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Note: The OTFA office is relocating tentatively scheduled for the end November. Details to be announced.



OTFA Awards Banquet & AGM - Dec. 6

The Ontario Track & Field Association has tentatively planned to host our Annual General Meeting on Saturday December 6, 2008 at the Crowne Plaza Toronto Don Valley. Later that evening, and at the same location, the OTFA will be holding it's 1st Annual Awards Banquet. More information to be available shortly at www.otfa.ca so please save the date and plan on attending these two exciting events.

Cross Country Championship Distances – a few changes

Please note that following a survey conducted last year and early this year the OTFA has adopted new distances for the following age categories:

- Bantam Girls new - 3000m (was 2000m)
- Midget Girls new - 4000m (was 3000m)
- Youth Girls new - 5000m (was 4000m)

These new distances are incorporated in the 2008 OTFA Cross Country Championships.

OTFA Junior Travel Assistance Funding

The amounts of grant available to Junior athletes to subsidize costs for travel to 1) World Junior Championships, 2) Canadian Junior Championships and 3) National Indoor High School Championships (New York) have been calculated and cheques and letters will be forwarded to the clubs shortly. Please accept our apologies for the length of time it has taken to get this far.

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OTFA Provincial Coach, Marc Christie resigns

The Ontario Track and Field Association is saddened to report that Marc Christie, OTFA Provincial Coach, is resigning due to health issues. Marc will continue working with the Mississauga Track Club in a volunteer capacity. Please join us in thanking Marc for all of his contributions in advancing the Provincial Coach position in the following ways:

- working with Canadian Centre of Sport to establish the testing criteria for our Q4G athletes and CSG hopefuls
- researching and developing our Dartfish Program
- spending countless hours attending indoor and outdoor competitions identifying talent

According to Marc, "it is an exciting time in Athletics with the incoming high performance center at the University of Toronto. All athletes and coaches can benefit. It has been exciting working with many new groups of people who will be shaping the future".

The Ontario Track and Field Association is currently working with the University of Toronto Track Club to identify a replacement for Marc and an announcement will be made in the near future. Any inquiries related to projects that Marc was working on should be referred to the OTFA office.

We wish Marc well and hope that he will continue to be a valuable contributor to the sport of track and field in Ontario for years to come.

Job Opportunity: OTFA High Performance Program Coordinator

The Ontario Track and Field Association is currently seeking a Full-time/Part-time High Performance Program Coordinator (formerly Provincial Coach). The High Performance Program Coordinator will work with the Executive and the Board of Directors and within the policies and operating framework of the Ontario Track and Field Association, and will be responsible for providing leadership of our talent identification

programs and our athlete and coaching support programs (through assessment and monitoring), and helping drive our high performance athletes toward the national and international level.

- Application Deadline: October 17
- Position Start Date: November 1
- Salary: \$25,000 per year;
- Term: 18 months with possibility of an extension

Please forward letters of interest and resumes to the Ontario Track and Field Association, 1185 Eglinton Ave. East, Suite 302, Toronto, ON M3C 3C6 or fax to (416) 426-7358 or email to ontrack@eol.ca by October 17. For the complete job posting, please see page 23.

2009 Ontario Canada Games Team Staff Announced

We are pleased to announce the 2009 Canada Games Team staff. Thanks to all who applied.

Team Leader: Dave Christiani

Manager: Paula Jones

Coaches:

- *Sprints/Hurdles/Relays:*

Craig Blackman

Leslie Estwick

- *Distances: Rob Grepe*

- *Jumps: Pat Reid*

- *Throws: Sylvia Kontra*

- *Wheelchair: TBA*

- *Special Olympics: TBA*

Dave Christiani is also serving as the Canada Games Team Development Coordinator. Event Group Coordinators will be announced soon.

OTFA Testing Mini-Camp

The first-ever OTFA Athlete Testing Mini-Camp will be held at the University of Toronto High Performance Centre on October 18-19.

Athletes who were born in 1987 or later and are interested in trying out next year for the Ontario Canada Games Team were invited to apply to be included in the camp. Personal coaches of selected athletes are encouraged to accompany their athletes.

Ontario Championship Dates and Hosting Bid Process Announced

The dates of the major 2009 Ontario Track & Field Championships are as follows:

Indoors:

- **Sunday, February 1**
Ontario Combined Events Chps. & Prep 1
- **Sunday, February 8**
Ontario Relay Championships & Prep 2
- **Sat. & Sun. February 21-22**
Ontario Youth & Senior Championships
- **Sat. & Sun. March 7-8**
Ontario Bantam-Midget-Junior Chmps

Outdoors:

- **Sat. & Sun. June 13-14:**
Ontario Junior Chps. & National Qualifier
- **Fri., Sat. & Sun. July 3-5:**
Ontario Senior Chps. & Can. Games Trials
- **July 25-26 OR August 1-2:**
Ontario Bant/Midget/Youth Chps
- Timmins

Clubs wishing to host any unassigned competition (the 2009 Outdoor BMY's and 2009 Cross Country meets have already been awarded) including the minor championship events (Combined Events, relays, 10,000 track, road walks, etc.) are invited to apply by completing the bid application and sending it to:
Roman Olszewski roman.otfa@cogeco.ca
by Monday, October 20.

Hosting information and the Bid Form are available on pages 17 - 21.

Coaching Certification Courses

A Level 2 Throws Technical Course will be held in North Bay on October 18-19. National Coach John Allan will be the Course Conductor. A course flyer is included on page 22.

The Ottawa Lions will be hosting a series of courses in early December. More information will be available soon on the OTFA website.

DENIS LANDRY

April 16, 1948 - September 13, 2008

With profound sorrow, the family of Denis Landry announces his passing on Saturday, September 13, 2008, in Ottawa at age 60. The Ontario Track and Field Association is truly grateful for all of the contributions that Denis Landry has made to the sport of track and field. In particular, Denis served as the OTFA President beginning in 1979 and remained an active board member in various capacities including Vice-President until 2007.

Denis' passion and commitment to physical education and athletics has been evident throughout his life. He spent 35 years as an educator, coach, official and administrator at all levels of athletics from elementary school to university, from local to international levels.

As the Head coach of the University of Ottawa Gee Gees Men's Cross Country Team, he led the team to 3 Ontario and 3 National championships. Denis won Coach of the Year honours in 1987 and 1990. He was the Chef de Mission for the Canadian Junior Track & Field Team at the Pan American Championships in Venezuela in 1982 and a team coach for the Athletics Canada Team at the Francophone Games in Paris, France, in 1994.

Memorial Service for Denis Landry

Memorial Service Saturday, Oct. 18, 2008

We invite you to join us to honour his memory at a memorial service to be held on Saturday, October 18th at 8:00 pm in the Chapel of McEvoy-Shields Funeral Home, 1411 Hunt Club Road (Hunt Club at Albion), Ottawa, Ontario 613-737-7900. A reception will follow at the same location.
- From Maureen Landry

All Time Varsity Stadium Records

Ian Anderson is trying to compile a complete list of records for Varsity Stadium. Please send corrections, additions and/or changes to Ian at: katyand@sympatico.ca
Please see the current list on page 24.

Important Notification from Athletics Canada - Effective October 1, 2008

As a result of a motion presented and passed at the May 2008 Annual General meeting, starting October 1, 2008, only performances from REGISTERED members of the current year will be accepted for rankings or Canadian records. The revised rules read:

Rule 19

To be eligible for AC National team's selection, an athlete must hold a current Athletics Canada/Branch competitive Membership at the time the team selection criteria standard is achieved.

Rule 181

Canadian Records can only be claimed by athletes who have a valid membership at the time of the performance.

a) An athlete claiming a Canadian record must, at the time the performance is achieved, hold a current competitive Athletics Canada/Branch membership.

There will be no retroactive acceptance of performances; athletes must hold a current valid full year competitive membership at the time of achieving the results they are submitting for rankings.

Athletics Canada and its branch members would like to encourage all athletes, but mostly those living outside the country or participating in NCAA programs, to have their membership updated by January 1, 2009.

If you have any questions or concerns, please contact Nicole Clarke, Coordinator Events and Membership Services nclarke@athletics.ca 613-260-5580 ext. 3309.

The International Simultaneous Marathon - October 15

International Fun and Team Athletics (IFTA) & Ontario Track and Field Association

(OTFA) Present: The International Simultaneous Marathon at the Toronto Track and Field Centre (at York University) Indoor Track from 9am-12pm on Wednesday October 15, 2008.

A team of 30 young athletes from 3 Ontario Schools will take on international teams from Spain, the USA, Great Britain and Singapore in a global attempt to break the world marathon records of Paula Radcliffe and Haile Gebrselassie.

In this exciting and historic event the object is for the children, who all have to run six or seven times over a 200m stretch in a continuous relay, to not only race against the other teams but to attempt to beat the World Marathon Records.

Each City will field a relay team of 16 girls and 16 boys aged 11 years to run a marathon covering 105.5 laps of a local 400m track. The European and Singapore relays will be run at separate venues but will start simultaneously, each venue being kept up to date on the progress of the other venues lap by lap through the Internet and television links. Due to time difference the Canadian and USA events will be run slightly later, but the international results will not be disclosed to them until after their event has finished.

The three schools that have been selected to represent Canada in this exciting world premiere are Lawfield Elementary School from Hamilton, Mary Shadd Public School and Fleming Public School from Scarborough.

For more information visit www.otfa.ca

OTFA Office Relocating

Please be advised that the OTFA Office will be relocating. The move is tentatively scheduled for November 27-30. There may be some minor disruption of service during this time so please be patient.

The new address effective December 1 will be 3 Concorde Gate, Suite 211, Toronto, ON M3C 3N7



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)

AC: Athletics Canada sanctioned

Date	Status	Competition	Location	Contact
2008				
October 14-16		III Commonwealth Youth Games	Pune, India	
October 18	AC	TransCanada 10km Canadian Championships	Ottawa	AC
October 18	A	MTA Brampton Bullets Cross Country Meet	Brampton	MTA
October 18	A	Brock Open Cross Country Meet	St. Catharines	
October 19	A	U. of Ottawa Cross Country Open	Ottawa	
October 25	A	MTA Cross Country Championships	Burlington	MTA
October 25	A	OUA Cross Country Championships	Kingston	
November 1	A	OFSSA Cross Country Championships	Sarnia	
November 8	A	CIS Cross Country Championships	Quebec City, QC	
November 16	S	OTFA Cross Country Championships	Toronto	DC
November 22		Dome Endurance Dance	Ottawa	AM
November 28-30		International Youth Meet of Champions	Toronto (TTFC)	SL
November 29	AC	Canadian Cross Country Championships	Guelph	DS
November 29	A	UWO Season Opener (Indoor Track)	London	VC
December 5-6	A	Blue and Gold Open (Indoor Track)	Windsor	DF
December 6		OTFA Annual General Meeting	Toronto	AB
December 6		OTFA 1st Annual Awards Banquet	Toronto	AB
December 6	A	York U. Christmas Open (Indoor Track)	Toronto (TTFC)	CI
December 13		Dome Super Saturday Series	Ottawa	AM
December 20		Dome Super Saturday Series	Ottawa	AM
2009				
January 10	A	Sharon Anderson Invitational	Toronto (UofT)	CG
January 16-17	A	University of Windsor Can-Am Meet	Windsor	DF
January 17		Phoenix Allcomers Meet	Toronto (V V)	BS
January 17		Dome Super Saturday Series	Ottawa	AM
January 23-24	A	Fred Foot Pentathlon	Toronto (UofT)	CG
January 24		Dome Super Saturday Series	Ottawa	AM
January 24	A	Don Wright Team Challenge	London	VC
February 1	S	OTFA Indoor Combined Events Champs & Prep #1	TBD	
February 7	A	York Classic	Toronto (TTFC)	CI
February 7		Winter National Capital Invitational	Ottawa	AM
February 8	S	OTFA Indoor Relay Championships & Prep #2	TBD	
February 14	A	Windsor Team Challenge	Windsor	DF
February 19-20		Hamilton Indoor Games	Hamilton	BU
February 20	A	Hal Brown Last Chance Meet	Toronto (UofT)	CG
February 21-22	S	OTFA Indoor Youth/Senior Championships	TBD	
February 27-28	A	OUA Indoor Track and Field Championships (York)	Toronto (TTFC)	CI
March 7		Dome Super Saturday Series	Ottawa	AM
March 7-8	S	OTFA Indoor Bantam/Midget/Jr. Championships	TBD	
March 12-14	A	CIS Indoor Track and Field Championships	Windsor	DF
March 27		Louis Riel Dome High School Series	Ottawa	AM
March 28		IAAF World Cross Country Championships	Amman, Jordan	
April 2		Louis Riel Dome High School Series	Ottawa	AM
April 9		Louis Riel Dome High School Series	Ottawa	AM

Date	Status	Competition	Location	Contact
April 16		Louis Riel Dome High School Series	Ottawa	AM
April 19	AC	Canadian Half Marathon Championships	Montreal, QC	AC
April 23		Louis Riel Dome High School Series	Ottawa	AM
April 30		uOttawa High School Invitational	Ottawa	AM
May 7		National Capital High School Classic	Ottawa	AM
May 24	AC	Canadian Marathon Championships	Ottawa	AC
June 4-6	A	OFSSA Track and Field Championships	Etobicoke	
June 13-14	S	OTFA National Qualifier & Ontario Jr. Champs	TBD	
June 25-28	AC	Canadian Track and Field Championships	Toronto (UofT)	CG
July 3-5	S	OTFA Supermeet #1 (Ont. Sr. Champs & Can. Games Trials) - TBD		
July 6-11		World University Games	Belgrade, Serbia	
July 8-12		IAAF World Youth Championships	Bressanone, Italy	
July 10-11	A	Ontario Legion Championships	TBD	
July 17-19	AC	Canadian Junior Track and Field Championships	TBD	AC
July 24-27	S	OTFA Supermeet #2 (B/M/Y Champs) OPTION B	Timmins	
July 28-Aug 8		World Masters Athletics Championships	Lahti, Finland	
July 31-Aug 2	S	OTFA Supermeet #2 (B/M/Y Champs) OPTION A	Timmins	
July 31-Aug 2		Pan Am Junior T&F Championships	Tobago, TRI	
August 6-9	AC	Canadian Youth Track and Field Championships	Sherbrooke, QC	AC
August 15-19		Canada Summer Games (Athletics)	Charlottetown, PEI	
August 15-23		IAAF World Championships in Athletics	Berlin, Germany	
Sept 12-13		IAAF World Athletics Final	Thessaloniki, Greece	
Sept 26-Aug 6		Francophonie Games	Beirut, Lebanon	
October 11		IAAF World Half Marathon Championships	Birmingham, GBR	
October 17	AC	Canadian 10km Road Race Championships	Ottawa	AC
November ??	S	OTFA Cross Country Championships	Aurora	HC
November 28	AC	Canadian Cross Country Championships	Guelph	DS
2010				
February ??	A	OUA Indoor Track & Field Championships	Toronto (TTFC)	CI
March ??		IAAF World Indoor Track and Field Championships	TBD	
April 18	AC	Canadian Half Marathon Championships	Montreal, QC	
May	AC	Canadian Marathon Championships	Ottawa	
July 20-25		IAAF World Junior Championships	Moncton, NB	
July 29- Aug. 1	AC	Canadian Track and Field Championships	Toronto (UofT)	CG
July ??	AC	Canadian Junior Track and Field Championships	Moncton, NB	
August 6-8	AC	Canadian Youth Track and Field Championships	Ottawa	AM
October 7-13		XIX Commonwealth Games	Delhi, India	
October 16	AC	Canadian 10km Road Race Championships	Ottawa	
November 27	AC	Canadian Cross Country Championships	Guelph	DS



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TBD	To Be Determined	

TRANSCANADA RUN WITH THE CHAMPIONS

Saturday October 18, 2008
Ottawa, Ontario



RUN WITH THE CHAMPIONS



COUREZ AVEC LES CHAMPIONS

RACES INCLUDE:

- 🍁 5km Fun Run
- 🍁 Canadian 10km Championships
- 🍁 Canadian 10km Wheelchair Championships
- 🍁 Timex National Road Race Series Finale
- 🍁 Canadian Masters 10km Championships
- 🍁 5km Run Ottawa Youth Athletic Series



TIMEX



Athletics Canada
Athlétisme Canada



SIGN UP ONLINE AT: www.eventsonline.ca/events/transcanada_10k/



2008 ONTARIO CROSS COUNTRY CHAMPIONSHIPS

(Including **Ontario Masters** Cross Country Championships)

Date: Sunday, November 16
Sanctioned By: Ontario Track & Field Association
Hosted By: Toronto Olympic Club
Location: Sunnybrook Park, Toronto

Directions: From Hwy 401, go south on Leslie; from Don Valley Parkway, go west on Eglinton and north on Leslie; from the west follow the Gardner Expressway to DVP north to Eglinton. Enter park on west side of Leslie Street through Wilket Creek Park. Approximately 2k in is the Central Don Stables. The Pavilion/Plateau is up the hill from there about 400 meters. There are washrooms/toilets at the stables and at the race venue. TTC buses that serve the Park are the Leslie 51, Eglinton East #34 and the Lawrence East #54.
Note: TTC buses do not enter the park system.

Course: The course is run almost entirely on grass and woodchips. The majority of the loop is flat and fast with some rolling sections. See map for details.

The course will be open for inspection (and maps available) at 1 pm Saturday Nov. 15th.

Registration: Saturday, 1:00 – 5:00 pm and Sunday, 8:00 – 1:00 pm in Pavilion @ Sunnybrook Park. Results will be posted outside the pavilion.

Facilities: Portable toilets will be available. As well, washrooms are available in the Pavilion. Shower and change facilities are available downstairs in the Pavilion.

Food: Sandwiches, light snacks and drinks will be sold inside the Pavilion.

Shirts: Long-sleeve T-shirts & Hoodies will be sold on site. Cash only please.

Meet Director: Dave Christiani 416-425-8296 H
davidchristiani@rogers.com

Web-site: www.torontoolympicclub.com

Maps of all races and the championship Technical Package will be posted at this site. A list of entries (received by Nov.12th), & RESULTS will be posted on this site.

Race Hotel: **A limited number of rooms have been blocked at the Westin Prince Hotel. Please ask for the *Toronto Olympic Club Group* rate. You must book by October 25 to access this special rate (\$99 + 13% tax, single or double, parking is extra).**

Westin Prince Toronto Hotel
900 York Mills Road M3B 3H2 Toronto, ON
Phone: (416) 444-2511

Other Accommodations (Nearby):

Crowne Plaza Toronto Don Valley
1250 Eglinton Avenue East M3C 1J3 Toronto
Phone: (416) 449-4111

Best Western Roehampton Hotel and Suites
808 Mount Pleasant Rd M4P 2L2 Toronto
Phone: 416-487-5101

SCHEDULE: Please check-in with the course clerk at least 10 minutes prior to Race.

9:30 am	Bantam Girls	3000m Born in 1995/after	<i>(note longer distance)</i>
9:45 am	Bantam Boys	3000m Born in 1995/after	
10:10 am	Midget Girls	4000m Born in 1993/94	<i>(note longer distance)</i>
10:30 am	Midget Boys	4000m Born in 1993/94	
10:30 am	<i>Awards Ceremony for BG, BB and MG</i>		
10:55 am	Youth Girls	5000m Born in 1991/92	<i>(note longer distance)</i>
11:25 am	Ontario Masters	5000m (30 years old+)	
12:05 pm	Junior Women	5000m Born in 1989/90	
12:35 pm	Youth Boys	6000m Born in 1991/92	
12:35 pm	<i>Awards Ceremony for MB, YG, OM, JW</i>		
1:10 pm	Senior Women	6000m Open	
1:45 pm	Junior Men	8000m Born in 1989/90	
2:25 pm	Senior Men	10000m Open	
3:15 pm	<i>Awards Ceremony for YB, SW, JM, SW</i>		

** Awards Ceremonies location to be announced

Eligibility:

Athletes residing in Ontario must be registered and their clubs affiliated for 2008 with the OTFA by the final entry deadline. NO OTFA Membership Registrations from competition entrants will be accepted after this date (Wednesday, November 12) either at the OTFA office or at the site of the Championships. To be registered with the OTFA, the athlete must have properly completed and signed an OTFA registration form and sent in the form along with payment so that it is in the OTFA office by 11:59 pm on Sunday, November 9, 2008.

Athletes registered as **Unattached** or **Disassociated** do not require a club affiliation.

Athletes residing in Ontario but representing a club from outside the province must be registered with their association and must be entered by their respective clubs.

Athletes may move up to a higher age category but may only compete in one race. Only OTFA (or other provincial or state) affiliated club teams shall be eligible to enter the team competition.

Ontario Masters Championships (30 years of age + on day of race):

For specific information on entries, eligibility, scoring, awards, etc. for the OMTFA 5km Championships race please contact the OMTFA www.ontariomasters.ca. The entry forms and fees must be forwarded to the Competition Secretary (see above) by the deadlines indicated.

Team Scoring:

In each race all entries will be counted, including out-of-province athletes, extra runners, etc. The first 4 across the line will count for all categories. A tie is resolved in favour of the team whose last scoring member finishes nearer the first place.

Team Declaration:

Teams need not be declared unless a Club intends to enter more than one team in a Category. In such a case, the names of the runners on each team must be handed to the meet organizers at least one-half hour prior to the start of the race. All declared teams will be eligible for awards.

Awards

Individuals:

OTFA Championship medals will be awarded to the first three Ontario registered athletes. Duplicate medals will be awarded to athletes from outside Ontario who place in the top three.

Teams:

OTFA Championship medals will be awarded to the first 4 finishers on each of the first three teams in each OTFA category.

Note: Additional medals will be available to all non-scoring runners on any of the top three teams. To be eligible, the runner(s) must complete the race. Additional medals may be purchased at the meet at a cost of \$5.00 each. Team coaches or managers should arrange to obtain the Medal(s) prior to awarding.

Ontario Cross Country Overall Club Championship:

This year, for the first time, an overall club champion will be determined based on results from each of the individual and team categories (not including Masters events). The top 8 individual and team finishers from Ontario will score 10, 8, 6, 5, 4, 3, 2, 1 points.

ENTRY INFORMATION

Please pick up information package at registration.

Please use the entry form/waiver included in this package!

NO TEAM ENTRY FEE.

Send Entries by Mail or Fax to:

Paul Poce 905-855-9374 H 905-855-9374 Fax
 paul.poce@sympatico.ca
 1412 Everall Road, Mississauga, ON, L5J 3L5

Send Excel File Entries to:

Jennifer Knowles 416-766-1615
 Jennifer@rrresults.com

Please make cheques payable to **Toronto Olympic Club**

Entry Deadlines:

By MAIL, FAX or EMAIL.

Deadline – Sunday, November 9, 11:59 p.m.

Fee: \$18.00 per athlete (no team entry fee!)

It is your responsibility to get your entry in on time!

Note: Entries may be sent by Email using the Excel File template found on the Toronto Olympic Club website: www.torontoolympicclub.com/xcEntryForm.xls

Waiver:

All participants are required to sign and turn in a waiver form prior_to competing! No waiver means NO Number!

Entry:

ENTRY FEES and SIGNED WAIVER Forms Must accompany mailed Entry Forms. For Fax or Email entries you must bring SIGNED WAIVER and PAYMENT to the meet.

Entries not received by the deadline: If the meet organizers at the competition site are challenged on this, i.e. entries are claimed to have been sent in but have not been received before the deadline, a fee of \$50.00 per athlete will be assessed (payable on the spot) in order that the athlete may compete. If and when the meet organizers receive the original entries with the appropriate post office cancellation stamp on the envelope, the club will be reimbursed the fees with no penalty.

WAIVER FORM

SANCTIONED AND REQUIRED BY: THE ONTARIO TRACK & FIELD ASSOCIATION

RELEASE, WAIVER AND INDEMNITY

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

2008 ONTARIO CROSS COUNTRY CHAMPIONSHIPS

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

**CITY OF TORONTO
ONTARIO TRACK & FIELD ASSOCIATION
TORONTO OLYMPIC CLUB
ONTARIO MASTERS ASSOCIATION
DAVE CHRISTIANI**

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason or my participation in the said event, whether as a spectator, participant, competition or otherwise, whether prior to, during or subsequent to the event 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 of Athlete _____
If under 18 years, Parent or Guardian or Power of Attorney to sign below

Date _____ Print Name _____ Signature Of Legal Guardian _____



2008 Ontario Club Cross Country Championships

Information Sheet

- Ontario Club Cross Country Champions will be determined based on results from the Ontario Cross Country Championships.
- In each division from Bantam through Senior the point totals of males and females will be combined to produce an overall winner. .
- All OTFA-affiliated clubs will be automatically entered in all categories. No fees will be assessed.
- The winning club will be awarded a banner to keep permanently. The winning club will have its name inscribed on a trophy to be displayed at the OTFA office and at provincial championship competitions.
- The top eight individual and team finishers in each division will earn points for their clubs as follows: 1st - 10 points, 2nd - 8, 3rd - 6, 4th - 5, 5th - 4, 6th - 3, 7th - 2, 8th - 1. More than one team per club may score in each division.
- Out-of-province, non-OTFA members or clubs will not figure in the scoring (i.e., the top 8 OTFA members will be scored, both individual and team, regardless of the number of out-of-province, non-OTFA individuals or teams members in the top 8 in any event). Independent or disassociated athletes who are OTFA members will be scored but no totals will be calculated for these categories.
- Ties for first place will be decided in favour of the club which scored points in more events (individual and team events = 20).



2008 Athletics Canada Technical Congress

Hilton Toronto Airport - November 21-23, 2008



Schedule, registration, and accommodation information is now available online at
<http://www.athletics.ca/page.asp?id=167>

Register before November 3rd, 2008 for the Early Bird rate.
The deadline to register is Friday, November 14th, 2008.





2009 OTFA Championship Bid Kit

The following Championship events are open for bids from clubs and other groups affiliated with the Ontario Track & Field Association.

1. Indoor Combined Events and Prep Meet #1 (Sunday, January 31)
2. Indoor Relays and Prep Meet #2 (Sunday, February 8)
3. Indoor Youth-Senior (February 21-22)
4. Indoor Bantam-Midget-Junior (March 7-8)
5. 10,000m Track (Junior Men and Senior Men and Women) (May?)
6. 10km Road Walk (Junior and Senior Men and Women) (May)
7. Outdoor Junior Championships and National Qualifier (June 13-14) – may include combined events and some relays. (See 10,11 below)
8. Outdoor Senior Championships and Canada Games Trials) (July 3-5)
9. Outdoor Relays - relays include a variety of distances; some will be contested in conjunction with the two Supermeets and the National Qualifier. Some may be held on their own or as part of a non-championship meet. Please contact Roman Olszewski if interested.
10. Outdoor Combined Events - the Outdoor Combined Events Championships may be held as a stand-alone meet or as part of another competition, such as the National Qualifier.
11. 20km Road Walk (Senior Men and Women) (late September/early October)

Things to consider:

1. The dates of the competitions are set by the OTFA Board of Directors. Some dates are negotiable.
2. The entry fees are set by the OTFA (Currently \$18.00 per individual event, \$28.00 per relay.)
3. \$7.50 of each entry fee normally* reverts to OTFA as a Championship levy. This must be sent to the OTFA no later than 30 days after completion of the last day of competition.

* some minor stand-alone championships may be exempted

Host group shall:

Provide an experienced meet director and assistants.

Provide an acceptable facility for both competition and administration:

A 200m, 4 to 6 lane track for indoor championships (applies to nos. 1 through 4 above)

An artificial, curbed 8 lane track; safety cage, adjustable waterjump and barriers,

- reversible runways, etc. for major outdoor championships (nos. 7, 8, 9)
- An artificial, minimum 6 lane track for minor outdoor championships (nos. 5, 10, 11)
- A safe course, adequate shelter, washrooms, parking, nearby hotels, etc. for Cross Country
- A safe, certified course for Road Walking events
- A sheltered location with electricity/generator for meet registration and results preparation
- Cooperate with the Ontario Officials Council to ensure that an adequate number of trained officials are available to work at the competition
- Provide phototiming for competition nos. 1-4, 7-11 (In some cases, two sets of equipment will be necessary.)
- Provide the necessary equipment (including a minimum of two throwing implements of each specification)
- Cover costs of stadium/equipment rental and ALL other meet expenses with exception of officials travel as indicated below.
- Secure a Championship meet hotel and/or provide a list of nearby hotels.
- Provide accommodation and food/refreshments for officials and the OTFA Technical Delegate, if that person is not on the officials list for the meet.
- For multi-day championships, provide a reception for officials.
- Provide an adequate number (as determined by OTFA/OOC) of minor officials.
- Avoid any conflict with OTFA sponsors and provide an opportunity for OTFA sponsor signage and displays.
- Not enter into a sponsorship agreement with a company or organization which offers a product or service (i.e., liquor, tobacco etc.) which is not condoned by the OTFA.
- Provide the OTFA office with a list of entered competitors in alphabetical order by 12:00 noon of the Monday prior to the competition.
- Use the bibs ordered by the OTFA or if providing own bibs ensure that the printing complies with OTFA requirements
- Remove competitors numbers from club packets for athletes who are identified as not being registered
- Cooperate to ensure that events are staged and run according to IAAF/OTFA rules and regulations and policies and procedures (including items such as check-in procedures, advancement procedures, proper setup of equipment, layout of sector lines in the throwing events, etc.)
- Ensure that a complete set of results, acceptable to the OTFA Technical Delegate, is prepared and available in electronic form no later than 1 day after the completion of the competition. Provide the OTFA Technical Delegate with hard copies of results during the competition, if so requested. Save the original results and turn them over to the OTFA at the conclusion of the competition. .
- Provide a computer link or computer file to the OTFA on a daily basis which will detail entries-to-date, so athletes and clubs can confirm entries and seed marks through the Internet.
- Arrange for the proper presentation of awards.
- Provide an accurate financial statement to the OTFA.
- Forward to the OTFA office within 30 days of the end of the competition:
 1. a list of the number of entries by event

2. the championship levies due based on number 1 above and, if applicable, the number of relay teams that competed
Abide by any other rule, regulation or policy as set out in the *OTFA Policies and Procedures For the Staging of Provincial Championships Handbook* (available on request).

The OTFA shall:

Prepare an entry kit, including event schedule, entry fees and deadlines in consultation with the host group.
Print and circulate, through the OTFA newsletter, the information kit and entry form.
Post entry kit/results on the OTFA website.
Do an inspection of the facility and advise host group of any deficiencies.
Rent throwing implements and wind gauges as required for a rental fee.
Pay for travel costs of officials on the OTFA/OOC-approved list.
Advise the host group well in advance of any OTFA sponsors that it should avoid conflicts with.
Provide the host group with medals at no cost.
Check and confirm the membership status of all Ontario athletes who seek to enter the Championships, and inform OTFA clubs of athletes who are not OTFA members.
Provide a sanction and insurance coverage as defined by the OTFA insurance policy.
Provide host group with a “final” event schedule based on entries received.
Provide advice and other assistance before, during and after the competition.
Provide bibs at cost.

The host group is encouraged to organize food and clothing concessions, charge an admission fee for spectators, produce and sell a meet “programme”, etc. in order to generate more revenue. Any revenue generated by the above-mentioned methods stays with the host group.



2009 OTFA Championships Bid Sheet

Due: Monday, October 20, 2008

Please forward by mail, fax or email to: Director of Technical Services, 45 Wellandvale Drive, Welland, ON L3C 7C4 Fax 905-732-0506 roman.otfa@cogeco.ca

Name of Competition:

Name of Bidding/Host Group:

Name of proposed Meet Manager/Director:

Other proposed persons and their areas of responsibility where known at this time (eg. facilities, equipment, officials coordination, sponsorships, security, meet registration, etc.):

Proposed Competition Site (name, location):

Please attach any information, maps, etc. available on the facility (if not used in the past for a championship).

Describe age and condition of equipment (eg. hurdles, landing pits, etc.)

Availability of Hotels near Competition site:

Write in below or overleaf or attach any other information that will enhance your bid.

NCCP Level 2 Throws Clinic

WHEN: October 18, 19, 2008 (9-5pm each day)
WHERE: Chippewa Secondary School - [click here for Map](#)
COST: \$100 per person
SANCTION: OTFA

TOPICS: This course will cover javelin, shot put, discus and hammer. Included will be teaching progressions, seasonal planning, weight training, error detection and correction. There is a take-home exam at the end of this course.

BRING: This will be an activity based course. Participants are encouraged to participate. Bring classroom materials such as pen and paper as well. Parts of the course will be run outdoors. Dress for the weather.

ACCOMMODATION: Click here for [accommodation ideas](#).
INSTRUCTOR: John Allan, London for [bio click here](#)
COORDINATOR: Brian Milne 705-475-2341 ext 8508 (school phone) 705-476-0845 (fax) 705-476-5480

REGISTRATION: The course is open to the first 30 registrants. [Email, phone or fax Brian Milne milneb@nearnorthschools.ca](#) to register.



Job Description for High Performance Program Coordinator

Position: Full-time/part-time High Performance Program Coordinator of the Ontario Track and Field Association.

Eighteen month term with possibility of extension.

Overview of Position:

Working with the Executive and the Board of Directors and within the policies and operating framework of the Ontario Track and Field Association, the High Performance Program Coordinator is responsible for providing leadership of our talent identification programs and our athlete and coaching support programs (through assessment and monitoring), and helping drive our high performance athletes toward the national and international level.

Responsibilities:

- With assistance from the Canadian Sports Centre-Ontario:
- Develop and deliver athlete talent detection, identification and performance profiling initiatives.
- Assist with the ongoing assessment, monitoring and sport science support of identified athletes
- Facilitate and foster effective communication pathways with high performance athletes and their coaches and develop good working relationships with the high performance coaching community
- Evaluate high performance competitive programme and assist with the development of competitive opportunities as required
- Review yearly training and competition plans submitted by athletes on Quest for Gold Athlete Assistance Programme
- Assist with the selection and coordination of provincial teams
- Coordinate Mentor Coaches Programme
- Assist with delivery of Coaching Certification and Dartfish programmes and help with the promotion of developmental programmes
- Assist with other tasks as they arise

Location of Position: Toronto, Ontario

Position Start Date: November 1, 2008

Salary: \$25,000 per year

Application Deadline: Please forward letters of interest and resumes to the Ontario Track and Field Association, 1185 Eglinton Ave. East, Suite 302, Toronto, Ontario, M3C 3C6 or fax to (416) 426-7358 or email to ontrack@eol.ca by October 17. Only successful candidates will be contacted for an interview.

All Time Varsity Stadium Records				
NOTE: Ian Anderson is trying to compile a complete list of records for Varsity Stadium. Please send corrections, additions and/or changes to Ian at: katyand@sympatico.ca				
Event	Performance	Name	Club	Year
MEN				
100 yards	9.3	Harry Jerome & Mel Pender	Vancouver OC & US Army	1965
100m	10.46	Denison Collins	Mississauga TC	2007
220 yards	20.9	Paul Drayton	US Army	1965
200m				
440 yards	47.3	Ollan Cassell	New York AC	1965
400m				
880 yards	1:48.4	Bill Crothers	East York TC	1965
800m				
1500m	3:39.54	Taylor Milne	Speed River TC	2008
1 mile	3:57.7	Dave Bailey	East York TC	
5000m	14:34.2	Ian Wainwright	Toronto Olympic Club	1969
3 miles	13:03.3	Ron Clarke	Australia	1965
10000m	29:28.11	Eric Gillis	Speed River TC	2008
6 miles		Bruce Kidd	East York TC	
110m hurdles	13.81	Charles Allen	Ottawa Lions	2007
400m hurdles				
3000m s/c				
high jump	2m10	Derek Watkins	UTTC	2007
pole vault	5m30	Jason Wurster	UTTC	2007
long jump	6m79	Solomon Akpata	Nigeria	1963
triple jump	13m70	Solomon Akpata	Nigeria	1963
shot put				
discus				
javelin				
4 x 100m relay				
4 x 200m relay				
4 x 400m relay				
4 x 800m relay				
Decathlon				
WOMEN				
100 yards	10.3	Wyomia Tyus	TS Tigerbelles	1965
100m				
200m	23.52	Kia Davis	Liberia	2007
220 yards				
400m	60.5	Gayle Olinek	Toronto Striders	1969
800m	2:08.4	Paula McLaughlin	UTTC	2007
1500m	4:24.9	Edyta Sieminska	Alberta	2007
1 mile	5:20.0	Brenda Mills	Scarborough Optimists	1969
5000m				
10000m	33:07.62	Adriana Fernandez	Mexico	2008
100m hurdles				
400m hurdles				
high jump	1m80	Maresa Cadienhead	Lightning Athletics	2007
pole vault	3m80	Heather Hamilton	UTTC	2008
long jump	6m02	Tabia Charles	Power Athletics	2007
triple jump				
shot put				
discus	46.59m	Nancy McCredie	Don Mills TC	1965
javelin				
4 x 100m relay				
4 x 200m relay				
4 x 400m relay				
4 x 800m relay				
Heptathlon				

BANTAM

MIDGET

YOUTH

PLACE	CLUB	POINTS	PLACE	CLUB	POINTS	PLACE	CLUB	PLACE
1	London Legion T&F Alliance	105	1	Ottawa Lions	295	1	Ottawa Lions	311.5
2	Laurel Creek	70	2	London Legion T&F Alliance	105	2	South Simcoe Dufferin	109
3	Quinte Legion	57	3	Centro Scuola	99	3	London Legion T&F Alliance	104
4	Ottawa Lions	54	4	Newmarket Huskies	82	4	Saugeen	97
4	Timmins Porcupine	54	4	Saugeen	82	5	Laurel Creek	85
6	Centro Scuola	41	6	Laurel Creek	77	6	St Thomas Legion	74
7	Saugeen	40	7	Phoenix	62	7	Phoenix	71.5
8	Newmarket Huskies	37	8	South Simcoe Dufferin	59	8	Niagara Regional Athletics	63.5
9	Windsor Legion	28	9	London Western	38	9	Mississauga	60
9	Brampton	28	10	Woodstock Legion	36	10	London Western	59
11	Kent Legion	23	11	St Thomas Legion	34	11	Newmarket Huskies	55
12	Brights Grove Athletics	21	12	Brampton	33	12	Woodstock Legion	40
13	London Western	20	12	Guelph	33	13	Windsor Legion	38
13	York County	20	14	Timmins Porcupine	27	14	Centro Scuola	35
13	Durham Dragons	20	15	Etobicoke	26	15	University of Toronto	26
16	York University	18	16	London Runner Distance Club	25	16	Flying Angels	24
17	South Simcoe Dufferin	17	16	Mississauga	25	17	Brampton	23
18	Guelph	14	16	Windsor Legion	25	18	Kent Legion	22
19	Oakville Legion	13	19	Niagara Olympic Club	21	18	York University	21
20	Etobicoke	12	20	Niagara Regional Athletics	18	20	Hamilton Olympic Club	20
21	Niagara Regional Athletics	9	21	Hamilton Olympic Club	16	21	Timmins Porcupine	19
21	Flying Angels	9	22	University of Toronto	14	21	Durham Dragons	19
23	Woodstock Legion	8	22	United Tamil	14	23	West Kingston	18
23	Niagara Olympic Club	8	24	Brights Grove Athletics	12	24	Brights Grove Athletics	16
25	St Thomas Legion	5	25	Oakville Legion	11	25	Tri City Track	15
26	Durham Legion Athletics	4	26	Flying Angels	10	26	Brantford	14
			27	Kodiak Track	8	27	Ligthning Athletics	12.5
			27	Orangeville	8	28	Niagara Olympic Club	12
			29	Sault Athletics	7	29	Durham Legion Athletics	11
			29	I Be Fast	7	29	Etobicoke	11
			31	Quinte Legion	6	29	I Be Fast	11
			32	Brantford	5	32	Peterborough Legion	8
			32	Durham Dragons	5	33	Track North	5
			32	Take Flight Athletics	5	34	Project Athletics	4
			35	Durham Legion Athletics	4	35	Oakville Legion	3
			35	Track North	4	35	Orangeville	3
						37	London Runner Distance Club	2
						38	Team Speed	1
						38	United Tamil	1

JUNIOR			SENIOR			OVERALL		
PLACE	CLUB	POINTS	PLACE	CLUB	POINTS	PLACE	CLUB	PLACE
1	Ottawa Lions	255.5	1	Ottawa Lions	302	1	Ottawa Lions	1218
2	Phoenix	150	2	London Western	136	2	London Legion T&F Alliance	453
3	University of Toronto	121	3	Windsor Legion	129	3	Phoenix	353.5
4	London Legion T&F Alliance	115	4	University of Toronto	115	4	London Western	327
5	York University	81	5	Speed River	110	5	University of Toronto	276
6	Mississauga	78	6	York University	91	6	Windsor Legion	269
7	London Western	74	7	Phoenix	70	7	Laurel Creek	266
8	Brampton	71	8	Project Athletics	55	8	South Simcoe Dufferin	250
9	South Simcoe Dufferin	61	9	Guelph	37	9	Saugeen	237
10	Etobicoke	58	10	Elite Edge	36	10	York University	211
10	Project Athletics	53	10	Etobicoke	36	11	Newmarket Huskies	192
12	Windsor Legion	49	12	Laurel Creek	29	12	Mississauga	190
13	I Be Fast	38	13	London Runner Distance Club	27	13	Centro Scuola	175
14	Brockville Legion Cougars	37	13	Mississauga	27	14	Brampton	166
14	Durham Dragons	37	13	Ontario Masters	27	15	Etobicoke	143
16	Hamilton Olympic Club	34	16	I Be Fast	24	16	St Thomas Legion	140
17	Flying Angels	26	16	London Legion T&F Alliance	24	17	Niagara Regional Athletics	121.5
17	Toronto Olympic	26	18	Flying Angels	19	18	Speed River	113
19	Lightning Athletics	22	19	Saugeen	18	19	Project Athletics	112
19	Niagara Olympic Club	22	20	U. of Windsor Alumni	17	20	Timmins Porcupine	111
21	Durham Legion Athletics	20	21	Toronto Olympic	15	21	Durham Dragons	89
22	Newmarket Huskies	18	22	Niagara Regional Athletics	14	22	Flying Angels	88
23	Niagara Regional Athletics	17	23	Bytown Walkers	13	23	Guelph	86
23	Lakehead Athletics	16	23	St Thomas Legion	13	24	Woodstock Legion	84
25	Take Flight Athletics	15	25	Brampton	11	25	I Be Fast	80
26	St Thomas Legion	14	26	Brockville Legion	10	26	Hamilton Olympic Club	73
27	London Runner Distance Club	12	27	Durham Dragons	8	27	Niagara Olympic Club	67
28	Timmins Porcupine	11	28	Sky's The Limit	6	28	London Runner Distance Club	66
29	York County	10	29	Brooks Canada Marathon Project	5	29	Quinte Legion	63
29	Kitchener Waterloo	10	29	Take Flight Athletics	5	30	Kent Legion	51
31	Kent Legion	6	31	Harbour Track	4	30	Bright's Grove Athletics	49
31	Cornwall Legion Cougars	6	31	Niagara Olympic Club	4	32	Brockville Legion	47
31	Track North	6	31	Oakville Legion	4	33	Toronto Olympic	41
34	Laurel Creek	5	31	South Simcoe Dufferin	4	34	Durham Legion Athletics	39
35	Speed River	3	35	Hamilton Olympic Club	3	35	Elite Edge	36
36	Guelph	2	35	Track North	3	36	Lightning Athletics	34.5
37	Kodiak	1	37	Kingston Napanee	2	37	Oakville Legion	31
			38	Body Mind Spirit Speed	1	38	York County Track Club	30
						39	Ontario Masters	27
						39	Take Flight Athletics	25
						41	Brantford	19
						42	Track North	18
						43	West Kingston	18
						44	U. of Windsor Alumni	17
						45	Lakehead	16
						45	Tri City Track	15
						47	United Tamil	15
						48	Bytown Walkers	13
						48	Orangeville	11
						50	Kitchener-Waterloo	10
						51	Kodiak Track	9
						52	Peterborough Legion	8
						53	Sault Athletics	7
						54	Conrwall Cougars	6
						54	Sky's The Limit	6
						56	Brooks Canada Marathon Project	5
						57	Harbour Track	4
						58	Kingston Napanee	2
						59	Body Mind Spirit Speed	1
						60	Team Speed	1



OTFA SANCTION KIT - 2009

(To be used for Track & Field, Road Walking and Cross Country Competitions)

1. In order to be recognized by the OTFA, a competition not conducted under the sanction or authority of any of the following jurisdictions and in which all participants are not covered by an insurance policy carried by same jurisdictions must be sanctioned by the OTFA:

Royal Canadian Legion
Military
Ontario Masters Association
Athletics Canada

Primary and Secondary School
University and College
(Ontario) Minor Track Association

2. For liability reasons *Open* events conducted within competitions held under any of the above jurisdictions may not be sanctionable by the OTFA.

Enquiries may be directed to the Director of Technical Services of the OTFA.

3. Organizers of all OTFA-sanctioned competitions and events automatically receive liability insurance.
4. Athlete participants in OTFA-sanctioned meets or events must sign a waiver form and turn it in to meet organizers prior to competing. Athletes under the age of 18 years must, in addition, have a parent or legal guardian sign the form. If a Power of Attorney form is on file at the OTFA an authorized person may sign on behalf of the athlete/parent.

Normally, a new waiver form is required for each meet. The OTFA must be named in the waiver as a protected party and the forms must be kept on file for at least 2 years following the competition.

5. OTFA meet sanctions are primarily intended for events organized for members of the OTFA or of other branches of AC or IAAF member countries. If meet organizers choose to make their events open to non-members they are required to pay an additional amount to cover insurance premiums. **It is recommended that non-OTFA-registered entrants be charged a higher entry fee to help recoup the sanction/insurance fee.**
7. The granting of sanctions by the OTFA is subject to the meet organizers agreeing to the above conditions and to those in "Conditions of Sanction" below.
8. Events which are in conflict with OTFA Championships or other important competitions may be denied sanction for the date requested. Meet organizers whose competitions may conflict with other events on the schedule should apply early to allow OTFA officials sufficient time to assess possible impacts and offer solutions satisfactory to all involved.



APPLICATION FOR SANCTION
TRACK & FIELD, CROSS COUNTRY + ROAD WALKING COMPETITIONS

NAME OF COMPETITION: _____

DATE OF COMPETITION: _____

NAME OF CLUB OR ORGANIZATION: _____

MEET DIRECTOR'S NAME: _____

ADDRESS: _____ CITY: _____

POSTAL CODE: _____ E-MAIL: _____

BUS.() _____ RES.() _____ FAX:() _____

MEET CONTACT NAME:(If different from above) _____

ADDRESS: _____ CITY: _____

POSTAL CODE: _____ E-MAIL: _____

BUS.() _____ RES.() _____ FAX:() _____

SITE & LOCATION OF COMPETITION: _____

STARTING TIME: _____

WHAT ADVERTIZING HAS BEEN DONE FOR THE COMPETITION TO DATE?

WHAT ADVERTIZING WILL BE DONE IN THE FUTURE?

LIST ALL OF THE EVENTS THAT WILL BE OFFERED (PRECEDE THE EVENT BY "M" FOR MEN AND "W" FOR WOMEN)

_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

Note: Requests for changes or additions to the above list must be communicated to the OTFA Director of Technical Services prior to the commencement of the competition

WILL NON-OTFA MEMBERS BE ALLOWED ENTRY INTO YOUR MEET? YES _____ NO _____

Please send completed and signed application form along with appropriate fee, payable to the OTFA, to:

Roman Olszewski
 45 Wellandvale Dr.,
 Welland, ON L3C 7C4 FAX: 905-732-0506 email: roman.otfa@cogeco.ca

CONDITIONS OF SANCTION

1. Applications must be submitted so that they are received a minimum of 28 days prior to the date of the competition.
2. Competitions must be conducted on the date, time and at the place indicated on the sanction application form. **A sanction is valid only for the date(s), time(s), and place(s) indicated.** If an event is cancelled the OTFA office must be notified.
3. All events to be included in the meet must be listed on the application form. **Changes to the list of events, including additions, must be communicated to the Director of Technical Services prior to the event.**
4. A copy of the entry blank and entry information sheet must accompany the application form.
5. The entry blank must contain a space for the entrant's current OTFA/AC/USTFA number.
6. A minimum fee of \$25.00 per meet (max. 3 consecutive days per meet) is payable upon submission of application. \$20.00 of the fee will be returned following satisfactory completion of requirements. Please see fee schedule below.
7. Fees must accompany the application form or be forwarded so that they are received within 10 days of receipt of form. In any case, all **fees must be sent so that they are received by the Director of Technical Services prior to the commencement of the competition.**
8. The competition must be conducted in accordance with IAAF/AC/OTFA rules. **Mixed events are permitted but must be noted as such in the results.**
9. The published meet schedule may not be advanced unless the published meet information includes a disclaimer warning entrants of possible changes, including the amount of time by which an event start time may be advanced.
10. All requirements concerning insurance & waivers must be adhered to.
11. The Competition Director must have legal access to the facility for the competition (through ownership, lease, rental, etc.)
12. Any athlete who is a registered member of the OTFA may participate in a sanctioned competition unless the competition has been advertized as:
 - a) an intra-club or inter-club dual meet
 - b) an invitational with an entry standard and in which all invited competitors are currently registered with the OTFA or another branch.
13. Indoor weight, hammer and discus events must be conducted from a properly constructed cage.
14. Only the first "run" of an event (track or field) that is repeated within a six-hour period **on the same date** shall be considered a legitimate competition. Qualifying rounds and timed sections in which the entrants compete only once are exceptions.
15. An electronic file (preferably Hy-Tek) of the results must be forwarded to the OTFA Director of Technical Services within 3 days of the completion of the competition. Alternatively, the Competition Director may advise, within 3 days, the Director of Technical Services of the website at which the results are downloadable. The results should be prepared so that they are consistent with the standard format required by Athletics Canada/OTFA. Computer files of "photofinish" pictures (where fully automatic timing was in use) must be available to the OTFA upon request for a period of not less than 30 days following the completion of the competition.

On behalf of the meet organizers I accept the conditions indicated above and understand that should there be a failure to meet any of the conditions performances from the competition may be voided and future applications for sanction may be denied.

Date: _____ Signature of official applying _____

Name: _____ Address: _____

For Office Use only:

Approved by: _____

Date application received: _____ Date Approved: _____

SANCTION FEES – INCLUDING INSURANCE AND PERFORMANCE DEPOSIT

# OF NON-REGISTERED ATHLETES EXPECTED	BASIC SANCTION FEE INCL. 5% GST * see note below	INSURANCE INCL. 8% PST	SUB-TOTAL	PERFORMANCE DEPOSIT (REFUNDABLE)	TOTAL DUE
0	5.00	0.00	5.00	20.00	25.00
1-10	10.28	9.72	20.00	20.00	40.00
11-20	14.08	25.92	40.00	20.00	60.00
21-35	14.64	45.36	60.00	20.00	80.00
36-50	20.34	69.66	90.00	20.00	110.00
51-75	22.94	102.06	125.00	20.00	145.00
76-100	27.44	142.56	170.00	20.00	190.00
101-125	31.94	183.06	215.00	20.00	235.00
126-150	36.44	223.56	260.00	20.00	280.00
151-200	41.50	283.50	325.00	20.00	345.00
OVER 200	Contact OTFA				

* these amounts are calculated to yield a final amount that is rounded to the nearest \$5.00.

Please note:

1. All fees are payable in advance and should be attached to sanction application form. If you need assistance in estimating the number of non-registered athletes that will be competing in your meet please contact the Director of Technical Services.
2. Make cheques (2 are preferable - one for sanction fee, one for performance deposit) payable to Ontario Track & Field Association. Payment may be made by credit card. Please provide office in Toronto with credit card number.
3. An administration fee of \$10 will be added to fees in which payment is not included with sanction application and an invoice will be issued.
4. Upon completion of the competition the sanction fee may be adjusted according to the actual number of unregistered athletes who participated. If seeking a rebate, meet organizers are required to submit a list of non-registered athletes who participated in the competition within 10 days of the completion of the competition.
5. The performance deposit is returned upon satisfactory completion of sanction requirements (e.g. results).
6. All fees are subject to increase without notice.
7. Send sanction application forms and fees (if not paying by credit card) to:

Director of Technical Services
45 Wellandvale Dr.
Welland, Ont.
L3C 7C4

Fax 905-732-0506 email: roman.otfa@cogeco.ca Tel. 905-732-9955

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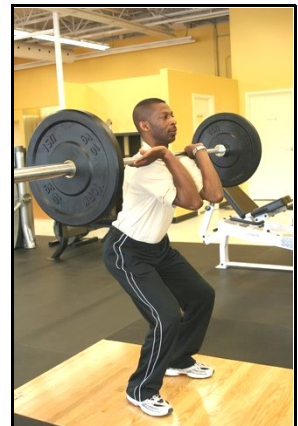
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