



RUNDEZ-VOUS

Roman Olszewski
Director of Technical Services

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

John Craig
Director of Marketing & Administration

Anthony Biggar
Manager of Communications & Public Relations

Wendy Lee
Bookkeeper & Registration Manager

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



Photo: London Legion TFA: OTFA Overall Indoor Club Champions
 Coaches (left to right with banners: Sandy Cooper-Ryder, Liz House, Collette Tesfaye, Roger Crawley & Jason Spalding

Congratulations

Congratulations to the coaches, administrators and athletes of the London Legion Track & Field Alliance for successfully defending their Overall Indoor Club Championship title. Along the way, London Legion easily won the Bantam, Midget and Juvenile Division titles.

Congratulations also to London-Western and York University T.C. for winning the Junior and Senior titles, respectively.

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New Policy Re: Grace Period for OTFA Registrations

Please note that starting with the outdoor season any athlete who has not registered with the OTFA by the second deadline for any OTFA Championship will not be permitted to compete in the championship. Late registrations will no longer be accepted at the competition site.

New: Entry Guides for Supermeet 1

A set of entry guides will be included in the meet information for Supermeet 1 in Ottawa this summer with the objective of tightening up the schedule and improving the overall quality of Supermeet 1. Clubs will be asked to consult the entry guides before entering athletes who are not of Junior or Senior age. Although observance of the entry guides will be optional in 2007, it will be strongly recommended to clubs that athletes who have not achieved the entry guide for their events not be entered in the meet. Please note that all OTFA-registered Juniors and Seniors may enter Supermeet 1 without having achieved the entry guide.

Seeding Standards to Come into Effect this Outdoor Season

Commencing with this outdoor season, clubs wishing to enter athletes in the top one or two sections of certain events at OTFA Championships will be required to provide **actual recent** seed performances from OTFA-sanctioned/approved competitions that are equal or superior to soon-to-be-published time standards. Athletes for whom substantiated seed times are not provided will be grouped in the next tier of athletes according to the data provided.

NCCP Courses

Athletics Canada Pilot courses for the new Sport Coach (= old Level 1 Technical) and Club Coach (= old level 2 Technical) are being offered to a limited number of participants at York University on March 16-18 (Sport Coach) and April 13-15 (Club Coach - Sprints/Hurdles and Throws courses offered in this session). These courses include the Introduction to Competition Modules (A and B, respectively). Further details and registration forms are available under NCCP Courses in the Coaching section of the OTFA website.

National Team Selection Criteria

Coaches, athletes and club administrators are reminded to frequently check the Athletics Canada website for updated information on team selection for various international events on the calendar. RUNDEZ-VOUS will not carry all of the updates and as there are important deadlines and conditions to meet with most of the teams it is of paramount importance that clubs with athletes that are potential National Team members keep informed by frequently going directly to the source (AC).

OTFA Sub-Committee members needed

OTFA's "Virtual Hall of Fame" - Coming Soon
Please email us at ontrack@eol.ca if you are interested in being involved in establishing criteria, guidelines, nominations and selections.

Repeat Announcements Section

2006-2007 IAAF Rulebooks

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

OTFA Sanction Kit

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

OTFA Championship Entry Fees Increased for 2007

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

Mentor Coaches Programme on for another Year

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

Sprints/Relays:

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

Hurdles:

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

Distance Running:

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

Walks:

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

Horizontal Jumps:

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

Throws:

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

Combined Events:

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

Northern areas:

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

High Jump:

TBA;

Pole Vault:

TBA

Coaches Certification

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

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

www.coachesontario.ca

Coaching Education Grants

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

Please contact Roman Olszewski for an application form.

Training Camp Grants

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

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

Applications for Ontario Records

Applications, with the exception of those for throwing events and some high jump-pole vault competitions, are not required for Ontario records. It is however, appreciated when the Director of Technical Services is made aware of a possible record. Records are only official after they have been ratified by the OTFA Board of Directors. It is in the interest of everyone to ensure that the proper conditions exist for the setting of records. These include:

- the competition must be sanctioned by the OTFA or otherwise approved
- the athlete must have been legitimately entered and declared in the meet
- the competition may not be mixed (female/male) for age categories Juvenile and up
- throwing implements must be certified as having met IAAF specifications (there is a form for this on the OTFA website, under "Records".
- the rules of the IAAF/AC/OTFA must have been observed (eg., two turn and cut-in at 150m point in 300m and 400m races.)
- equipment must conform to the rules (e.g. pole vault cross-bar support pegs must be 55mm in length, not the old length of 75mm; hurdles must be properly weighted for the height)
- indoor track must be properly coned



OTFA FIXTURES LIST – 2007 (As on March 6, 2007)

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

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

Competition Status:

S = OTFA Sanctioned

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

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

INDOOR

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

OUTDOOR

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

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

Contacts:

A Suzanne Leroux suzanneleroux@rogers.com Ph. 416-733-2962
AA John Zubyck zuber25@hotmail.com Ph.416-324-9305
B Colin Inglis cinglis@yorku.ca Ph. 416-736-2100 ext. 44669
BB John Carson carson.j@sympatico.ca
C Brett Lumley lumley_3@uwindsor.ca 519-253-3000 ext. 2423
CC Jason Tunks jtunke248@rogers.com
D Vickie Croley vcroley@uwo.ca Ph. 519-661-2111 ext. 85073
DD Stanley Samuel beyondsports@projectathletics.com
E Carl Georgevski carl.georgevski@utoronto.ca Ph. 416-978-2991
EE Alan Baigent alanbaigent@sympatico.ca
F Bill Stephens nedtrackman@rogers.com
FF Stuart Galloway stuartg@cogeco.ca Ph. 905-934-8488
G Ontario Masters TFA <http://www3.sympatico.ca/ontario.masters/>
GG Sharon Stewart redcoats_xc@hotmail.com Ph. 905-934-4937
H Rick Westwood bulletstrack@hotmail.com
I Anthony Biggar (OTFA) ontrack@eol.ca Ph. 416-426-7215 Fax: 416-426-7358
J Albert Tschirhart tschrhrt@sympatico.ca
K Ontario Minor Track www.minortrack.ca
L Richard Lenz Rlenz66593@aol.com Ph. 1-888-268-2762
M Jeremy Yates jyates33@hotmail.com
N Stafford Whalen staffordwhalen@rogers.com
O Steve Weiler steveweiler@hotmail.com Ph.519-777-6096
P Esha Herbert esha.herbert@cummins.com tubmangames@yahoo.com
Q Tom Read tom.read@sympatico.ca Ph. 519-896-1861 Fax: 519-896-0827
R Bob Tucker brockvillelegion@yahoo.ca Ph. 613-345-5808
S Dennis Fairall fairall@uwindsor.ca Ph.519-253-4232 ext. 2440
T Roman Olszewski olsz@iaw.on.ca Ph. 905-732-9955 Fax: 905-732-0506
U Sheila Siermachesky sheila.siermachesky@dsb1.edu.on.ca Ph. 705-647-1233
V Val Sarjeant vsarjeant@hotmail.com Ph.905-664-3852
W Dave Penney quintelegion@cogeco.ca
X Chris Moulton cmoulton@uoguelph.ca
Y Andy McInnis ottl@bellnet.ca www.ottawalions.com Ph: 613-247-4886 Dome: 613-830-1993
Z Stuart Galloway noc_coach@hotmail.com Ph. 905-934-8488



2007 Ontario Indoor Club Championships

Final Standings

OVERALL

1.	London Legion Athletics	413
2.	Laurel Creek	243
3.	Niagara Olympic	184
4.	Mississauga	177
5.	London-Western	175
6.	Etobicoke	141
7.	Phoenix Athletics	131
8.	South Simcoe/Dufferin	111
9.	Kitchener-Waterloo	106
10.	Windsor Legion	101
11.	Durham Dragons	86
	St. Thomas Legion	86
	University of Toronto TC	86
14.	Durham Legion	84
15.	York University TC	78
16.	Saugeen	75
17.	Guelph	72
18.	Centro Scuola	68
19.	Flying Angels	61
20.	Hamilton Olympic	57
21.	Newmarket Huskies	55

(49 clubs scored at least 1 point)

SENIOR

1.	York University TC	59
2.	Etobicoke	35
3.	University of Toronto TC	32
4.	London-Western	31
5.	Mississauga	30
6.	Niagara Olympic	27
7.	Laurel Creek	26
8.	Saugeen	25
9.	Power Athletics	24
10.	Toronto Olympic	23
11.	Kitchener-Waterloo	22
12.	Ottawa Lions	21
	Phoenix Athletics	21
14.	St. Thomas Legion	20
15.	Club SISU Throws	19

(35 clubs scored at least 1 point)

JUNIOR

1.	London-Western	69
2.	Mississauga	68
3.	Laurel Creek	61
4.	Phoenix Athletics	53
5.	Niagara Olympic	45
6.	London Legion	44
7.	Hamilton Olympic	34
	Project Athletics	34
9.	Flying Angels	33
10.	Etobicoke	24
11.	Windsor Legion	22
12.	St. Thomas Legion	21
13.	Power Athletics	16
14.	University of Toronto TC	15
15.	Brampton	14
	Durham Legion	14
	Guelph	14

(32 clubs scored at least 1 point)

JUVENILE

1.	London Legion	122
2.	Laurel Creek	55
3.	Mississauga	49
4.	South Simcoe/Dufferin	47
5.	Durham Legion	44
	Guelph	44
7.	London-Western	43
8.	Etobicoke	31
9.	Phoenix Athletics	28
10.	Windsor Legion	24
11.	Flying Angels	23
12.	Saugeen	22
13.	Niagara Regional	18
14.	Niagara Olympic	16
15.	Brantford	14
	Durham Dragons	14
	University of Toronto TC	14

(33 clubs scored at least 1 point)

MIDGET

1.	London Legion Alliance	116
2.	Laurel Creek	62
3.	Durham Dragons	56
4.	Etobicoke	51
5.	Centro Scuola	35
6.	Mississauga	30
7.	Kitchener-Waterloo	29
	Niagara Olympic	29
	South Simcoe/Dufferin	29
	Phoenix Athletics	29
11.	London-Western	25
12.	Newmarket Huskies	22
13.	Durham Legion	18
14.	Niagara Regional	17
	University of Toronto TC	17

(29 clubs scored at least 1 point)

BANTAM

1.	London Legion Alliance	131
2.	Niagara Olympic	67
3.	Kitchener-Waterloo	48
4.	Laurel Creek	39
5.	Centro Scuola	33
6.	Windsor Legion	27
	St. Thomas Legion	27
8.	Quinte Legion	22
9.	Newmarket Huskies	20
10.	Woodstock Legion	17
	South Simcoe/Dufferin	17
12.	Saugeen	12
	Brampton	12
14.	University of Toronto TC	8

(21 clubs scored at least 1 point)

ONTARIO CLUB CHAMPIONSHIPS - TOP THREE CLUBS

INDOOR

	1st		2nd		3rd	
OVERALL						
2000	Windsor Legion	201	Univ. of Toronto TC	150.5	London-Western	116
2001	London-Western	221	Windsor Legion	209	Niagara Regional	176.5
2002	Windsor Legion	236	London-Western	235.5	Univ. of Toronto TC	191
2003	Windsor Legion	282	Mississauga	214.5	London-Western	210
2004	Windsor Legion	234.5	Laurel Creek & Niagara Olympic	196		
2005	Mississauga	212	Niagara Olympic	187	Phoenix	163
2006	London Legion AA	269	Niagara Olympic	216	Laurel Creek	190
2007	London Legion AA	413	Laurel Creek	243	Niagara Olympic	184
SENIOR						
2000	Mississauga	35	Windsor Legion	28	St. Thomas Legion	19
2001	York University TC	62	Mississauga	58	Toronto Sports	56
2002	Univ. of Toronto TC	73	Etobicoke Gladstone	68	London-Western	62
2003	London-Western	90	Mississauga	60	Windsor Legion	48
2004	York University TC	63	Windsor Legion	55	Mississauga	44
2005	Phoenix	66	Mississauga	54	York University TC	35
2006	Mississauga	54	London-Western	43	Power Athletics	38
2007	York University TC	59	Etobicoke	35	Univ. of Toronto TC	32
JUNIOR						
2000	Univ. of Toronto TC	70.5	Windsor Legion	68	Saugeen	53
2001	London-Western	100	Univ. Toronto Jun. Dev.	67	Central Pickering	66
2002	London-Western	79.5	Niagara Regional & Windsor Legion	47		
2003	Univ. of Toronto TC	85.5	London-Western	57	Mississauga	54
2004	Guelph	59	Mississauga	55	London-Western	51
2005	Mississauga	69	York Flyers	45	Toronto Olympic	37
2006	York Flyers	67	Hamilton Olympic	65	Phoenix	55
2007	London-Western	69	Mississauga	68	Laurel Creek	61
JUVENILE						
2000	London-Western	73	Mississauga	30	Windsor Legion	16
2001	Niagara Regional	71	Univ. Toronto Jun. Dev.	50	Osh. Leg. & Lon.-West.	46
2002	London-Western	74	Mississauga	44	Oshawa Legion	39
2003	Mississauga	72	Windsor Legion	63	South Simcoe/Dufferin	48
2004	Phoenix	81	Mississauga	51	Hamilton Olympic	46
2005	Mississauga	78	York Flyers & London-Western	59		
2006	Laurel Creek	77	Niagara Olympic	60	Mississauga	56
2007	London Legion AA	122	Laurel Creek	55	Mississauga	49
MIDGET						
2000	Univ. of Toronto TC	65	Windsor Legion	48	St. Thomas legion	28
2001	South Simcoe/Dufferin	89	Oshawa Legion	71	Niagara Regional	43
2002	Phoenix	41	Windsor Legion & Mississauga	34		
2003	Windsor Legion	60	Laurel Creek	54	North York	46
2004	Niagara Olympic	103	Laurel Creek	67	Windsor Legion	46.5
2005	South Simcoe/Dufferin	60	Niagara Olympic	58.5	London-Western	47
2006	London Legion AA	101	Laurel Creek	69	Saugeen	39
2007	London Legion AA	116	Laurel Creek	62	Durham Dragons	56
BANTAM						
2000	Windsor Legion	27	Univ. of Toronto TC	15		
2001	Niagara Olympic	61	Windsor Legion	59	South Simcoe/Dufferin	56
2002	Windsor Legion	82	North York	43	Quinte Legion	30
2003	Windsor Legion	60	North York	51	South Simcoe/Dufferin	40
2004	Windsor Legion	83	Laurel Creek	47	North York	44
2005	Woodstock Legion	56	Durham Dragons	56	Niagara Olympic	35
2006	London Legion 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.