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**Important Note Re: Declarations for National Teams**

Please note that in order for an athlete to be considered for selection to most National teams the athlete must declare his/her intention to be included in the selection pool. The deadline for most if not all declarations for events this summer is **June 1**. Coaches and athletes should consult the Athletics Canada website for details concerning selection procedures, including declarations and deadlines.

**Vital Shank**

Vital Shank was recently named as a recipient for the Ontario Government/Sport Alliance 2006 Syl Apps - Special Achievement Award given annually to each sport's nominee in recognition of long time service to the sport. The citation provided with Vital's nomination follows:

*For over 30 years Vital Shank has been the leading force behind the Timmins-Porcupine Track & Field Club.*

*Attempting to run an athletics club which caters to athletes of all levels in a community 300 km north of Sudbury is not an easy job. The harsh climate and isolation would discourage most people. But not Vital.*

*Over the years, in all seasons, Vital has traveled thousands of kilometres to ensure that athletes in the club received the competition they needed in order to reach higher levels. And higher levels they reached. Vital and the other club coaches have produced numerous Canadian and Ontario champions. Some of these athletes have gone on to representing Canada internationally. Many have earned athletic scholarships south of the border.*

*Besides his coaching duties Vital has always taken an interest in the sport at the provincial level. He has served for many years as an active member on the Ontario Track & Field Association's Technical Committee. Prior to the disbanding of the regions he was the North*

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Central's representative on the OTFA Board of Directors. Vital has promoted his own community as a venue for provincial-level meets. Twice his city and club hosted the Royal Canadian Legion 17 and Under and 15 and Under Provincial Championships. The most recent occasion was last summer, when athletes from all over Ontario met at the new state-of-the-art track & field and soccer stadium which Vital and associates worked so hard to obtain for the community. The competition was a huge success, thanks to Vital and his team.

We are honoured to nominate Vital Shank as our nominee for the Syl Apps Outstanding Achievement Award in Athletics for 2006.

### University of Waterloo conducting search for a Throws Coach

The University of Waterloo is currently looking for a Throws Coach. A description can be found at: <http://www.warriortrackandfield.uwaterloo.ca/tf/throws.htm>. NCCP Level 2 Throws certified or comparable coaching/athletic experience. At minimum, the coach should be able to teach the basic technical aspects of the shot put and provide an adequate training program for university-level student-athletes. Experience with weight throw and throws-complimentary weight training is valuable, but not necessary. Practice times and frequency is flexible and is set by the coach. Enquiries can be made to Jason Dockendorff, Head Coach - Track & Field, University of Waterloo, Department of Athletics, 200 University Ave. West, Waterloo, Ontario, Canada N2L 3G1 Ph. (519) 888-4567 x33817, Fax: (519) 746-2283 Email: [jmdocken@uwaterloo.ca](mailto:jmdocken@uwaterloo.ca) Web: [www.warriortrackandfield.uwaterloo.ca](http://www.warriortrackandfield.uwaterloo.ca)

### Notices from Athletics Canada

1. 2007 - 2008 Carding Criteria documents (including application forms) for both Able-bodied Athletes with a disability are now available on the web at: <http://www.athletics.ca/article.asp?id=140>

2. Please be advised that the following Event Technical packages have been recently updated:

- Canadian Track and Field Championships - Windsor, ON please see: <http://www.athletics.ca/article.asp?id=10086>  
Also, registration delayed until Tuesday, May 15th.

- Cdn. Jr Track & Field Championships - Abbotsford, BC please see <http://www.athletics.ca/article.asp?id=10087>

### OTFA 4x1500m Relay Championships – London, June 5

The OTFA Championships for the Senior Men's and Senior Women's 4x1500m Relay will be held in London on Tuesday, June 5 in conjunction with the 2nd meet of the Runner's Choice London Distance Series. More information, including an entry blank, is available as a link in the Events Calendar section of the OTFA website.

### 2007 Ontario Outdoor Relay Championships

4x100m

- Bantam, Mid, Juv.: Supermeet 2, Toronto, August 3 - 5  
- Junior, Senior: Supermeet 1, Ottawa, June 29 - July 1

4x200m

- Bantam - Senior: National Qualifier, June 16 - 17

4x400m

- Bantam, Mid., Juv.: National Qualifier, June 16 - 17  
- Junior, Senior: Supermeet 1, Ottawa, June 29 - July 1

4x800m

- Bantam, Mid., Juv.: Supermeet 2, Toronto, Aug. 3 - 5  
- Junior, Senior: National Qualifier, June 16 - 17

4x1500m

- Senior: Runner's Choice London Meet #2, June 5

Sprint Medley

- Bantam through Senior:  
Contact Roman Olszewski if interested in hosting

Distance Medley

- Junior, Senior: Supermeet 1, Ottawa, June 29 - July 1

### Possible NCCP Course

Sorry for any inconvenience caused by the postponement of the Level 2 Distances Technical course that was tentatively planned for Port Perry in early May. We hope to find a suitable date for the course in August. More information, as it becomes available, will be posted in the Coaches' section of the OTFA website.

### Club Outdoor Championships

Please see the information sheet, elsewhere in this newsletter, with the rules on scoring for the 2007 Outdoor Club Championships. Also, see a summary of the top 3 clubs in each division plus in the overall category, since 2000.

## Repeat Announcements Section

### Direction on Children's Fitness Tax Credit

New information from the Customs and Revenue Agency (CRA) has been released about the implementation of the Children's Fitness Tax Credit. CRA's website now contains checklist for use by organizations that are charged with determining whether their program should qualify for purposes of this new credit. You can find the info at:

<http://www.cra-arc.gc.ca/whatsnew/checklist-e.html>

Public Health Agency of Canada appears set to launch a Public Awareness campaign about the tax credit and its health benefits. We are notifying our clubs as they will likely receive calls from parents inquiring about eligibility.

### National Championship Travel Grants

This is a reminder of the long-standing OTFA policy re: National Championship Travel grants: ***the athlete must compete (in his/her choice of individual events) at the Provincial Junior or Senior Championship\* in order to qualify for OTFA travel grants, should they be available, following the National Junior/Senior Championships.***

The above requirement is not in effect for cross country.

If there is a direct competition/travel conflict with an international team event, as determined by the OTFA Director of Technical Services, the athlete will be excused from attending the Ontario Championships. In addition, if the Director of Technical Services is satisfied that an athlete is unable to compete in the Ontario Championships due to injury he/she may be excused. In the latter case the matter must be brought to the Director's attention prior to the date of the Ontario Championships.

\*includes Supermeet 1 in Ottawa; Art Keay Memorial 10km Walk; 10,000m in London, May 5; and Combined Events at the National Qualifier Meet in Toronto.

## 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.

### 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.**

### 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.

\*Seed performance standards will be included in the meet packages. Anyone wishing to submit a seed time superior to the standard must include information on a recent documented performance.

## Mentor Coaches Programme Continues 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:**  
519-823-1175

**Peter Manning**  
[mmpgm@sympatico.ca](mailto:mmpgm@sympatico.ca)

**Hurdles:**  
519-884-2074

**Brent McFarlane**  
[bmcfarlane@continuum.org](mailto:bmcfarlane@continuum.org)

**Distance Running:**  
905-855-9374

**Paul Poce**  
[paul.poce@sympatico.ca](mailto:paul.poce@sympatico.ca)

**Walks:**  
613-7455433

**Roger Burrows**  
[rburr014@uottawa.ca](mailto:rburr014@uottawa.ca)

**High Jump:**

**TBA**

**Pole Vault:**  
705-497-8779

**Brian Risk**  
[risk@vianet.on.ca](mailto:risk@vianet.on.ca)

**Horizontal Jumps:**  
519-837-8451

**Zoltan Tenke**  
[zoliten@hotmail.com](mailto:zoliten@hotmail.com)

**Throws:**  
519-657-4115

**John Allan**  
[allan4115@rogers.com](mailto:allan4115@rogers.com)

**Combined Events:**  
905-640-8529

**Sue Wise**  
[suewise@yorku.ca](mailto:suewise@yorku.ca)

**Northern areas:**  
705-266-4742

**Vital Shank**  
[polowy@ntl.sympatico.ca](mailto:polowy@ntl.sympatico.ca)

## OTFA Sanction Kit

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

## Coaches Certification

Coaches can find out their current NCCP status by going to the Coaching Association of Canada website, [www.coach.ca/eng/](http://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 & B - formerly Theory 1 & 2) and for Level 3 Theory courses please see: [www.coachesontario.ca](http://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.). 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.



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	Location	Contact
May 23-24	A	SWOSSAA Championships	Chatham/LaSalle	
May 26	S	Hamilton Allcomers Meet (at Mohawk Sports Park)	Hamilton	V
May 26		Ontario Paralympic Regional Games	Hamilton	
May 26	A	Markham Meet (MTA)	Stouffville	K
May 26-27		2007 NACAC Combined Events Champs.	Santo Domingo, D.R.	
May 26-27		ING Great Canadian Road Race Weekend	Ottawa	
May 27	S(AC)	National Marathon Championships	Ottawa	
May 27	S(AC)	Canadian Wheelchair Marathon Championships	Ottawa	
May 27	S	OTFA 10km Road Walk Championships/Art Keye Mem.	Toronto	N
May 27	S	NOC Spring Distance Series 3	St. Catharines	FF
May 27	S	Forest City Throws Meet (DT/SP)	London	KK
May 29	S	High Jump High Performance Meet #3	Toronto (TTFC)	JJ
May 30-31	A	OFSAA Eastern Regional Championships	Belleville	
May 31-01	A	OFSAA Southern Regional Championships	St. Catharines	GG
June 1-2	A	OFSAA Western Regional Championships	LaSalle	
June 2		USATF 10km Walk Championships	Niagara Falls, NY	
June 3	A	Ontario Masters Outdoor Championships	London	G
June 3		Guelph Allcomers Meet	Guelph	J
June 3		Guelph Lightning Meet (MTA)	Guelph	K
June 3-10		2007 PacificCanada Series (BC)	<a href="http://www.pacificanada.ca">http://www.pacificanada.ca</a>	
June 5	S	RCLDS Meet #2 (+ Ontario Sr. M/W 4x1500m)	London	O
June 5	S	High Jump High Performance Meet #4	Toronto (TTFC)	JJ
June 7-9	A	OFSAA Championships	Ottawa	
June 9	A	Bullets Standards Meet (MTA)		K
June 10	S(AC)	2007 Canadian 10,000m Championships	Abbotsford, BC	
June 10	A	Hershey Eastern Ontario Qualifier Meet	Pickering	LL
June 12	S	High Jump High Performance Meet #5	Toronto (TTFC)	JJ
June 13		RCLDS Meet #3	London	O
June 13	S	Brooks Ottawa Summer Twilight Series	Ottawa	Y
June 15-17		Ian Hume Invitational	Sherbrooke	
June 16	A	RCL District C Outdoor Meet	Kitchener	HH
June 16		The Mercedes-Benz Classic Mile	Cambridge	
June 16	A	Quinte Legion Meet (MTA)	Belleville	K
June 16	A	RCL District F Outdoor Meet	Belleville	W
June 16-17	S	OTFA Nat'l Qualifier + Combined Events/Selected Relays	Toronto	J
June 20	S	Brooks Ottawa Summer Twilight Series	Ottawa	Y
June 21-22		Ottawa Elementary All-Champions Final	Ottawa	Y
June 22		U of T First-Comers Meet	Toronto (U of T)	E
June 22-23	A	RCL District A Championships	Windsor	C
June 22-24		Ontario Paralympics Championships	Sarnia	

Date	Status	Competition	Location	Contact
June 23	A	Ontario Masters Weight Pentathlon	Stouffville	G
June 23	A	RCL District B Legion Meet	St. Catharines	FF
June 23	A	Hershey Ontario Finals (MTA)	Oshawa	K
June 27	S	Brooks Ottawa Summer Twilight Series	Ottawa	Y
June 29-01	S	OTFA Supermeet 1 (Jr & Sr Championships) + Includes Eastern Canadian HPAS Meet #1	Ottawa	Y
July 4		Sherbrooke Invitational (EHPAS Meet #2)	Sherbrooke	
July 6		Aileen Meagher Invitational (EHPAS Meet #3)	Halifax	
July 6-8		Pan American Junior Championships	Fortaleza, BRA	
July 7	S	HH/PIB Throws Challenge	London	CC
July 7	A	District G RCL Champs (+ HP open events)	Ottawa	
July 8		Kidd-Crothers Track Classic (EHPAS Meet #4)	Toronto	E
July 11	S	Brooks Ottawa Summer Twilight Series	Ottawa	Y
July 11-15		IAAF World Youth Championships	Ostrava, CZE	
July 12-15	S(AC)	Canadian Senior Championships	Windsor	S
July 14	A	Bullets Standards Meet #2 (MTA)	TBA	K
July 14-15		Tamil Olympics	Toronto (TTFC)	
July 18	S	Brooks Ottawa Summer Twilight Series	Ottawa	Y
July 20-21	A	RCL Ontario Championships	Ottawa	
July 21		3rd Asian Community Games	Toronto	
July 21	A	Ontario Minor Track Championships	Oshawa	K
July 22-29		Pan American Games	Rio de Janeiro, BRA	
July 25	S	Brooks Ottawa Summer Twilight Series	Ottawa	Y
July 27-29	S(AC)	Canadian Junior Championships	Abbotsford, BC	
July 27-29		Canadian Masters Championships	Saint John, NB	
July 28	S	Forest City Series (Throws Meeting)	London	CC
August 3-5	S	OTFA Supermeet 2 (Bantam-Midget-Juvenile Chps.)	Toronto	E
August 4-5		Eastern Canada Team Espoir Championships	Newfoundland	
August 8	S	Brooks Ottawa Summer Twilight Series	Ottawa	Y
August 8-14	A	RCL National Camp and Competition	Oromocto, NB	
August 8-18		FISU Games	Bangkok, THA	
August 9-12		Ontario Aboriginal Summer Games	Thunder Bay	MM
August 15	S	Brooks Ottawa Summer Twilight Series	Ottawa	Y
Aug. 25-Sep. 2		IAAF World Championships	Osaka, JAP	
Sept. 4-15		World Masters Championships	Riccione, ITA	G
Sept. 15		Quinte Legion Cross Country (MTA)		K
Sept. 22		South Simcoe/Dufferin Cross Country (MTA)	Barrie	K
Sept. 23	S	OTFA 20km Walk Championships	Welland	T
Sept. 29		Newmarket Huskies Cross Country (MTA)	Bradford	K
Oct. 6		Burlington Cross Country #1 (MTA)	Burlington	K
Oct. 13	S(AC)	TransCanada 10km (Road) Canadian Championships	Ottawa	
Oct. 13		Brantford Cross Country (MTA)	Brantford	K
Oct. 20		Bullets Cross Country (MTA)	Brampton	K
Oct. 27		MTA Cross Country Championships	Burlington	K
Nov. 18	S	OTFA Cross Country Championships	?	
Dec. 1	S(AC)	2007 Canadian Cross Country Championships	Guelph, ON	



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# TIMEX Roadrunning Series

Date	Competition	Location	Contact
May 26	MDS Nordion 10k 10km - 6:30 pm	Ottawa	National Capital Marathon Inc <a href="mailto:info@ncm.ca">info@ncm.ca</a>
June 3	Alfie Shrubbs 8k Classic 8km - 9:20 am	Bowmanville	Al Storie <a href="mailto:astorie@rogers.com">astorie@rogers.com</a> <a href="http://www.alfieshrubb.ca">www.alfieshrubb.ca</a>
June 3	Bread & Honey Road Races 15km - 8:00 am	Mississauga	Ellie Arruda <a href="mailto:earruda@rogers.com">earruda@rogers.com</a> <a href="http://www.creditvalleymarathonclub.com">www.creditvalleymarathonclub.com</a>
June 20	Night Crawler 5 Miler 5 miles - 7:00 pm	Toronto	Bruce Trigg 905-469-1962 <a href="http://www.nightcrawler.to">www.nightcrawler.to</a>
July 1	Motionware Canada Day Road Race 10km - 8:30 am	Kanata	Joe DuVall <a href="mailto:jduvall@rogers.com">jduvall@rogers.com</a> 613-884-3683
July 22	Lindsay Milk Run 10km - 9:00 am	Lindsay	Anne Hollingsworth 705-324-9411 x335 <a href="mailto:ahollingsworth@city.kawarthalakes.on.ca">ahollingsworth@city.kawarthalakes.on.ca</a>
August 12	Fergus Highland Games 10km - 9:00 am	Fergus	A. Catton/J. Henrikson <a href="mailto:acatton@runningroom.com">acatton@runningroom.com</a> <a href="mailto:jasonh@runningroom.com">jasonh@runningroom.com</a>
September 9	Longboat Toronto Island Run 10km - 11:15 am	Toronto	Mike Turner <a href="mailto:info@longboatroadrunners.com">info@longboatroadrunners.com</a>
October 13	TransCanada 10km (Road) Canadian Championships	Ottawa	<a href="http://www.transcanada10km.ca/">http://www.transcanada10km.ca/</a>



# 2007 Outdoor Ontario Club Championships

## Information Sheet

- Ontario Outdoor Club Champions will be determined in the Bantam, Midget, Juvenile, Junior, Senior and Overall divisions based on results from Championship events conducted at: a) 10,000m, London; b) Art Key Memorial 10km Walk, Toronto; c) National Qualifier Meet, Toronto; d) Supermeet 1, Ottawa; e) Supermeet 2, Toronto; and f) various relay events TBA.
- In each division the point totals of males and females will be combined.
- All OTFA-affiliated clubs will be automatically entered in all categories. No fees will be assessed.
- The winning club in each age division will be awarded a banner to keep permanently. The winning club in the overall division will have its name inscribed on a trophy to be displayed at the OTFA office and at provincial championship competitions.
- The top eight finishers in each individual and relay championship event will earn points for their clubs as follows: 1<sup>st</sup> - 10 points, 2<sup>nd</sup> - 8, 3<sup>rd</sup> - 6, 4<sup>th</sup> - 5, 5<sup>th</sup> - 4, 6<sup>th</sup> - 3, 7<sup>th</sup> - 2, 8<sup>th</sup> - 1. Only one relay team per club will score in each event. Second, third, etc. teams from clubs will not influence the scoring.
- Out-of-province athletes, non-OTFA members will not figure in the scoring (i.e., the top 8 OTFA members (or top 8 Ontario relay clubs) will be scored, regardless of the number of out-of-province, non-OTFA members in the top 8 in any event). Independent athletes who are OTFA members will be scored but no totals will be calculated for “Independent”.
- In track events with qualifying rounds athletes from the penultimate round will NOT be moved up into a scoring position should there be any disqualifications or non-finishers in the final. An exception will be made in the case where there are fewer than 8 OTFA members in the final. In that case, athletes will be moved up to scoring positions based on their times from the penultimate round.
- Ties for first place in any age division or overall category will be decided in favour of the club which scored points in more events.

## ONTARIO CLUB CHAMPIONSHIPS - TOP THREE CLUBS - OUTDOOR

	1st		2nd		3rd	
<b>OVERALL</b>						
2000	London-Western	378	Windsor Legion	355	Ottawa Lions	324
2001	Ottawa Lions	572	Windsor Legion	355	London-Western	352
2002	Windsor Legion	710	Ottawa Lions	540	London-Western	337
2003	Windsor Legion	595	Ottawa Lions	554.5	Mississauga	317.5
2004	Windsor Legion	651	Ottawa Lions	455	South Simcoe/Dufferin	304
2005	Ottawa Lions	580	London-Western	505	Woodstock Legion	368
2006	Ottawa Lions	676.5	Saugeen	519	London-Western	473.5
<b>SENIOR</b>						
2000	Ottawa Lions	114	Windsor Legion	90	Univ. of Toronto TC	85
2001	Ottawa Lions	142	Univ. of Toronto TC	114	Timmins-Porcupine	85
2002	Windsor Legion	116	Ottawa Lions	98	Club SISU	60
2003	Ottawa Lions	129	Windsor Legion	91	Mississauga	90
2004	Ottawa Lions	139	Windsor Legion	93	Univ. of Toronto TC	71
2005	Univ. of Toronto TC	176	Ottawa Lions	166	London-Western	115
2006	Ottawa Lions	237	Univ. of Toronto TC	133	London-Western	107
<b>JUNIOR</b>						
2000	Univ. of Toronto TC	110	London-Western	108	Ottawa Lions	73
2001	London-Western	146	Windsor Legion	129	York University TC	99.5
2002	Windsor Legion	218	Ottawa Lions	159	London-Western	157
2003	Ottawa Lions	208.5	London-Western	128	Windsor Legion	126
2004	South Simcoe/Dufferin	96	Qunite Legion	88	Mississauga	87
2005	Ottawa Lions	175	Mississauga	91	London-Western	88
2006	Ottawa Lions	180.5	Mississauga	137	London-Western	130.5
<b>JUVENILE</b>						
2000	London-Western	153	Windsor Legion	94	Univ. of Toronto TC	66
2001	Ottawa Lions	134	London-Western	100	Niagara Regional	82
2002	Windsor Legion	155	London-Western	154	Mississauga	103
2003	Windsor Legion	138	Ottawa Lions	110	Quinte Legion	102
2004	Windsor Legion	156	Saugeen	144	Ottawa Lions	132
2005	London-Western	149	Ottawa Lions	146	Mississauga	121.5
2006	Ottawa Lions	149	London-Western	147.5	Laurel Creek	132
<b>MIDGET</b>						
2000	Windsor Legion	80	St. Thomas Legion & London-Western	70		
2001	South Simcoe/Dufferin	116	Ottawa Lions	111	Niagara Regional	92
2002	Windsor Legion	135	Saugeen	122	Ottawa Lions	113
2003	Windsor Legion	128	Ottawa Lions	107	Saugeen	102.5
2004	Windsor Legion	218	Laurel Creek	139	Ottawa Lions	94
2005	London-Western	153	South Simcoe/Dufferin	123	Saugeen	106
2006	Saugeen	176	Windsor Legion	136	Durham Legion Athletics	123
<b>BANTAM</b>						
2000	Niagara Regional	65	St. Thomas Legion	26	Windsor Legion	20
2001	Ottawa Lions	109	Niagara Olympic	104	South Simcoe/Dufferin	80
2002	Windsor Legion	86	St. Thomas Legion	76	Ottawa Lions	75
2003	Windsor Legion	112	South Simcoe/Dufferin	79	St. Thomas Legion	68
2004	Laurel Creek	120	Windsor Legion	119	Woodstock Legion	114
2005	Woodstock Legion	257	Timmins-Porcupine	144	Quinte Legion	98
2006	London Legion T.A.	230*	Saugeen	230	Woodstock Legion	91

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

\* London Legion won the tie-breaker: it had scored points in 23 events vs. 20 events for Saugeen



## 2007 NATIONAL JUNIOR AND SENIOR QUALIFIER MEET #1

**ONTARIO CHAMPIONSHIPS IN:**  
**COMBINED EVENTS (All categories)**  
**Junior Women's 5000m**  
**4x200m RELAY (all categories)**  
**4x400m RELAY (Bantam through Juvenile)**  
**4x800m RELAY (Junior and Senior)**

- DATE:** June 16-17
- SANCTIONED BY:** Ontario Track & Field Association
- HOSTED BY:** Mississauga TFC, Guelph TFC, Stoney Creek Athletics
- LOCATION:** Toronto Track and Field Centre  
York University, Toronto
- FACILITY:** All-weather synthetic surface on 8-lane and on all field event approaches. Concrete throwing circles. Change room facilities and showers are available - bring your own lock and towel.
- MEET DIRECTOR:** Marc Christie 905-896-4192 [marcchristie@rogers.com](mailto:marcchristie@rogers.com)
- ENTRIES + GENERAL ENQUIRIES TO:** Suzanne Leroux  
5334 Yonge St., Unit 104  
Toronto, ON M2N 6V1  
416-733-2962  
[suzanneleroux@rogers.com](mailto:suzanneleroux@rogers.com)
- EVENTS:**
- Championship Events: Junior Women's 5,000m  
Bantam, Midget, Juvenile, Junior, Senior Men's & Women's 4x200m  
Bantam, Midget, Juvenile Boys and Girls 4x400m Relay  
Junior and Senior Men's and Women's 4x800m Relay  
Juvenile Boys Octathlon  
Junior, Senior Men's Decathlon  
Juvenile, Junior, Senior Women's Heptathlon  
Midget and Bantam Boys and Girls Tetrathlon
- Nat'l Qualifier Events\*: Junior/Senior Men's & Women's: 100m, 200m, 400m, 800m, 1500m, 100/110m Hurdles, 400m Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin  
Junior Men's/Senior Men's and Senior Women's 5000m  
Senior Women's Heptathlon  
Junior Women's 3000m  
Junior Women's Heptathlon  
Junior Men's, Senior Men's and Women's 3000m Steeplechase  
Senior Men's Decathlon  
Junior Men's Decathlon
- Other Events: Juvenile Boys 110m Hurdles at 91cm, 400m Hurdles at 84cm, 2000m Steeplechase  
Juvenile Girls 100m Hurdles at 76cm, 2000m Steeplechase  
Women's 3000m

\* The Junior Women's 2000m Steeplechase, the Junior Women's and Men's 10km Walk and the Senior Men's and Women's 20km Walk do not have entry standards for the National Championships.

The National Qualifier for the Senior Men's and Women's 10,000m was held during the Ontario Championships in London on May 5.

### QUALIFYING FOR ENTRY INTO NATIONAL CHAMPIONSHIPS WITHOUT STANDARD

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 3 Senior athletes without standard from Ontario at this qualifier meet,

Top Junior athlete without standard (in each event) from Ontario at Supermeet 1 (Ottawa, June 29-30, July 1)

Top 2 Senior athletes without standard from Ontario at Supermeet 1 (Ottawa, June 29-30, July 1)

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 July 4, other nominees may be considered.

Only athletes registered for 2007 with the OTFA in the competitive category on the day of competition are eligible for nomination as entries into the Nationals without standard.

**Important:** It is the responsibility of the athlete to identify which athlete, finishing ahead of him/her, has already met the entry standard. **Athletes who wish to enter the Nationals without standard (including wild card nominations) must declare their intention to do so by signing a special form at either of the two qualifier competitions. The final date for declaration is Sunday, July 1 (prior to conclusion of Supermeet 1) in Ottawa for Seniors and Wednesday, July 4 for Juniors** (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 14 in events in which there are openings.

**AGE CATEGORIES:**

Bantam:	born 1994 or after
Midget:	born 1992 or after
Juvenile:	born 1990 or after
Junior:	born 1988 or after
Senior:	open

**COMBINED EVENTS:**

Bantam and Midget Girls Tetrathlon:	80mH,HJ,SP,200m
Juvenile, Junior, Senior Women's Heptathlon:	D1: 100mH, HJ,SP,200 D2: LJ,JT,800
Bantam Boys Tetrathlon	80mH,SP,HJ,200m
Midget Boys Tetrathlon	100mH,SP,HJ,200m
Juvenile Boys Octathlon	D1: 100m,LJ,SP,400m D2: 110mH,HJ,JT,1000m
Junior,Senior Men's Decathlon	D1: 100m,LJ,SP,HJ,400m D2: 110mH,DT,PV,JT,1500m

### ELIGIBILITY:

There are no entry standards for this meet and athletes of all ages and ability levels are encouraged to participate. Age class athletes in the throwing events may use throwing implements specified for their age groups. (However, see section on Number of Trials Allowed below.)

Athletes residing in Ontario and competing in the *Championship Events* (including Relays) must be registered (competitive category) and their clubs affiliated for 2007 with the OTFA **by the Final Entry Deadline**. Athletes not so registered will be denied entry in the championship event.

Athletes registered as “Independents” or considered “Disassociated” do not require a club affiliation.

Athletes residing in Ontario but representing a club from outside the province must be registered with their association and must be shown on the entry form as representing that province/club. Non-registered athletes may enter non-championship events only.

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.

**In non-championship events** both registered and non-registered athletes are welcome. Non-registered athletes must declare themselves as such when entering and must pay the higher fee. Athletes who are unregistered and fail to declare as such will have their results voided.

**Note: Athletes entered in non-championship events who are not registered with the OTFA (but who have paid entry fees on the basis of being registered) must pay the late entry fees for non-registered athletes in order to compete.**

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 section) 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. Members of the **Ontario Minor Track Association** for 2007 may join the OTFA for an additional fee. Please see the OTFA website [www.otfa.ca](http://www.otfa.ca), under OTFA then Registration, for further information and application forms.

#### **RELAYS:**

Clubs must enter teams in the appropriate age category (i.e., not move up to an older age category which would apply to the oldest member of the team). Example: a team made up of four Midgets must enter the Midget category while a team made up of three Midgets and one Junior would enter the Junior category. All members of a team must be members of the same **club**. See also section under “Entry Deadlines and Fees”.

#### **ENTRY DEADLINES AND FEES:**

(Note: to encourage club participation in the **relay events**, advance entries will **not** be required. Relay entries in the form of team declarations, along with fees, may be submitted **on the day of the race**. **Please note, however, that a list of all possible runners must still be forwarded to the entries secretary by the Final Deadline date.** This is required in order to assign each athlete a competitor's number. In addition, all athletes must be registered with the OTFA in a competitive category by the Final Deadline date. Relay teams must consist of athletes from the same affiliated club and must produce signed waivers. Relay Declaration Forms will be available at the registration desk. They must be turned in to the meet directors room a minimum of 45 minutes prior to the scheduled start of the event. )

Championship entry fees include the \$7.50 OTFA Championship levy.

#### **First Deadline Thursday, June 7 – 4:30 p.m.**

	<b>OTFA/AC/USATF-REG'D*</b>	<b>NON-REGISTERED</b>
Decathlon	\$25.00	{
Octathlon	\$20.00	{
Heptathlon	\$20.00	{not applicable
Tetrathlon	\$18.00	{
JrW 5000m championship}	\$18.00	{
Other events	\$10.00 for first event, \$6.00 for each additional event	\$15.00 for first event, \$8.00 for \$8.00 for each additional event
Relays	\$28.00 per team (pay on day)	not applicable

**Final Deadline****Thursday, June 14, - 4:30p.m.****OTFA/AC/USATF**

	<b>REGISTERED</b>	<b>NON-REGISTERED</b>
Decathlon	\$35.00	{
Octathlon	\$30.00	{
Heptathlon	\$30.00	{ not applicable
Tetrathlon	\$25.00	{
JrW 5000m Championship	\$25.00	{
Other events	\$15.00 per event	\$20.00 per event
Relays	\$28.00 per team (pay on day)	not applicable

ENTRIES received after June 14 will be accepted at the discretion of the meet organizers. These late entries, acceptance of which will be subject to time available to run the event, will be assessed a \$25.00 per event entry fee, \$45.00 for the decathlon/octathlon/heptathlon.

Entry fees and waivers must accompany the entry forms.

Please make cheques/money orders payable to: **Mississauga Track Club**

Note: **No telephone entries, please**  
**No refunds. No substitutions**  
**Entry fees and waiver forms must accompany the entry forms.**

**ENTRY FORMS:**

The attached entry form or a photocopy must be used for all entries. Improperly completed forms will be returned. If subsequently accepted, they will be subject to late entry fees.

You are responsible for on-time mail delivery. It is the club's responsibility for ensuring that the entries are received by the entries secretary by the due date.

**ELECTRONIC ENTRIES:**

The Entries Chairperson will be accepting entries electronically using Hy-Tek Team Manager or Hy-Tek Team Manager Lite. If you would like to receive the event file for using this method or instructions on how to use Hy-Tek Team Manager Lite, please contact the Entries Chairperson Suzanne Leroux. The Events file is also available on the OTFA website. Mastercard or Visa may be used for payment; please include the name on the card, the number and the expiry date.

Entries sent electronically will be counted as First Deadline entries, even if received by the Final Deadline. First Deadline entry fees shall apply.

**ENTRY DECLARATIONS:**

Although there will be no formal entry declaration/check-in at this meet we ask that all scratches in track events be reported as soon as possible. This will help us reduce the number of empty lanes and the possibility of running late. A special sheet on which scratches can be marked will be included in each club envelope. See the note under "Entry Deadline and Fees" above regarding entries and team declarations for the relay events.)

**CHECK-IN PROCEDURES:**

Coaches should pick up the athletes' numbers in the registration area. Athletes should check in at the start line (or announced

designated area) no sooner than 30 minutes prior to the start of the event **but no later than 10 minutes prior to the start**. Athletes in field events should report to their competition areas at least 30 minutes prior to the event start for warm-ups. Field event athletes reporting after the first trial has begun will not be permitted to enter the competition.

**WAIVER:**

Every participant is required to sign the waiver form attached. For athletes under the age of 18, a parent or guardian's signature must appear on the waiver. **Please send the waiver forms with your entries.**

\*\*\*\*\*  
**Mandatory Adult Officials' Assistant:** Based on the approved motion at the 2005 Annual General Meeting each club participating in a sanctioned meet must provide one or more adult volunteers to assist officials during the meet. For this meet, we are requesting that every club with 5 or more entrants provide one person. If the local organizing committee does not need the services of your volunteer, you will be notified before the competition. Please print the name of your volunteer on the special form provided. Ask your volunteer to report to the officials room or the main meet desk 30 minutes prior to the start of the meet.

\*\*\*\*\*  
**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. No awards in other events.

**FACILITY RULES & REGULATIONS:**

Official **Starting blocks** will be supplied by the meet organizers. However, any starting blocks complying with IAAF rules may be used.

**Note: Athletes of Junior age and up are required by IAAF rules to use starting blocks in events of 400m and under.**

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: 7mm

NO portable radio/tape/cd/mp3 players are allowed at the centre including infield, track and bleachers.

SPORTSMANSHIP: Proper conduct extends to all athletes on and off the field during the meet and to parents, friends and coaches especially at the meet site.

**PROTESTS**

All protests must be made using official protest forms that may be picked up from the results room. Protests must be filed with the referee within 30 minutes of the posting of the results. Cost: \$25.00 to be returned if the protest is upheld by the referee or not considered frivolous. The decision of the referee may be appealed to the Jury of Appeal.

**ACCOMMODATION:** Suggestions:

HOLIDAY INN EXPRESS	TRAVELODGE INN	COMFORT INN	SUPER 8 MOTEL
30 Norfinch Drive	50 Norfinch Drive	66 Norfinch Drive	3400 Steeles Av. W
North York	North York	North York	Vaughn
416-665-3500	416-663-9500	416-736-4700	905-760-2120

All are less than a 10 minute drive to the track centre.

Please check with your travel agent for numerous other choices. You should always ask for the 'sports' rate.

## HOW TO GET TO THE METRO TRACK AND FIELD CENTRE:

From the **WEST**: Follow Highway 401 (MacDonald Cartier Freeway) to Highway 400 North. Follow Highway 400 North to Steeles Avenue and exit east. Go east on Steeles, past Jane Street and turn right at the York University West gate entrance just past Pioneer Village.

From the **EAST**: Follow Highway 401 (MacDonald Cartier Freeway) to Highway 400 North. Follow Highway 400 to Steeles Avenue and exit east. Go east on Steeles, past Jane Street and turn right at the York University West gate entrance just past Pioneer Village.

## NUMBER OF TRIALS:

In the horizontal jumps and throws, due to time limitations, only the top four seniors and top four juniors, after the first three rounds will automatically receive an additional three trials. Any other athletes to a maximum of eight per age category, who achieve the Ontario Standard Plan Level 4 performance (see below) in the first three rounds, will also receive the extra trials.

The standards are as follows:

	LJ	TJ	SP	DT	HT	JT
BG	4.27	8.33	7.48(3kg)	22.31(1kg)	-	23.77(400g)
MG	4.73	9.14	10.25(3kg)	28.13(1kg)	29.54(4kg)	27.15(600g)
JvG	4.86	9.88	9.58(4kg)	32.24(1kg)	35.61(4kg)	32.65(600g)
JW	5.06	10.16	10.40(4kg)	35.36(1kg)	38.64(4kg)	35.76(600g)
SW	5.41	10.74	11.50(4kg)	38.91(1kg)	42.28(4kg)	38.62(600g)
BB	4.76	9.43	9.57(3kg)	27.32(1kg)	-	29.81(400g)
MB	5.67	11.28	12.92(4kg)	40.44(1kg)	39.51(4kg)	39.02(600g)
JvB	6.29	12.59	13.43(5kg)	41.11(1.5kg)	41.32(5kg)	49.25(700g)
JM	6.49	13.28	14.42(6kg)	43.77(1.75kg)	48.81(6kg)	47.62 (800g)
SM	6.90	13.85	14.50(7.36kg)	45.98(2kg)	48.21(7.26kg)	54.05(800g)

## INFORMATION FOR SPECTATORS AND COACHES

Please be aware that a \$5 per day admission fee will be charged to spectators (over the age of 12). Competing athletes will be allowed to enter the facility with their athlete numbers. OTFA-registered coaches, OTFA-registered club administrators, meet officials and accredited media will be provided with admission passes at the gate.

## NATIONAL QUALIFIER MEET - TENTATIVE SCHEDULE

### DAY 1 - SATURDAY, JUNE 16, 2006

#### TRACK

- 12:30 Juvenile/Junior/Senior Men's Decathlon and Juvenile Boys Octathlon 100m  
12:45 Midget Boys Tetrathlon 100m Hurdles (84cm- 13/8.5m)  
Junior/Senior Women's Heptathlon 100m Hurdles (84cm- 13/8.5m)  
Junior/Senior Women's 100m Hurdles (84cm- 13/8.5m)  
Juvenile Girls Heptathlon 100m Hurdles (76cm- 13/8.5m)  
Juvenile Girls 100m Hurdles (76cm- 13/8.5m)  
Midget Girls Tetrathlon 80m Hurdles (76cm- 12/8m)  
Bantam Girls Tetrathlon 80m Hurdles (76cm- 11.5/7.5m)  
Bantam Boys Tetrathlon 80m Hurdles (76cm- 11.5/7.5m)
- 1:30 Women's 1500m  
Men's 1500m
- 2:30 Women's 100m Qualifying (Top 8 seniors and Top 8 juniors to Finals, by time)  
Men's 100m Qualifying (Top 8 seniors and Top 8 juniors to Finals, by time)
- 3:50 Women's 400m  
Men's 400m
- 4:30 Women's 100m Junior and Senior Finals  
Men's 100m Junior and Senior Finals
- 4:50 Bantam Girls -> Senior Women's 4x200m (Ontario Championships)  
Bantam Boys -> Senior Men's 4x200m (Ontario Championships)
- 5:20 Junior & Senior Women's 4x800m (Ontario Championships)  
Junior & Senior Men's 4x800m (Ontario Championships)
- TBA Juvenile/Junior/Senior Men's Octathlon/Decathlon 400m  
Bantam/Midget/Junior/Junior/Senior Women's Tetrathlon/Heptathlon 200m  
Bantam/Midget Boys Tetrathlon 200m
- 7:00 Open Men's 5000m  
7:40 Junior/Open Women's 5000m (Championship for Junior Women)

#### FIELD

- 12:30 p.m. Women's Javelin  
Women's Pole Vault
- 1:15 Juvenile/Junior/Senior Men's Octathlon/Decathlon Long Jump  
Bantam/Midget Boys Tetrathlon Shot Put
- 1:45 Bantam/Midget/Junior/Junior/Senior Women's Tetrathlon/Heptathlon High Jump
- 2:30 Men's Javelin
- 2:45 Juvenile/Junior/Senior Men's Octathlon/Decathlon Shot Put
- 3:00 Men's Pole Vault  
Women's Long Jump
- 3:45 Bantam/Midget/Junior/Senior Men's Tetrathlon/Decathlon High Jump  
Bantam/Midget/Junior/Junior/Senior Women's Tetrathlon/Heptathlon Shot Put
- 6:00 Men's Long Jump  
Women's Hammer followed by Men's Hammer

Please note:

- Fast sections will be run first, slowest sections last.
- The schedule is subject to modification, based on number of entries received. Events (with the exception of the first event) may be advanced by up to 30 minutes without notification to clubs. A final schedule will be posted prior to the commencement of each day's activities.

## TENTATIVE SCHEDULE

### DAY 2 - SUNDAY, JUNE 17, 2006

#### TRACK

09:30	Women's 3000m
10:00	Senior Men's <u>Decathlon</u> 110m Hurdles (104cm)
	Senior Men's 110m Hurdles (104cm)
	Junior Men's <u>Decathlon</u> 110m Hurdles (99cm)
	Junior Men's 110m Hurdles (99cm)
	Juvenile Boys <u>Octathlon</u> 110m Hurdles (91cm)
	Juvenile Boys 110m Hurdles (91cm)
10:45	Women's and Men's 800m

#### LUNCH BREAK (approx. 11:45-12:30)

12:30 p.m.	Women's 400m Hurdles (76cm)
	Juvenile Boys 400m Hurdles (84cm)
	Men's 400m Hurdles (91cm)
1:15	Women's 200m
	Men's 200m
2:15	Men's 3000m Steeplechase (91cm)
	Juvenile Boys 2000m Steeplechase (91cm)
	Women's 2000m Steeplechase (76cm)
	Women's 3000m Steeplechase (76cm)
TBA	Women's <u>Heptathlon</u> 800m
3:05	Bantam Girls -> Juvenile Girls' 4x400m (Ontario Championships)
	Bantam Boys -> Juvenile Boys' 4x400m (Ontario Championships)
TBA	Men's Decathlon 1500m/Juvenile Boys <u>Octathlon</u> 1000m

#### FIELD

9:15 a.m.	Women's Discus
10:00	Men's Shot Put
	Men's High Jump
	Women's <u>Heptathlon</u> Long Jump
10:40	Men's <u>Decathlon</u> Discus
11:00	Men's Triple Jump
11:30	Juvenile Boys <u>Octathlon</u> High Jump
11:45	Men's <u>Decathlon</u> Pole Vault
12:00 noon	Women's <u>Heptathlon</u> Javelin
1:30	Women's High Jump
2:00	Men's <u>Decathlon</u> and Juvenile Boys <u>Octathlon</u> Javelin
	Women's Shot Put
	Women's Triple Jump
3:00	Men's Discus

## NUMBERS

**(Please use these when completing entry form. All athletes in open track events will be placed into sections based on their seed times, not ages.)**

OW = Open Women OM = Open Men

	<u>OW</u>	<u>OM</u>	<u>JrW</u>	<u>JrM</u>	<u>JvG</u>	<u>JvB</u>				
100m	01	02	-	-	-	-				
200m	03	04	-	-	-	-				
400m	05	06	-	-	-	-				
800m	07	08	-	-	-	-				
1500m	09	10	-	-	-	-				
3000m	11	-	-	-	-	-				
5000m championship	-	-	13	-	-	-				
5000m non-champ.	15	16	-	-	-	-				
100mH (76cm)	-	-	-	-	17	-				
100mH (84cm)	21	-	-	-	-	-				
110mH (91cm)	-	-	-	-	-	18				
110mH (99cm)	-	-	-	20	-	-				
110mH (107cm)	-	22	-	-	-	-				
400mH (76cm)	25	-	-	-	-	-				
400mH (84cm)	-	-	-	-	-	24				
400mH (91cm)	-	26	-	-	-	-				
2000mS/C	-	-	27(76cm)	-	-	28(91cm)				
3000m S/C	29(76cm)	30(91cm)	-	-	-	-				
HJ	33	34	-	-	-	-				
PV	35	36	-	-	-	-				
LJ	37	38	-	-	-	-				
TJ	39	40	-	-	-	-				
SP	41	42	-	-	-	-				
DT	43	44	-	-	-	-				
HT	45	46	-	-	-	-				
JT	47	48	-	-	-	-				
	<u>SW</u>	<u>SM</u>	<u>JrW</u>	<u>JrM</u>	<u>Jvg</u>	<u>JvB</u>	<u>MG</u>	<u>MB</u>	<u>BG</u>	<u>BB</u>
4x200m Relay	49	50	51	52	53	54	55	56	57	58
4x400m Relay	-	-	-	-	63	64	65	66	67	68
4x800m Relay	69	70	71	72						
Heptathlon	73	-	75	-	77	-				
Decathlon	-	74	-	76	-	-				
Octathlon	-	-	-	-	-	78				
Tetrathlon							79	80	81	82

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

SANCTIONED AND REQUIRED BY:

THE ONTARIO TRACK & FIELD ASSOCIATION

**RELEASE, WAIVER AND INDEMNITY**

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

**2007 National Qualifier Meet, June 16-17, 2007 Including:  
Ontario Championships in JrW 5000m, Combined Events and 4x200m, 4x400m and 4x800m Relay**

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

Ontario Track & Field Association  
Mississauga TFC  
Guelph TFC  
Stoney Creek Athletics  
City of Toronto  
Toronto Track & Field Centre  
Marc Christie

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason 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 to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

_____	_____	_____
Date	Print Name	Signature (If under 18, parent or guardian or Power of Attorney to sign below.)

_____	_____	_____
Date	Print Name	Signature of Legal Guardian.





## CLUB'S DESIGNATED OFFICIAL'S ASSISTANT

All clubs with more than 5 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 SEND THIS FORM WITH YOUR ENTRIES.

Club: \_\_\_\_\_ Name of Club Contact: \_\_\_\_\_

Club Contact Telephone No. (\_\_\_\_)\_\_\_\_\_ email address: \_\_\_\_\_

Name of Volunteer: \_\_\_\_\_

Volunteer's Contact Telephone No. \_\_\_\_\_ email address: \_\_\_\_\_

Working: Day 1 \_\_\_\_ Day 2 \_\_\_\_

If there is a different volunteer working each day please complete the information for volunteer #2 below:

Name of Volunteer: \_\_\_\_\_

Volunteer's Contact Telephone No. \_\_\_\_\_ email address: \_\_\_\_\_

Working: Day 1 \_\_\_\_ Day 2 \_\_\_\_



# 2007 SUPER MEET

## Ontario Senior & Junior Championships

**2007 Eastern Canadian High Performance Series**

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

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

**Friday, Saturday and Sunday  
June 29, 30 & July 1<sup>st</sup>**

**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 to: [ottl@ottawalions.com](mailto:ottl@ottawalions.com)

**AGE CATEGORIES:** Senior            Open  
Junior            Under 20 - Born in 1988 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 \*(400m-800m-1200m-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\*(400m-800m-1200m-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 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 Juniors and the top 8 Seniors (after 3 rounds) will be permitted another 3 trials. 16 athletes will 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 Juniors must enter the Junior category while 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. In addition, all athletes must be registered with the OTFA in a competitive category before they run.

**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 no entry standards for this meet. However, athletes **below the Junior** age should not enter if they have not equaled or bettered the entry guides (see below) in their events. The entry guide, which is voluntary for 2007, is intended to help ensure that our Provincial Championship is of a high quality and runs on time.

All Athletes residing in Ontario and competing in the Championship must be registered with the OTFA (competitive category) no later than the Final Deadline date. All Ontario Clubs must be affiliated for 2007 with the OTFA by the time entry forms are received by the Meet Director.

Athletes registered as "Independents" or considered "Disassociated" do not require a club affiliation. Athletes residing in Ontario but representing a club from outside the province must be registered with their association and must be 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 GUIDE FOR ATHLETES OF **Juvenile (U18) or Midget (U16)** AGE

	Women	Men
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 the Championship, participate and win medals. The top 3 OTFA athletes will 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**

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 July 4 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. Athletes who wish to enter the Nationals without standard 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, July 1 (prior to conclusion of Supermeet 1) in Ottawa for Seniors and Wednesday, July 4 for Juniors (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 14 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 5 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.  
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 a time. Complete one form for each age group and gender.

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** as it is completed with a file name using your club's reference name, category and gender and before you open the next form(s). 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 do live “in fear” of credit card fraud, please ask our staff via 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**

**First Deadline**

**Thursday, June 21<sup>nd</sup>**

**ALL EMAIL MUST BE RECEIVED BY 6:00 pm E.S.T.**  
All Championship Events = \$18.00 per event

**Final Deadline**

**Wednesday, June 27<sup>th</sup>**

**ALL EMAIL MUST BE RECEIVED BY 12:00 pm E.S.T.**  
All Championship Events = \$28.00 per event.

ENTRIES received after June 27<sup>th</sup> (12:00 pm) will be accepted only at the discretion of the Meet Director. These late entries are subject to a \$50.00 late penalty fee per athlete per event (credit card payment or cash only). The acceptance of a late entry will be subject to the availability of space in the event. Remember that email messages are date and time coded.

**Entry Fees can be paid by MASTERCARD, VISA  
or AMERICAN EXPRESS**

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**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 Mailed). No individual entry materials, numbers or passes for a Club will be released from a Club's 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 MONDAY, JUNE 25**

The Championship Start Lists for all events will be posted at [www.ottawalions.com](http://www.ottawalions.com) beginning Monday, June 25<sup>th</sup> and will be updated daily until the Final Entry Deadline of Wednesday, June 27<sup>th</sup>. Errors in entries or data should be reported by email ([ottl@bellnet.ca](mailto:ottl@bellnet.ca)) to the Championship Entries Administrator.

### **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 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 FULL & SAVING TIME.**

**The Final Meet Schedule will be posted  
Thursday, June 28<sup>th</sup> @ 12:00 noon**

## SEED TIMES:

In these Championships actual recent (i.e., after April 1) and documented 2007 performances (versus estimated times or life bests) will be used for determining the top-ranked athletes for seeding purposes in the following events:

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

The following information must be provided along with the entry for any athlete for **whom a seed performance faster than the one listed below is declared on the entry form**: the exact time, name of competition, 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 **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 their statistical data banks and research for event seeding.

## STARTING HEIGHTS:

Unless all competitors agree to a higher height, the starting heights will begin at and not exceed the following: You should consider these opening heights for athletes when making your entry

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	2.90	Junior Men	3.50

**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 only one location 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 equipment building (Robertson Shed) adjacent the facility south 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 implement certification. The current event specifications 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 or if not considered frivolous. The decision of the referee 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 2007 OTFA Club Coaches or Club Administrators.** We will have the most current OTFA data base at the Registration Table. Sorry, there will be No Exceptions. Extra Coach Passes can be purchased for \$15 and are valid for all 3 days of the Championship.

**Athletes will enter the Facility using their BIB Number.  
A Lost or forgotten Bib Number will cost \$10 to replace.  
“OR” if the athlete’s competition has concluded, they can pay \$5 per day to enter the facility from 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 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 and look under “What’s New” on the Home Page.**

**REMEMBER ... THIS IS CANADA DAY WEEKEND IN THE CAPITAL CITY!! [www.ottawalions.com](http://www.ottawalions.com)**

**Residence Inn / 1385 Woodroffe Avenue at Baseline.** Less than 10 minute 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”.

**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.

# Tentative

## Meet Schedule

### 2007 Ontario Provincial Junior & Senior Championships OTFA SuperMeet #1

Revised Final Meet Schedule will be posted on Thursday, June 28 (12 pm)  
[www.ottawalions.com](http://www.ottawalions.com)

If events are advanced by more than 30 minutes ahead of the Tentative Schedule an attempt will be made to contact affected clubs.

After the Final Schedule is posted on each day of competition starting times will not be advanced without the consent of all affected athletes in the event.

Timed Section will be run from slowest to fastest.

#### Track Events – Friday, June 29

15:45	Official's Meeting & Dinner		
17:00	100m Hurdles	Semi-Final	SW
	110m Hurdles	Semi-Final	SM
17:30	100m	Heats or Semi-Final	SW
	100m	Heats or Semi-Final	SM
18:00	400m	Semi-Final	SW
	400m	Semi-Final	SM
18:30	1500m	Final (Sections) *	SW
	1500m	Final (Sections) *	SM
19:00	5000m	Final (1 Section)	SW
19:20	4 x 100m Relay	Final (Sections)	JW
	4 x 100m Relay	Final (Sections)	SW
	4 x 100m Relay	International Women	
19:45	5000m	Final (1 Section)	SM
20:05	4 x 100m Relay	Final (Sections)	JM
	4 x 100m Relay	Final (Sections)	SM
	4 x 100m Relay	International Men	
	1500m* = Max of 15 athletes per section		

#### Track Events – Saturday, June 30

8:30	5000m Walk	Final (W + M Sections)	JrW,SW,JrM,SM
10:00	1500m	Final (Sections) *	JrW
	1500m	Final (Sections) *	JrM
10:45	100m Hurdles (84cm)	Semi-Final	JrW

11:10	110m Hurdles (99cm)	Semi-Final	JrM
	400m	Semi-Final	JrW
	400m	Semi-Final	JrM
11:30	100m	Heats or Semi-Finals	JrW
	100m	Heats or Semi-Finals	JrM
11:45	Official's Lunch & Meeting		
13:15	100m	Semi-Finals (if nec.)	JrW
	100m	Semi-Finals (if nec.)	JrM
	100m	Semi-Finals (if nec.)	SrW
	100m	Semi-Finals (if nec.)	SrM
13:45	400m	Final	JrM
	400m	Final	SM
	400m	Final	JrW
	400m	Final	SW
14:10	100m Hurdles	Final	JrW
	100m Hurdles	Final	SW
	110m Hurdles	Final	JrM
	110m Hurdles	Final	SrM
14:30	100m	Final	JrW
	100m	Final	SrW
	100m	Final	JrM
	100m	Final	SM
14:55	2000m Steeple Chase	Final	JrW
15:10	3000m Steeple Chase	Final	SW
15:25	800m	Final (Section) **	SW
	800m	Final (Sections) **	SM
16:00	3000m Steeple Chase	Final	JrM
16:15	3000m Steeple Chase	Final	SM
16:30	200m	Semi-Final	SW
	200m	Semi-Final	SM
17:15	Official's Dinner		

1500\* = Max of 15 athletes per section

800\*\* = Max of 12 athletes per section

## Track Events – Sunday, July 1

8:30	5000m	Final	JrM
	3000m	Final	JrW
10:00	200m	Semi-Finals	JrW
	200m	Semi-Finals	JrM
10:40	400m Hurdles	Final (Sections)	JrW
	400m Hurdles	Final (Sections)	SW
	400m Hurdles	Final (Sections)	JrM
	400m Hurdles	Final (Sections)	SM
11:10	800m	Final (Sections) **	JrW
	800m	Final (Sections) **	JrM
11:40	200m	Final	JrW
	200m	Final	SW
	200m	Final	JrM
	200m	Final	SM

12:00	4 x 100m	International Women	
12:10	4 x 100m	International Men	
12:25	Distance Medley Relay	Final	JrW & SW
	Distance Medley Relay	Final	JrM & SM
13:00	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
13:45	Official's Lunch		

800m \*\* = Max of 12 athletes per section

## Field Events – Friday, June 29

**\*\* 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 beginning at the posted start time with the Senior event to follow.**

17:30	Hammer	JrM / SM	(west field)
	Pole Vault	SM	
	Long Jump	SM	
	High Jump	SW	
19:30	Hammer	JrW / SW	(west field)
	Long Jump	SW	

## Field Events – Saturday, June 30

09:30	Long Jump	JrW	
	Javelin	JrM / SM	(west field)
10:30	Shot Put	JrW / SW	
	Pole Vault	JrW	
	High Jump	JrM	
13:00	Pole Vault	JrM	
	High Jump	JrW	
	Javelin	JrW / SW	(west field)
14:30	High Jump	SM	
	Pole Vault	SW	
	Shot Put	JrM / SM	
	Long Jump	JrM	

## Field Events – Sunday, July 1

10:30 am	Triple Jump	JrM / SM	
	Discus	JrW / SW	
12:00 pm	Triple Jump	JrW / SW	
	Discus	JrM / SM	(west field)



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

All clubs with more than 5 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 address**  
**Working: Day 1 / Day 2 / Day 3**