CLUB'S DESIGNATED OFFICIALS' ASSISTANT**

All clubs with more than 10 athlete entrants in this competition 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 EMAIL THE REQUIRED INFORMATION BELOW WITH YOUR ENTRIES**

**Club**

**Name of Club Contact**

**Club Contact Telephone No.**

**Email address**

**Name of Volunteer(s)**

**Email addresses**

**Working Days : Day 1                      / Day 2                      / Day 3**

# Revised Tentative

## Meet Schedule

### 2008 Ontario Provincial Junior & Senior Championships OTFA SuperMeet #1

The Revised Final Meet Schedule will be posted  
on Wednesday, June 18 @12 noon  
[www.ottawalions.com](http://www.ottawalions.com)

If events are advanced by more than 45 minutes ahead of this Tentative Schedule, an attempt will be made to contact all affected clubs. After the Final Schedule is posted (Wed. June 18), competition starting times will not be advanced without the consent of all affected athletes in the event. All Timed Section Track Event Finals will be run from slowest to fastest sections.

### Track Events – Friday, June 20

19:00	4 x 100m	International Men IAAF Olympic Qualification Event	
19:15	4 x 100m	International Women IAAF Olympic Qualification Event	
19:30	100m	* Qualifying Round	SW
	100m	* Qualifying Round	SM

- **Senior / Open 100m Qualifying** – 3 Rounds are Required if 25+ Entries are received at Entry Deadline. If 24 or less entries are received then Qualifying Rounds will be cancelled and the Semi-Final / Final Rounds will be conducted on the Saturday (June 21). If Qualifying Round Entries on the Friday (June 20) scratch to 24 athletes or less 30 minutes prior to start time, the event will then be re-seeded and the Semi-Final Round will then be conducted at the Scheduled Qualifying Round Time on Friday (June 20). The Semi-Final Round on the Saturday (June 21) will then be eliminated.
- **Junior 100m** (Saturday) will only have 2 rounds regardless of entry advancing to a possible 2 section final.

20:15	400m	Semi-Final	SW
	400m	Semi-Final	SM
20:45	5000m	Final (1 Section)	SM
21:10	5000m	Final (1 Section)	SW

# Track Events – Saturday, June 21

11:00	Official's Meeting and Lunch			
12:30	400m	Semi-Final	JrW	
	400m	Semi-Final	JrM	
13:15	100m Hurdles	Semi-Final	JrW	(84cm)
	100m Hurdles	Semi-Final	SW	(84cm)
	110m Hurdles	Semi-Final	JrM	(99cm)
	110m Hurdles	Semi-Final	SM	(107cm)
14:00	100m	Semi-Final	JrW	
	100m	Semi-Final	SW	
	100m	Semi-Final	JrM	
	100m	Semi-Final	SM	
16:00 – 17:00	Official's Dinner Break			
17:30	100m Hurdles	Final (A & B sections)	JrW	
	100m Hurdles	Final “	SrW	
	110m Hurdles	Final “	JrM	
	110m Hurdles	Final “	SrM	
18:00	100m	Final	JrW	* Possible A & B Final
	100m	Final	JrM	* Possible A & B Final
	100m	Final	SW	
	100m	Final	SM	
18:30	400m	Final	JrW	
	400m	Final	JrM	
	400m	Final	SrW	
	400m	Final	SrM	
19:00	1500m	Final (Sections)*	JrW	
	1500m	Final (Sections)*	JrM	
	1500m	Final (Sections) *	SW	
	1500m	Final (Sections) *	SM	
19:45	4 x 100m Relay	Final (Sections)	JrW	
	4 x 100m Relay	Final (Sections)	JrM	
	4 x 100m Relay	Final (Sections)	SW	
	4 x 100m Relay	Final (Sections)	SM	
	4 x 100m Relay	International Men	If Needed	
	4 x 100m Relay	International Women	If Needed	
20:30	3000m	Final (1 Section)	JrW	
20:45	5000m	Final (1 Section)	JrM	

1500m\* = Max of 15 athletes per section

## Track Events – Sunday, June 22

09:45	5000m Walk	Final (Combined)	JrW, SW, JrM, SM
10:30	200m	Semi-Finals	JrW
	200m	Semi-Finals	JrM
	200m	Semi-Final	SW
	200m	Semi-Final	SM
11:30	800m	Final (Sections) **	JrW
	800m	Final (Sections) **	JrM
	800m	Final (Sections) **	SW
	800m	Final (Sections) **	SM
12:30	400m Hurdles	Final (Sections)	JrW
	400m Hurdles	Final (Sections)	SW
	400m Hurdles	Final (Sections)	JrM
	400m Hurdles	Final (Sections)	SM
13:00	2000m Steeple Chase	Final	JrW
	3000m Steeple Chase	Final	SW
13:30	200m	Final (A & B Sections)	JrW
	200m	Final “	SW
	200m	Final “	JrM
	200m	Final “	SM
14:00	3000m Steeple Chase	Final	JrM
	3000m Steeple Chase	Final	SM
14:30	4 x 400m Relay	Final	JrW
	4 x 400m Relay	Final International W &	SW
	4 x 400m Relay	Final	JrM
	4 x 400m Relay	Final International M &	SM
15:00	Distance Medley Relay	Final	JrW & SW (Combined)
	Distance Medley Relay	Final	JrM & SM (Combined)
800m **	= Max of 12 athletes per section		
15:30	Official's Reception		

## Field Events – Saturday, June 21

**\*\* NOTE – If Field Event entries are high then Junior and Senior Classifications will be split and 2 separate events will be conducted. The Junior event will begin at the posted start time – Senior event to follow.**

13:00	Hammer	JrW / SW	(west field)
	Pole Vault	JrM / SM	
	Long Jump	JrW	
	High Jump	SW	
	Javelin	JrM / SM	(main field)

14:30	Long Jump High Jump	SM JrM	
18:00	Hammer Pole Vault Javelin Long Jump	JrM / SM JrW / SW JrW / SW SW	(west field)  (west field)
19:30	Long Jump	JrM	

## Field Events – Sunday, June 22

10:30 am	Triple Jump Discus Shot Put High Jump	JrM / SM JrW / SW JrM / SM JrW	
12:30 pm	Triple Jump Discus Shot Put High Jump	JrW / SW JrM / SM JrW / SW SM	(west field)

**ONTARIO OUTDOOR RECORDS**

As on April 21, 2008

p = pending ratification (number codes explained below)  
 \* = pending more thorough search of past performances  
 U20 = under 20 years of age at time of record-breaking performance  
 and not turning 20 at any time during that year

**Explanation of Number Codes for Pending Records:**

- p           Ratifiable at next OTFA Board meeting
- p(1)       Hand timer's verification form required (minimum of two hand times required)
- p(2)       Copy of birth certificate required
- p(3)       Officials' verification form required (heights accurately measured, implements checked?)
- p(4)       Nationality/residence at time of performance needs to be verified
- p(5)       Performance information incomplete

For further information on this list please contact Roman Olszewski <roman.otfa@cogeco.ca>

<b>Tetrathlon</b>								
<b>Boys</b>	<b>Bantam-U13</b>	1372	Branden WILHELM (92)	Woodstock Legion	Toronto	2004 06 12		
			15.10(-1.8) 6.77 1.54 31.18(-3.4)					
			<i>(Tetrathlon: 80m(Bantam)/100m(Midget) Hurdles, Shot Put, High Jump, 200m)</i>					
<b>Octathlon</b>	Juvenile-U18	5809	J. ADJETEY-NELSON (84)	Canada (Windsor Legion TFC)	Debrecen, HUN	2001 07 12-13		
<b>Boys</b>			11.46(-1.2) 7.09(+0.9) 12.06 49.99					
			14.94(+1.7) 1.89 43.66 2:53.35					
	Juvenile-U17	3950	Dustin HAENNI (91)	South Simcoe/Dufferin	Toronto	2007 06 16-17		
			12.22(+1.3) 5.11(+1.3) 9.98 1.45					
			19.22(+0.6) 1.45 38.02 2:58.15					
			<i>(Octathlon: 100m, Long Jump, Shot Put, 400m/110m Hurdles, High Jump, Javelin, 1000m)</i>					
<b>Decathlon</b>	Open/Senior	8549	Michael SMITH (67)	Canada (Univ. of Toronto TC)	Tokyo, JAP	1991 08 29-30		
<b>Men</b>			10.81(-1.6) 7.68(+1.8) 15.69 2.09 47.53					
			14.78(-1.2) 48.42 4.40 65.46 4:29.14					
	Espoir-U24	8525	Michael SMITH (67)	Canada (Univ. of Toronto TC)	Auckland, NZL	1990 01 28-29		
			10.85(+1.9) 7.52(+2.7) 14.62 2.05 47.77					
			14.34(+1.9) 47.56 4.70 64.18 4:24.06					
	Junior-U20+++	7523	Michael SMITH (67)	Canada (Univ. of Toronto TC)	Athens, GRE	1986 07 16-17		
			11.11(+0.9) 7.20(-1.7) 13.62 1.97 48.58					
			15.45(+0.4) 38.20 3.70 60.94 4:28.95					
	Junior-U20 #	6593	Alex. DOBRANOWSKI (84)	Precision Athletics	Saskatoon	2003 07 04-05		
			11.37(+2.0) 6.47(+3.2) 14.08 1.96 51.41					
			15.91(+1.0) 43.36 3.80 42.61 5:39.62					
	Junior-U19+++	7114	Garth PEET (69)	Oshawa (Durham) TFA	Ottawa	1987 08 01-02		
			11.43(+0.1) 6.83(+0.1) 12.96 1.92 51.16					
			14.78(+0.7) 39.52 3.80 49.36 4:30.29					
	Junior-U19 #	6504	Alex. DOBRANOWSKI (84)	Toronto Sport AC	Edmonton	2002 06 21-22		
			11.56(0.0) 6.26(+2.4) 11.50 1.96 53.74					
			15.45(+2.6) 45.14 4.00 41.23 5:13.61					
	Juvenile-U18 +	6489	J. HOLLINGSWORTH (79)	St. Thomas Legion	North York	1996 06 22-23		
			11.13(+1.3) 6.56(+2.9) 13.16 1.71 50.82					
			14.83(+0.0) 33.96 2.90 50.04 4:52.21					
	Juvenile-U17 +	5347	Liam MCNABB (82)	Elite Athletics	Ottawa	1998 06 27-28		
			11.90(+2.8) 6.05(+2.8) 11.58 1.75 54.11					
			15.53(+1.5) 22.48 2.80 28.48 4:55.72					
+++	110mH(107cm); 7.26kg Shot; 2.00kg Discus or 110mH(107 cm); 6.0kg Shot; 1.75kg Discus							



## 4<sup>th</sup> Asian Community Games Track & Field Meet 2008

**Date:** Saturday, July 12

**Sanctioned By:** Ontario Track & Field Association

**Venue:** Centennial Stadium,  
Centennial Park, Rathburn Rd. and Renforth Dr.,  
Etobicoke

**Facility:** All-weather, synthetic surface on 8-lane, 400m oval and 8-lane sprint straight and on all field event approaches. Change room facilities and showers are available. Maximum spike length–6mm– come with extras.

**Meet Director:** Anthony Biggar  
[ontrack@eol.ca](mailto:ontrack@eol.ca)

### ENTRIES

**Chairperson:** Beckie Tan

### REGISTRATION

**First Deadline:** Thursday, July 3

**Fee:** \$15 per athlete for 1st event      \$20 per relay team  
\$10 per athlete per 2<sup>nd</sup> event and thereafter  
Due to time limitations, and in case of a very large entry, only athletes registered by the first deadline will be guaranteed entry into this meet.

**Final Deadline:** Tuesday, July 8

**Fee:** \$20 per athlete per event      \$25 per relay team

**Late Entries:** Entries received after July 8 will be accepted at the discretion of the meet director and only if it does not cause a disruption of the conduct of the meet. These entries will be subject to a \$30 per event entry fee, if accepted. Entry fees include one-day membership on the Ontario Track and Field Association. Please make cheque payable to Asian Community Games.

No entries accepted on the day of the meet.

## Registration:

- The registration form must be used for all entries. Improperly completed forms will be returned and if subsequently accepted, will be subject to late fees.
- Entry fees and waivers **MUST** accompany the entry forms. Number of participants is limited and will be first come first served. Late registrations will be put on a waiting list. Confirmation for registration will be sent to the participants by e-mail or mail. Registration form may be downloaded at [www.acgames.ca](http://www.acgames.ca) and mailed to:  
Asian Community Games Office  
700 Bay Street  
Box 138, Suite 404  
Toronto, Ontario  
M5G 1Z6
- Emailed entries to [asiancommunity.games@gmail.com](mailto:asiancommunity.games@gmail.com) will be accepted providing a cheque covering the entry fees is received by the final deadline date, July 8, 2008 or earlier.
- Entry information packages are also available at:
  1. [www.otfa.ca](http://www.otfa.ca) under fixtures
  2. [www.acgames.ca](http://www.acgames.ca)
  3. [www.singfaisports.ca](http://www.singfaisports.ca)
- NO entries will be accepted by telephone.
- NO entries are to be dropped off at the SING FAI SPORTS CLUB or O.T.F.A. office.
- **NO REFUNDS. NO SUBSTITUTIONS.**

## ELIGIBILITY

This year the competition is open to everyone of any ethnic background.

## AGE CATEGORIES

Men and Women in all categories

Atom	Born in 1997 or after
Bantam	Born in 1995 or 1996
Midget	Born in 1993 or 1994
Youth	Born in 1991 or 1992
Junior	Born in 1989 or 1990
Open	Born in 1988 or earlier

## EVENTS

### 50m

Atom only

### 100m, 200m, 400m, 800m, 4x100m, High Jump, Long Jump, Shot Put, Javelin

Atom, Bantam, Midget, Youth, Junior, Open

### 1500m

Bantam, Midget, Youth, Junior, Open

### **Corporate Relay**

Company teams etc. Any combination of males and females, of any age may be used as long as they are all members of the same corporation.

### **Special Note Re: Club and Corporate Relay Teams:**

Please send in names of potential relay runners, if not entered in an individual event, on a separate sheet of paper. This will allow the meet organizers to assign competitors numbers to all runners. All teams must submit the names of their runners in their running order one hour prior to the published start time of the race. Special forms will be available at the meet director's area.

### **AWARDS**

Special medals to top 3 in each event in each age group.

### **THROWING EVENT SPECIFICATIONS**

<b>Girls'/Women's</b>	<b>Shot Put</b>	<b>Javelin</b>
Atom	2.7kg	400g
Bantam	3.0kg	400g
Midget	3.0kg	600g
Youth	4.0kg	600g
Junior	4.0kg	600g
Open	4.0kg	600g

<b>Boys'/Men's</b>	<b>Shot Put</b>	<b>Javelin</b>
Atom	2.7kg	400g
Bantam	3.0kg	400g
Midget	4.0kg	600g
Youth	5.0kg	700g
Junior	6.0kg	800g
Open	7.26kg	800g

**2008 ASIAN COMMUNITY GAMES**

**JULY 12**

**CENTENNIAL STADIUM**

**TENTATIVE SCHEDULE**

(Subject to change depending on number of entries)

In all running events, women will precede men, from youngest to oldest age division.

A final schedule will be posted on the Asian Community Games website by noon, July \_\_\_\_\_

<b>TRACK</b>	<b>EVENTS</b>	<b>AGE CATEGORY</b>
8:30 am.	1500m timed Finals	Bantam through Open
<b>OPENING CEREMONIES</b>		
9:30	100m Semi-Finals or Finals	All age divisions*
10:00	400m timed Finals	All age divisions
10:30	100m Finals	All age divisions
10:45	50m Dash – Timed Sections	Atom
11:00	800m timed finals	All age divisions
<b>LUNCH BREAK</b>		
1:00	200m timed Finals	All age divisions
1:30	4 x 100m Relay timed Finals	All age divisions, club and corporate

\* Atoms will run as Timed Finals, regardless of number of entrants.

<b>FIELD</b>	<b>EVENTS</b>	<b>AGE CATEGORY</b>
8:30 a.m.	Men's High Jump	Atom, Bantam & Midget
8:30	Women's Shot Put	All age divisions
8:30	Women's Long Jump	Atom, Bantam & Midget
9:30	Men's High Jump	Juvenile, Junior, Open
9:30	Men's Shot Put	All age divisions
9:30	Women's Long Jump	Juvenile, Junior, Open
10:30	Women's High Jump	Atom, Bantam & Midget
10:30	Men's Javelin	All age divisions
10:30	Men's Long Jump	Atom, Bantam & Midget
<b>LUNCH BREAK</b>		
12:30 pm	Women's High Jump	Juvenile, Junior, Open
12:30	Women's Javelin	All age divisions
12:30	Men's Long Jump	Juvenile, Junior, Open

Note: all entrants in the Shot Put, Javelin and Long Jump will be guaranteed 3 trials. Athletes who equal or surpass an age-specific standard (TBA) will be permitted three additional trials.

**Please send this form in with your entry.**

SANCTIONED AND REQUIRED BY:

SING FAI SPORTS CLUB

**RELEASE, WAIVER AND INDEMNITY**

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

**4TH ASIAN COMMUNITY GAMES**

**On July 12, 2008**

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

Sing Fai Sports Club  
Ontario Track & Field Association  
Centennial Park, Toronto Parks  
Joseph Fong  
Anthony Biggar  
Beckie Tan

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 of my participation in the said event, whether as spectator, participant, competitor 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 o 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, parent or guardian)

\_\_\_\_\_

Date

\_\_\_\_\_

Print Name

\_\_\_\_\_

Signature of Legal Guardian

**Individual Athlete Entry Form for all Events**

Please send in names of potential relay runners, if not entered in an individual event, on a separate sheet of paper.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Birth Date: Year \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Athletes' Category: Independent \_\_\_\_\_ Club or Corporation/Team (name) \_\_\_\_\_

Please use the event numbers listed at the bottom of this form. If no seed performance is listed, you will be entered in the slow section.)

	EVENT #	AGE CATEGORY	SEED (best recent time / throw / jump)
50m	_____	_____	_____
100m	_____	_____	_____
200m	_____	_____	_____
400m	_____	_____	_____
800m	_____	_____	_____
1500m	_____	_____	_____
4 x 100m Relay Club	_____	_____	estimate: _____
4 x 100m Relay Corporate	_____	Corporate _____	estimate: _____
High Jump	_____	_____	_____
Long Jump	_____	_____	_____
Triple Jump	_____	_____	_____
Shot Put	_____	_____	_____
Javelin	_____	_____	_____

**AGE CATEGORIES AND EVENT NUMBERS**

- AG = Atom Girls      AB = Atom Boys
- BG = Bantam Girls    BB = Bantam Boys
- MG = Midget Girls    MB = Midget Boys
- YG = Juvenile Girls   YB = Juvenile Boys
- JW = Junior Women    JM = Junior Men
- OW = Open Women     OM = Open Men

CT = Corporate Team – for 4 x 100m Relay event only – 4 runners with any combination of men and women

	AG	AB	BG	BB	MG	MB	YG	YB	JW	JM	OM	OW
50m	01	02	-	-	-	-	-	-	-	-	-	-
100m	03	04	05	06	07	08	09	10	11	12	13	14
200m	15	16	17	18	19	20	21	22	23	24	25	26
400m	27	28	29	30	31	32	33	34	35	36	37	38
800m	39	40	41	42	43	44	45	46	47	48	49	50
1500m	-	-	51	52	53	54	55	56	57	58	59	60
4 x 100m	61	62	63	64	65	66	67	68	69	70	71	72
High Jump	74	75	76	77	78	79	80	81	82	83	84	85
Long Jump	86	87	88	89	90	91	92	93	94	95	96	97
Shot Put	98	99	100	101	102	103	104	105	106	107	108	109
Javelin	110	111	112	113	114	115	116	117	118	119	120	121

Corporate 4x100m Relay      73      (Corporate Team – 4 runners with any combination of men and women, any age)