



Logo accepted in principle  
at Annual General Meeting

# RUNDEZ- VOUS

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## AO Athlete/Coach March Break Clinic

Athletes 14 -17 years old are invited to join us for a unique opportunity to train and learn from the best at the AO Athlete/Coach March Break Clinic on Wednesday March 18 at the Toronto Track and Field Centre at York University. Coaches and their athletes are invited to attend this session. This clinic is FREE for Athletics Ontario members and \$5 for non-members. The athletes will be guided through a technical practice with experienced coaches. Some basic testing will be done to point out areas for improvement.

This clinic will feature esteemed coaches including: Milt Ottey (York University - Jumps coach), Desai Williams (Elite Edge Track Club – Sprints coach), Angella Issajenko (Mississauga TC – Sprints coach), Richard Parkinson (York University – Throws coach), Peter Pimm (Distance - University of Toronto – Distance coach), and Sue Wise (High Performance Coordinator Athletics Ontario).

This clinic is made possible through a grant from the Coaches Association of Ontario and the Quest for Gold Lottery. Please see attached forms for registration information.

## Early Ontario Outdoor Championships

Please note the following dates and locations:

Saturday, May 9. Waterhouse Stadium, London. Ontario JM, SM and SW 10,000 Track Running Championships.  
Contact: Steve Weiler 519-777-6096  
[steveweiler@hotmail.com](mailto:steveweiler@hotmail.com)

Sunday, May 31. Hanlan's Point, Toronto Islands. Ontario JM, SM, JW and SW 10km Road Walk Championships.  
Contact: Stafford Whalen 416-243-5413  
[staffordwhalen@rogers.com](mailto:staffordwhalen@rogers.com)

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AO March Break Clinic  
- Registration & Waiver

Please note that the 10,000m track running race is important for those who wish to qualify for next year's Quest for Gold Athlete Assistance Programme in that event. Both running and walking competitions will be scored for the 2009 Ontario Club Championship.

Note: the National SM and SW 10,000 will be held with the Canadian Senior Championships at the University of Toronto in late June.

### Upcoming Coaching Certification Courses in Athletics – Ontario

April 3-5  
Sport Coach in Athletics Course  
(formerly Level 1 Technical)  
Toronto Track & Field Centre, York U. Campus  
Contact: Joe Geiser 905-819-1151  
[fpetruccelli@sympatico.ca](mailto:fpetruccelli@sympatico.ca)

April 3-5  
Level 3 Sprints/Hurdles; Level 3 Distances; Level 3 Jumps  
Toronto Track and Field Centre, York U. Campus  
Contact: Sue Wise [suewise@yorku.ca](mailto:suewise@yorku.ca)

April 24-26  
Club Coach in Athletics Course  
(formerly Level 2 Technical)  
Sprints & Hurdles; Distances; Jumps; Throws  
Toronto Track & Field Centre, York U. Campus  
Contact: Sue Wise [suewise@yorku.ca](mailto:suewise@yorku.ca)

September 18-20  
Sport Coach in Athletics Course  
(formerly Level 1 Technical)  
University of Western Ontario  
Contact: Vickie Croley [vcroley@uwo.ca](mailto:vcroley@uwo.ca)

September 18-20  
Club Coach in Athletics Course  
(formerly Level 2 Technical)  
Distances; Throws  
University of Western Ontario  
Contact: Vickie Croley [vcroley@uwo.ca](mailto:vcroley@uwo.ca)

December 4-6  
Courses TBD  
Ottawa.  
Contact: Ottawa Lions [andymcinnis@bellnet.ca](mailto:andymcinnis@bellnet.ca)

Note: All courses run through Friday evening, Saturday and Sunday. Courses subject to cancellation due to insufficient registration.

Detailed information and registration forms will be available soon on the Athletics Ontario website: [www.otfa.ca](http://www.otfa.ca) and in the March issue of Runderz-Vous.

### Athletics Ontario Warm Weather Camp January 3-11, 2009 – Message from Dave Christiani

Congratulations to all the athletes, and coaches (see photograph below) who were selected and participated in Athletics Ontario's recent warm weather camp in Florida. The camp, for Canada Summer Games hopefuls, was a huge success. It was a difficult and rigorous week of training. As well, the athletes demonstrated tremendous responsibility and maturity throughout the week in many ways, but in particular by looking after their own grocery shopping and meal preparation. Their actions and behaviour was exemplary. Good luck to all in the upcoming competition year and at the Trials for selection to Team Ontario for the upcoming Canada Summer Games.



### Additional Canada Games Team Staff

We welcome the following two coaches to our 2009 Canada Games Team Staff:

- David Greig - Wheelchair Coach
- Julie Wetzler- Special Olympics Coach/Manager

David and Julie join the following staff that was selected earlier:

- Dave Christiani Team Leader/Head Coach
- Paula Jones Manager
- Craig Blackman Coach, Sprints & Hurdles
- Leslie Estwick Coach, Sprints & Hurdles & C.E.
- Rob Grepe Coach, Distances
- Pat Reid Coach, Jumps
- Sylvia Kontra Coach, Throws

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:** Athletics Ontario Sanctioned

**A:** Athletics Ontario Approved (not AO Sanctioned but approved for competition by AO athletes)

**AC:** Athletics Canada sanctioned

Date	Status	Competition	Location	Contact
<b>2009</b>				
February 19-20	<b>S</b>	Hamilton Indoor Games	Hamilton	BU
February 20	<b>A</b>	Hal Brown Last Chance Meet	Toronto (UofT)	CG
February 21-22	<b>S</b>	Ontario Indoor Youth/Senior Championships	Toronto (TTFC)	AT
February 27-28	<b>A</b>	OUA Indoor Track and Field Championships (York)	Toronto (TTFC)	CI
March 7	<b>A</b>	Dome Super Saturday Series	Ottawa	AM
March 7		NACAC Cross Country Championships	Orlando, FLA	
March 7-8	<b>S</b>	Ontario Indoor Bantam/Midget/Jr. Championships	Toronto (TTFC)	RP
March 12-14	<b>A</b>	CIS Indoor Track and Field Championships	Windsor	DF
March 15	<b>A</b>	Ontario Masters Winter Mini Meet #4	Toronto (TTFC)	OMA
March 20		USATF Masters Indoor Championships	Landover, Maryland	
March 27		Louis Riel Dome High School Series	Ottawa	AM
March 28		IAAF World Cross Country Championships	Amman, Jordan	
April 1	<b>A</b>	Ontario Masters Road Race Series	Toronto	OMA
April 2		Louis Riel Dome High School Series	Ottawa	AM
April 9		Louis Riel Dome High School Series	Ottawa	AM
April 12		Olympic Fitness Discus Series Opener	London	JT
April 16		Louis Riel Dome High School Series	Ottawa	AM
April 19	<b>AC</b>	Canadian Half Marathon Championships	Montreal, QC	AC
April 23		Louis Riel Dome High School Series	Ottawa	AM
April 25-26		PanAm Race Walk Cup	San Salvador, ESA	
April 30		uOttawa High School Invitational	Ottawa	AM
May 7		National Capital High School Classic	Ottawa	AM
May 9	<b>S</b>	Ontario 10,000m Track Championships (JM,SM,SW)	London	SW2
May 17		Olympic Fitness Discus Series #2	London	JT
May 24	<b>AC</b>	Canadian Marathon Championships	Ottawa	AC
May 30	<b>A</b>	Ontario Masters East Regional Championships	Brockville	OMA
May 31	<b>S</b>	Art Key Racewalks (+ AO Ontario 10km Walk Champs)	Toronto	SW3
June 4-6	<b>A</b>	OFSAA Track and Field Championships	Etobicoke	
June 10	<b>S(AC)</b>	Victoria International Track Classic	Victoria, BC	
June 12	<b>S(AC)</b>	Richmond International Track Classic	Richmond, BC	
June 13-14	<b>S</b>	Ontario National Qualifier & Ontario Jr. Champs	London	VC
June 14	<b>S(AC)</b>	Harry Jerome International Track Classic	Vancouver, BC	
June 16	<b>S(AC)</b>	Abbotsford International Track Classic	Abbotsford, BC	
June 20		Olympic Fitness Discus Festival (#3)	London	JT
June 21	<b>A</b>	Ontario Masters Championships	Toronto (TTFC)	OMA
June 25-28	<b>AC</b>	Canadian Track and Field Championships	Toronto (UofT)	CG
July 3-5	<b>S</b>	Ontario Sr. Champs & Canada Games Trials)	Windsor	DF
July 6-11		World University Games	Belgrade, Serbia	
July 8-12		IAAF World Youth Championships	Bressanone, Italy	
July 9		USATF Masters Championships	Oshkosh, Wisconsin	
July 10-11	<b>A</b>	Ontario Legion Championships	Hamilton	BT
July 11		Olympic Fitness Discus Series #4	London	JT
July 15	<b>A</b>	Ontario Masters Weight Pentathlon Championships	TBD	OMA
July 17-19	<b>AC</b>	Canadian Junior Track and Field Championships	TBD	AC
July 17-19		Canadian Masters Championships	Kamloops, BC	
July 24-26		Ontario Para Sports Games	Woodstock	

Date	Status	Competition	Location	Contact
July 25		Olympic Fitness Discus Series Final (#5)	London	JT
July 25-26	S	Ontario Supermeet #2 (B/M/Y Champs)	Timmins	VS2
July 28-Aug 8		World Masters Athletics Championships	Lahti, Finland	
July 31-Aug 2		Pan Am Junior T&F Championships	Tobago, TRI	
August 1-9		International Polish Summer Games	Torun, Poland	
August 6-9	AC	Canadian Youth Track and Field Championships	Sherbrooke, QC	AC
August 15-23		IAAF World Championships in Athletics	Berlin, Germany	
August 22-29		Canada Summer Games (Athletics)	Charlottetown, PEI	
September 1	A	Ontario Masters Team Cross Country Series	TBD	OMA
September 12		Edmonton International Racewalk	Edmonton, AB	
Sept 12-13		IAAF World Athletics Final	Thessaloniki, Greece	
September 19	A	Ontario Masters Twosome Cross Country Relay	Newmarket	OMA
September 20	S	Ontario 20km Walk Championships	Welland	RO
Sept 26-Aug 6		Francophonie Games	Beirut, Lebanon	
October 4	A	Taylor Creek Park Cross Country	Toronto	OMA
October 11		IAAF World Half Marathon Championships	Birmingham, GBR	
October 12		World Masters Games	Sydney, Australia	
October 17	AC	Canadian 10km Road Race Championships	Ottawa	AC
October 18	A	Don Farquharson Harriers Relay	TBD	OMA
November 15	S	Ontario 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 1		IAAF World Indoor Track and Field Championships	Kamloops, BC	
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 ??		Ontario Espoir Championships (with Ontario Games)	Sudbury	
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
2011				
July 17		World Masters Athletics Championships	Sacramento, California	

## CONTACTS

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TBD	To Be Determined	

# 2009 TIMEX Roadrunning Series

Date	Competition	Location	Contact
April 19	Backs In Motion 5km - 9:00am	Toronto	Lindsay McLean <a href="mailto:lmclean@cmcc.ca">lmclean@cmcc.ca</a> 416-482-2340 x200
May 23	MDS Nordion 10k 10km - 6:30 pm	Ottawa	National Capital Marathon Inc <a href="mailto:info@ncm.ca">info@ncm.ca</a>
June 7	Bread & Honey Road Races 15km - 8:00 am	Mississauga	Ellie Arruda <a href="http://www.breadandhoneyrace.com">www.breadandhoneyrace.com</a>
June 14	Toronto Challenge 5km - 9:30 am	Toronto	Erin Mulcahey Abbott <a href="mailto:challenge@toronto.ca">challenge@toronto.ca</a> <a href="http://www.toronto.ca/challenge">www.toronto.ca/challenge</a>
June 17	Night Crawler 5 Miler 5 miles - 7:15 pm	Toronto	Bruce Trigg Ph. 905-469-1962 Fax: 905-469-1503 <a href="http://www.nightcrawler.to">www.nightcrawler.to</a>
July 19	Lindsay Milk Run 10km - 9:00 am	Lindsay	Shelley Cooper 705-324-9411 x335 <a href="mailto:scooper@city.kawarthalakes.on.ca">scooper@city.kawarthalakes.on.ca</a>
August 27	Sunset Shuffle 6km - 7:00 pm	Toronto (Ward's Island)	Mike Turner <a href="mailto:info@longboatroadrunners.com">info@longboatroadrunners.com</a>
September 20	Longboat Toronto Island Run 10km - 11:15 am	Toronto	Mike Turner <a href="mailto:info@longboatroadrunners.com">info@longboatroadrunners.com</a>
October 17	TransCanada Run with the Champions 10km	Ottawa	<a href="http://www.transcanada10km.ca/">http://www.transcanada10km.ca/</a>

2009 Ontario Indoor  
Bantam - Midget - Junior  
Championships

Date: Saturday March 7 - Sunday, March 8, 2009

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

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

Entries Chairperson: Colin Inglis      Tel: 416-736-2100 x44669      Email: [cinglis@yorku.ca](mailto:cinglis@yorku.ca)

**Entry Deadline & Fees:**

**One Deadline: 11:59 pm, Sunday, March 1, 2009**

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

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

Entries by: Hy-Tek Team Manager, Hy-Tek Team Manager Lite

For instructions, the events file and "On-Line registration", please go to the Events Calendar at [www.otfa.ca](http://www.otfa.ca) . For assistance, please contact Colin Inglis at 416-736-2100 x44669 or [cinglis@yorku.ca](mailto:cinglis@yorku.ca).

Payment: Mastercard or Visa may be used for payment; please include the name on the card, the number and the expiry date and provide them with your entries. If paying by cheque please make payable to: "York University Track & Field Club", York University, Rm. 210A, Stong College, 4700 Keele Street, Toronto, ON M3J 1P3

Post Entries: Entries received after March 1 will be accepted at the discretion of the meet organizers and only if it does not cause a disruption of the conduct of the meet. These entries will be subject to a \$50.00 per event entry fee IF ACCEPTED.

To be eligible for post entry, athletes must have been registered with Athletics Ontario by the registration deadline of 11:59 pm, Sunday, March 1, 2009.

Waivers are to be submitted at the registration desk the day of the competition.

No entries are to be dropped off at the Athletics Ontario (AO) office.  
No telephone entries please. No faxed entries. NO REFUNDS



**Eligibility:** Athletes residing in Ontario must be registered and their clubs affiliated for 2009 with Athletics Ontario by the Entry Deadline of 11:59 pm, Sunday, March 1.

Athletes registered with Athletics Ontario 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 residing outside of Ontario must be registered for 2009 with their provincial or state associations.

**Age Categories:**

Bantam (BG, BB)	born in 1996 or after
Midget (MG, MB)	born in 1994 or after
Junior (JW, JM)	born in 1990 or after

**Lane / Heat / Selection Assignments:**

Lanes, Heats and Sections will be assigned according to the rules of the IAAF / AO  
Lane 1 will be vacant for all sections of the 200m event.

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

**Indoor Club Championships Scoring**

The top 6 Ontario athletes in each event and category will earn points for their clubs as follows: 1st – 7 points, 2nd – 5, 3rd – 4, 4th – 3, 5th – 2, 6th – 1.

**Check-in Procedure/Scratches:**

Athletes must check in at their events no later than 15 minutes prior to the start time. Scratches will reduce the number of empty lanes, so please report them to the meet director's office as soon as possible.

**Schedule:** The schedule is subject to change. Arrive early, as event starting times (except for the first event) may be advanced by up to 30 minutes. Along with the performance lists, a revised schedule will be posted on line at [www.otfa.ca](http://www.otfa.ca)

**Mandatory Adult Officials' Assistant**

Based on the approved motion at the 2005 Annual General Meeting each club participating in a sanctioned meet must provide one or more adult volunteers to assist officials during the meet. For this meet we are requesting that every club with 5 or more entrants provide one person. If the local organizing committee does not need the services of your volunteer you will be notified before the competition. **Please email the name of your volunteer(s) to Richard Parkinson at [parkinr@yorku.ca](mailto:parkinr@yorku.ca).** Ask your volunteer to report upstairs in the officials room 30 minutes prior to the start of the meet to get their pass.



## Guests from other Provinces/States:

Please note that Athletics Ontario rules require that in the 60m sprints and hurdles there must be a minimum of 4 athletes from Ontario included in the final or fastest timed final. Any out-of-province athletes excluded from the final will be included in a second timed final to consist of the next fastest group of runners.

**Facility:** Synthetic surface on 5-lane 200m banked oval and 8-lane sprint straight and Mondo on all field event approaches. Concrete throwing circle. Change room facilities and showers are available. Bring your own lock and towel.

## Facility Rules &amp; Regulations:

Maximum spike length is now 5mm (9mm for High Jump). Spiked shoes will be checked for spike length at the entrance to the fieldhouse. Spikes of the correct length will be available for purchase at the Centre from the facility staff.

Only coaches, officials and meet organizing club volunteers will be permitted into the fieldhouse. All others must go to the spectator viewing area. The names of coaches who will be present at the competition and who will need access to the fieldhouse competition area must be emailed to the Entries Chairperson with the electronic entries. Coaches' identification tags will be included in the club packages and must be presented at the facility entrance.

NO street shoes on track surface.

NO portable radio/cd/mp3 players inside the center including track and viewing gallery.

**Starting Blocks:** Official blocks will be supplied by meet management. However, any starting block complying with IAAF rules may be used.

**Off Limits:** The track and field areas are off limits to all non-competitors at all times. All official working areas, whether inside or outside track, are off limits

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

**Protests:** All protests must be made as outlined in IAAF rule 146. In all cases, protests or appeals must be filed within 30 minutes of the official announcement or release of the results. If no protest or appeal is received within the above-mentioned time limit the result as released will stand. If a protest or appeal changes a result, 30 minutes will be allowed following the announcement or release of the decision for further appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. Cost \$25.00 to be returned if the protest is upheld.

**Sweatsuit Rule:** To help keep the meet stay on schedule athletes must have removed their sweatsuits, leggings, etc. and be ready to run by the time they are called to the start line. Please convey this information to the athletes.



Accommodations: Athletics Ontario strongly recommends: (Make sure to ask for the Athletics Ontario rate)



**HOLIDAY INN EXPRESS NORTH YORK**  
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For group bookings of 5 or more rooms please email [north\\_yorkcluster@whg.com](mailto:north_yorkcluster@whg.com) for more details.

**How to get to the**

- Toronto T&F Centre:
1. Follow Highway 401 East to Highway 400 North.
  2. Follow Highway 400 North to the Steeles Avenue exit.
  3. Go East (left) on Steeles, past Jane Street and turn right at the York University Northwest Gate entrance, just past Pioneer Village.
  4. Immediate first left entrance to parking lot is adjacent to track.

**Starting Heights:**

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

	BG	BB	MG	MB	JW	JM
High Jump	1.25	1.30	1.35	1.48	1.48	1.83
Pole Vault	1.80	2.50	1.80	2.50		

**Specifications for Hurdling Events:**

EVENT	DISTANCE	#	HEIGHT(m)	To 1st Hurdle	Between Hurdles
Bantam Girls	60m	5	0.762	11.50m	7.50m
Bantam Boys	60m	5	0.762	11.50m	7.50m
Midget Girls	60m	5	0.762	12.00m	8.00m
Midget Boys	60m	5	0.840	13.00m	8.50m
Junior Women	60m	5	0.840	13.00m	8.50m
Junior Men	60m	5	0.990	13.72m	9.14m

**Specifications for Throwing Events:**

	BG	BB	MG	MB	JW	JM
Shot Put	3.0kg	3.0kg	3.0kg	4.0kg	4.0kg	6.0kg
Weight Throw			9.072kg	9.072kg	9.072kg	11.34kg



Events:

For Bantam, Midget & Juniors:

60m  
200m  
400m  
800m  
1500m  
3000m  
60m Hurdles  
High Jump  
Long Jump  
Triple Jump  
Shot Put

For Bantam Girls and Boys only:

800m Walk

For Midget Boys and Girls and Junior Men and Women only:

Pole Vault  
Weight Throw



## TENTATIVE SCHEDULE OF EVENTS - MARCH 7 - 8, 2009

TIME	TRACK	TIME	FIELD
SATURDAY, MARCH 7, 2009			
12:00 noon	800m Walk BG & BB	12:00 noon	BB/MB Long Jump
12:15	60m Heats	12:00	BG/MG High Jump
1:15	1500m BG-BB-MG-MB	1:30	JM Long Jump
		1:40	BB/MB High Jump
2:15	60m Semi-Finals		
2:25	Invitational Men's 1,000m		
2:30	1500m JW-JM		
		3:00	JW High Jump
		3:00	BG/MG Long Jump
4:00	60m Finals (all groups)		
4:20	400m BG-BB-MG-MB-JW-JM	5:00	JM High Jump
		5:00	JW Long Jump
SUNDAY, MARCH 8, 2009			
9:00 a.m.	3000m BG-MG-JW-BB-MB-JM	9:00 a.m.	BB/MB Triple Jump
		9:30	BG/MG Shot Put
		10:00	MG/JW Pole Vault
		10:00	BG/MG Triple Jump
		10:30	JW Shot Put
11:15	60m Hurdles Semi-Finals BG-BB-MG-JW-MB-JM		
11:45	800m BG-BB-MG-MB		
LUNCH BREAK			
		1:15	JW Triple Jump
1:30	60m Hurdles Finals JM-MB-JW-MG-BB-BG	1:30	MB/JM Pole Vault
		1:15	BB/MB Shot Put
1:55	800m JW-JM	2:15	JM Triple Jump
		2:15	JM Shot Put
3:00	200m BG-BB-MG-MB-JW-JM	3:30	MB/JM Weight
		4:15	MG/JW Weight

## Schedule Notes

1. Sections will be run SLOW to FAST.
2. Events may be advanced up to 30 minutes without notification prior to the start of the meet  
A final schedule will be posted prior to each day's events and this will not change.
3. Athletes should report to their events 30 minutes but absolutely no later than 15 minutes prior to the scheduled or announced start time. Field event athletes must be present before the first trial attempt of the first competitor. Report scratches to the results area at the announcer's/meet director's table.





SANCTIONED AND REQUIRED BY:

ATHLETICS ONTARIO

RELEASE, WAIVER AND INDEMNITY

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

2009 ONTARIO INDOOR BANTAM MIDGET JUNIOR CHAMPIONSHIPS

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

Athletics Ontario
Ontario Officials Council
York University Track and Field Club
Richard Parkinson
Colin Inglis
City of Toronto
Toronto Track & Field Centre

and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason or my participation in the said event, whether as a spectator, participant, competition or otherwise, whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

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

Date

Print Name

Signature
If under 18 years, Parent or Guardian or Power of Attorney to sign below.

Date

Print Name

Signature of Parent or Guardian or Power of Attorney

# Stay Minutes From The Meet

Situated at the edge of North York the **Holiday Inn Express North York**, **Travelodge Toronto North** and the **Comfort Inn North York** are the perfect locations for your track team's stay!

**We are only 3Km from York University so you'll be close enough to rest between events!**

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- Electronic locks, dataports, voice mail
- Indoor pool and whirlpool



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- Use of indoor pool and whirlpool at Travelodge



For individual reservations please contact your hotel of choice at the above listed numbers.  
For group bookings of 5 or more rooms please email [north\\_yorkcluster@whg.com](mailto:north_yorkcluster@whg.com) for more details.

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Instructed by

**Ian James:** Two-time Canadian Olympian; three time member of the Canadian world athletic team; eleven time Canadian champion & commonwealth games bronze medalist in long jump.

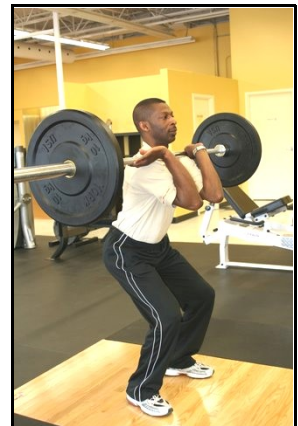
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All sport athletes wanting to improve their vertical and horizontal explosiveness, foot speed and dynamic movement (i.e. track and field, basketball, volleyball, soccer, football, hockey, tennis, etc).

## Why choose Ian James?

- Extensive technical knowledge and international high performance experience (18 years)
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