



Logo accepted in principle
at Annual General Meeting



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Athletics Ontario Logo Contest

Athletics Ontario announced today a contest for the design of a new corporate logo. At the Association's Annual General Meeting in December, 2008, the membership approved a name change from "Ontario Track and Field Association" to "Athletics Ontario".

In order to help launch the new name and look of the Association, the membership also approved - in principle - a new logo which includes a stylized trillium. However the membership felt the proposed logo should include a graphic representation of the sport of track and field.

With that in mind, we are offering a free 2009 membership and a Timex Heart Rate Monitor to anyone who designs a logo that wins approval of the membership. The basic design, as set out above, must be maintained, but alterations which would help represent our sport in graphic form, will be considered. Such alterations might include changes to the trillium to include an athlete or event.

Please submit design proposals to Athletics Ontario by Jan. 31, 2009

"This is a great chance to engage the membership in our new look and direction," said Association Chair, Bill Stephens. "Our members should be involved in shaping a new image."

There is no guarantee that the final design will come from submissions provided by the membership. Other input is being considered.

Please submit logo designs to Athletics Ontario at: ontrack@eol.ca or to our new office at: 3 Concorde Gate, Suite 211, Toronto, ON M3C 3N7.

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Indoor Walking Events Championships

Please note that the indoor walking event championships will be conducted as per the following schedule:

MG/MB/YG/YB 1500m walks in Toronto on February 1 (AO Prep Meet 1 and Combined Events Championships)

JW/JM 3000m Walks in Toronto on February 8 (AO Prep Meet 2 and Relays Chps.)

SW 3000m/SM5000m Walks in Toronto on Saturday, February 21. (AO Youth-Senior Chps.)

BG/BB 800m walk in Toronto, March 7-8 (AO Bantam-Midget-Junior Chps.)

Rundez-Vous to be in PDF & HTML

Athletics Ontario's newsletter, Rundez-Vous, will soon be emailed out to all members in HTML. Many of you may have received a "Test" version, which was accidentally emailed to all members - our apologies. We did, however, get quite a lot of feedback which we truly appreciate. We will continue to offer the PDF version, which will be downloadable from the newsletter email and from the Athletics Ontario web site. The email will arrive in an HTML format which will allow for a much faster downloading of content and should also allow for additional improvements.

Reminder: Athletics Ontario Registrations and Championships

Club secretaries, coaches, etc. are reminded that the registration deadline for championship entrants (in almost all AO Championships) will be 11:59 pm of the Sunday prior to the championships. The earlier timeline will allow office staff to notify clubs of ineligible athletes (to prevent needless travel) and to rectify errors in our registration databank.

On-Line Registration

We had a successful year using ACDirect on-line registration and starting in 2009 we require all clubs to go on-line to process their 2009 registrations. Full instructions and forms now are available on our website. If you have any difficulty, please call the Athletics Ontario office at 416 426-7217. Please note: Athletics Ontario no longer accepts registration forms from athletes and coaches belonging to a club. You must submit your completed registration form and payment to your club registrar for processing electronically. Athletics Ontario only accepts membership forms from Unattached athletes and coaches. For 2009, Officials will have no fee when registering with Athletics Ontario but will be required to send their forms to Enrico Toscano (not to the AO office) for processing electronically.

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, please contact Nicole Clarke, Coordinator, Events/Membership Services nclarke@athletics.ca 613-260-5580 ext. 3309.

Are You a “Road Warrior” Yet?



In this world of ‘virtual’ games and experiences is the latest way to run against faster runners for bragging rights and prizes. It’s a program for runners called “Road Warrior” that offers the same type of ‘handicap’ golfers use to compete against others of different abilities. “Road Warrior” lets both male and female runners compete as if on a level playing field.

If you’re an Ontario resident, you qualify to participate in the program and to win prizes. You also qualify to take on your neighbor or friends in a friendly competition to see who the top ‘Road Warrior’ is at any event.

Runners earn points for their results at each Road Warrior-designated race and can win prizes at each of these races plus prizes at year’s end (prizes go to those with the most points). Runners earn standard points for placing or finishing at any Ontario race but at a “designated Road Warrior race”, they

earn double points. Because of the ‘handicap rating’, everyone has a chance at winning the Road Warrior category!

Free ID#

Runners simply register for free on the Road Warrior site to receive a unique Road Warrior ID number for more accurate identification for race results and to access their ‘handicap rating’.

About the Program

The program is an initiative of the Athletics Ontario in conjunction with a grant from Ontario’s Trillium Foundation.

The program will not replace current road race results like overall winners or age group winners, it’s just going to add another category of winners. The ‘Road Warrior’ winners at races could well be people who never win awards at races so for the masses, this program will be fun to participate in.

Any Ontario running race can be a ‘Road Warrior-designated’ event and benefit from the exposure the program offers. Races will be added as the season goes so that eventually ‘Road Warrior’ events will be offered all over the province and everyone will have a chance to participate.

New website: RoadWarriorRunning.com

Policies & Procedures Handbook

Athletics Ontario has available for download on it’s web site, a copy of the Policies and Procedures Handbook for the Staging of Provincial Championships. This document can be found at www.otfa.ca

(use drop-down menu under “News & Events” and select “AO Championship Bids” and then click on “Championship Policies Handbook”).

Elite Training

Power  **Speed**  **Agility**

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.

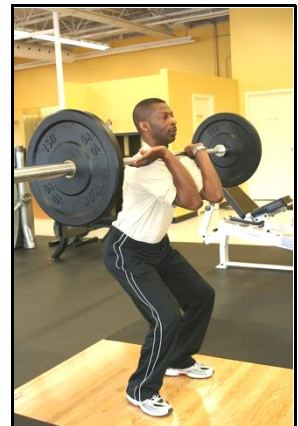
Our custom-designed programs will introduce athletes to rigorous speed and agility training that will give them the edge they need to become elite athletes. The power and endurance program will be highly intense and will give athletes explosiveness to separate them from the competition.

Who Can Benefit?

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)
- NCCP level 3 certified
- Elite methodology used in ply metrics, hopping and bounding, free weight power movements, medicine ball core exercise
- Technical Specialist in long jump, triple jump, high jump, sprints and basketball
- Individual, group or team training
- At my facility or yours



Performance improvement guaranteed!!!

Contact Ian James  416 524 0447  ian@olympiangymandfitness.com

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
2009				
January 16-17	A	University of Windsor Can-Am Meet	Windsor	DF
January 17		Dome Super Saturday Series	Ottawa	AM
January 17	S	Indoor Prospects Series Meet #2	London	RL
January 18	S	Phoenix Allcomers Meet	Toronto (TTFC)	BS
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
January 25	A	Ontario Masters Winter Mini Meet #2	Toronto (TTFC)	OMA
January 31	A	Ontario Indoor Legion Championships	Toronto (TTFC)	BT
February 1	S	Ontario Indoor Combined Events Champs & Prep #1	Toronto (TTFC)	RP/CI
February 7	A	York Classic	Toronto (TTFC)	CI
February 7		Winter National Capital Invitational	Ottawa	AM
February 8	S	Ontario Indoor Relay Championships & Prep #2	Toronto (TTFC)	RP
February 14	A	Windsor Team Challenge	Windsor	DF
February 14	S	Indoor Prospects Series Meet #3	London	RL
February 15	A	Ontario Masters Indoor Pentathlon Championships	Toronto (TTFC)	OMA
February 15	A	Ontario Masters Winter Mini Meet #3	Toronto (TTFC)	OMA
February 19-20	S	Hamilton Indoor Games	Hamilton	BU
February 20	A	Hal Brown Last Chance Meet	Toronto (UofT)	CG
February 21-22	S	Ontario Indoor Youth/Senior Championships	Toronto (TTFC)	AT
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	Ontario Indoor Bantam/Midget/Jr. Championships	Toronto (TTFC)	RP
March 12-14	A	CIS Indoor Track and Field Championships	Windsor	DF
March 15	A	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	A	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	AC	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 17		Olympic Fitness Discus Series #2	London	JT
May 24	AC	Canadian Marathon Championships	Ottawa	AC
May 30	A	Ontario Masters East Regional Championships	Brockville	OMA
June 4-6	A	OFSAA Track and Field Championships	Etobicoke	
June 10	S(AC)	Victoria International Track Classic	Victoria, BC	
June 12	S(AC)	Richmond International Track Classic	Richmond, BC	
June 13-14	S	Ontario National Qualifier & Ontario Jr. Champs	London	VC
June 14	S(AC)	Harry Jerome International Track Classic	Vancouver, BC	

Date	Status	Competition	Location	Contact
June 16	S(AC)	Abbotsford International Track Classic	Abbotsford, BC	
June 20		Olympic Fitness Discus Festival (#3)	London	JT
June 21	A	Ontario Masters Championships	Toronto (TTFC)	OMA
June 25-28	AC	Canadian Track and Field Championships	Toronto (UofT)	CG
July 3-5	S	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	A	Ontario Legion Championships	Hamilton	BT
July 11		Olympic Fitness Discus Series #4	London	JT
July 15	A	Ontario Masters Weight Pentathlon Championships	TBD	OMA
July 17-19	AC	Canadian Junior Track and Field Championships	TBD	AC
July 17-19		Canadian Masters Championships	Kamloops, BC	
July 24-26		Ontario Para Sports Games	Woodstock	
July (24)25-26	S	Ontario Supermeet #2 (B/M/Y Champs)	Timmins	VS2
July 25		Olympic Fitness Discus Series Final (#5)	London	JT
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
Sept 12-13		IAAF World Athletics Final	Thessaloniki, Greece	
September 19	A	Ontario Masters Twosome Cross Country Relay	Newmarket	OMA
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	

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2009 TIMEX Roadrunning Series

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

2009 Indoor Ontario Club Championships

Information Sheet

- Ontario Indoor Club Champions will be determined in the Bantam, Midget, Youth, Junior, Senior and Overall divisions based on results from:
 - a) the Ontario Indoor Combined Events Championships,
 - b) the Ontario Indoor Relays Championships,
 - c) the Ontario Indoor Youth-Senior Championships
 - d) the Ontario Indoor Bantam, Midget & Junior Championships and
 - e) other championship events conducted outside of the normal age group championships.
- In each division the point totals of males and females will be combined.
- All Athletics Ontario-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 Athletics Ontario office and at provincial championship competitions.
- The top six individual and relay team finishers in each championship event will earn points for their clubs as follows: 1st - 7 points, 2nd - 5, 3rd - 4, 4th - 3, 5th - 2, 6th - 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, non-Athletics Ontario members will not figure in the scoring (i.e., the top 6 AO members will be scored, regardless of the number of out-of-province, non-AO members in the top 6 in any event). Independent or disassociated athletes who are AO members will be scored but no totals will be calculated for these categories.
- In the 60m and 60mH and the Junior and Senior 200m events 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 6 AO 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 - INDOOR

	1st		2nd		3rd	
OVERALL						
2000	Windsor Legion	201	Univ. of Toronto TC	150.5	London-Western	116
2001	London-Western	221	Windsor Legion	209	Niagara Regional	176.5
2002	Windsor Legion	236	London-Western	235.5	Univ. of Toronto TC	191
2003	Windsor Legion	282	Mississauga	214.5	London-Western	210
2004	Windsor Legion	234.5	Laurel Creek & Niagara Olympic	196		
2005	Mississauga	212	Niagara Olympic	187	Phoenix	163
2006	London Legion AA	269	Niagara Olympic	216	Laurel Creek	190
2007	London Legion AA	413	Laurel Creek	243	Niagara Olympic	184
2008	London Legion AA	378	Phoenix	305	Niagara Olympic	199.5
SENIOR						
2000	Mississauga	35	Windsor Legion	28	St. Thomas Legion	19
2001	York University TC	62	Mississauga	58	Toronto Sports	56
2002	Univ. of Toronto TC	73	Etobicoke Gladstone	68	London-Western	62
2003	London-Western	90	Mississauga	60	Windsor Legion	48
2004	York University TC	63	Windsor Legion	55	Mississauga	44
2005	Phoenix	66	Mississauga	54	York University TC	35
2006	Mississauga	54	London-Western	43	Power Athletics	38
2007	York University TC	59	Etobicoke	35	Univ. of Toronto TC	32
2008	Phoenix	72	York University TC	65	Etobicoke	53
JUNIOR						
2000	Univ. of Toronto TC	70.5	Windsor Legion	68	Saugeen	53
2001	London-Western	100	Univ. Toronto Jun. Dev.	67	Central Pickering	66
2002	London-Western	79.5	Niagara Regional & Windsor Legion	47		
2003	Univ. of Toronto TC	85.5	London-Western	57	Mississauga	54
2004	Guelph	59	Mississauga	55	London-Western	51
2005	Mississauga	69	York Flyers	45	Toronto Olympic	37
2006	York Flyers	67	Hamilton Olympic	65	Phoenix	55
2007	London-Western	69	Mississauga	68	Laurel Creek	61
2008	London Legion AA	81	Phoenix and University of Toronto	78		
YOUTH						
2000	London-Western	73	Mississauga	30	Windsor Legion	16
2001	Niagara Regional	71	Univ. Toronto Jun. Dev.	50	Osh. Leg. & Lon.-West.	46
2002	London-Western	74	Mississauga	44	Oshawa Legion	39
2003	Mississauga	72	Windsor Legion	63	South Simcoe/Dufferin	48
2004	Phoenix	81	Mississauga	51	Hamilton Olympic	46
2005	Mississauga	78	York Flyers & London-Western	59		
2006	Laurel Creek	77	Niagara Olympic	60	Mississauga	56
2007	London Legion AA	122	Laurel Creek	55	Mississauga	49
2008	Phoenix	120	London Legion AA	101	Laurel Creek	63
MIDGET						
2000	Univ. of Toronto TC	65	Windsor Legion	48	St. Thomas legion	28
2001	South Simcoe/Dufferin	89	Oshawa Legion	71	Niagara Regional	43
2002	Phoenix	41	Windsor Legion & Mississauga	34		
2003	Windsor Legion	60	Laurel Creek	54	North York	46
2004	Niagara Olympic	103	Laurel Creek	67	Windsor Legion	46.5
2005	South Simcoe/Dufferin	60	Niagara Olympic	58.5	London-Western	47
2006	London Legion AA	101	Laurel Creek	69	Saugeen	39
2007	London Legion AA	116	Laurel Creek	62	Durham Dragons	56
2008	Centro Scuola	78	London Legion AA	77	Niagara Olympic	75
BANTAM						
2000	Windsor Legion	27	Univ. of Toronto TC	15		
2001	Niagara Olympic	61	Windsor Legion	59	South Simcoe/Dufferin	56
2002	Windsor Legion	82	North York	43	Quinte Legion	30
2003	Windsor Legion	60	North York	51	South Simcoe/Dufferin	40
2004	Windsor Legion	83	Laurel Creek	47	North York	44
2005	Woodstock Legion	56	Durham Dragons	56	Niagara Olympic	35
2006	London Legion AA	83	Niagara Olympic	61	University of Toronto TC	32
2007	London Legion AA	131	Niagara Olympic	67	Kitchener-Waterloo	48
2008	London Legion AA	71	Niagara Olympic	45	Laurel Creek & Centro Scuola	35

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

Athletics
Ontario

2009 Ontario Indoor
Combined Events &
Midget & Youth 1500m Walk
Championships &
Preparation Meet #1

Date: Sunday, February 1, 2009

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

Meet Directors: Richard Parkinson 416-736-2100 x20119 Email: parkinr@yorku.ca
Colin Inglis 416-736-2100 x44669 Email: cinglis@yorku.ca

Entries Chairperson and Entry Enquiries: Colin Inglis 416-736-2100 x44669 Email: cinglis@yorku.ca

ENTRY DEADLINES & FEES:

Deadline: Sunday, January 25, 11:59pm
Late entries may be accepted in non-championship events only – see notes below under "Electronic Entries" and "Payment".

Championship Events Fees:

- Must be Athletics Ontario (AO)-registered (or AC/USATF-registered) by Sunday, Jan 25, 11:59 pm

Tetrathlon/ Pentathlon	\$18.00
MG/YG/MB/YB 1500m Walk Championship	\$18.00

Non-Championship Events Fees:

	Before the Deadline	After the Deadline
- AO-registered (or AC/USATF-registered)	\$7.00 per event	\$14.00 per event
- Not registered with AO	\$14.00 per event	\$21.00 per event

Entries in non-championship events received after January 25 will be accepted at the discretion of the entries chairperson and only if there is space.

Athletes who intend on entering non-championship events on the day of the competition must complete their entry(ies) no later than 1 hour prior to published or revised start time of the event(s). If events are full, entries received after January 25 will not be accepted on the day. The revised schedule will be posted on the web January 29 and will note any events that are closed for further entries.

Members of the Ontario Minor Track Association for 2009 may join Athletics Ontario for an additional fee. Please visit www.otfa.ca, under Registration, for application forms.

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



Entry Confirmations: As entries are processed, the performance lists will be made available on line on the Athletics Ontario website at 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 . For assistance, please contact Colin Inglis at 416-736-2100 x44669 or cinglis@yorku.ca. The Entries Chaiperson will ONLY be accepting entries electronically for Non-Championship events in which there is still space until 5pm on Thursday January 29.

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

Eligibility: In the Combined Events and Midget/Youth 1500m Walk Championships, athletes residing in Ontario must be registered and their clubs affiliated for 2009 with AO by the Entry Deadline of January 25. Athletes entered as AO-Registered in the non-championship events must also be registered by the entry deadline of January 25. Athletes so entered, but not registered with AO by the above-mentioned deadline, are subject to additional fees applicable to non-registered athletes.

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

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

Waiver: Every participant is required to sign the waiver form attached. For athletes under the age of 18, a parent or guardian's signature (or that of the Power of Attorney) must appear on the waiver. The completed waiver forms must be submitted at the registration desk the day of the competition.

Awards: Medals will be awarded to the first three finishers in each of the Combined Events and the Midget/Youth Walk championships. No awards are given in non-championship events.

Lane/Heat/Section Assignments: Lanes, heats and sections will be assigned according to the rules of the IAAF/AO.

Scratches: All coaches or club administrators are asked to make initial scratches on the form provided in the team packages upon their arrival. Additional scratches will be accepted throughout the competition. It is to the benefit of all athletes for all scratches to be reported at least 60 minutes prior to the event. This will allow for full and competitive sections, saving time and allowing athletes the opportunity to compete in full events.

Lane 1 will be vacant for all sections of the 200m event.



Sweat suit rule: Due to the anticipated number of entries and the desire to stay on schedule, all athletes will be expected to be ready to start when they are called onto the track i.e., all sweat suits and tights must be off when called. Please convey this information to the athletes.

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

Facility Rules/Regulations:

Maximum spike length is 5mm (9mm for High Jump only). Spiked shoes will be checked for spike length at the entrance to the fieldhouse. Please arrive early, particularly if entered in an early event.

Only coaches, officials, 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 will need access to the fieldhouse competition area must be emailed to Colin Inglis with the electronic entries.** Coaches identification tags will be included in the club packages and must be presented at the facility entrance.

Implements All implements except vault poles will be provided by the meet management. Personal implements will be allowed. Implement weigh in will occur at event site. NO street shoes on track surface. NO portable radio/tape players inside the centre including track and viewing gallery.

Off Limits The track and field areas are off limits to all non-competitors at all times. All officials' working areas, whether inside or outside the track, are also off limits.

Sportsmanship Proper conduct extends to all athletes on or 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 shall be filed within 30 minutes of the official announcement or release of the results. If no protest or appeal is received within 30 minutes of the official announcement or release of the results, 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 Jury of Appeal is the final authority on all issues. Cost: \$25.00 to be returned only if the protest is upheld.

Concessions: There is food service on site.

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. Ask your volunteer to report upstairs in the officials room 30 minutes prior to the start of the meet to get their pass.



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



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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.

EVENTS:

Combined Events
and Walks:
(Championships)

Midget Girls	Tetrathlon	60mH, HJ, SP, 200m
Youth Girls	Pentathlon	60mH, HJ, SP, LJ, 800m
Junior Women	Pentathlon	60mH, HJ, SP, LJ, 800m
Senior Women	Pentathlon	60mH, HJ, SP, LJ, 800m

Midget Boys	Tetrathlon	60mH, SP, HJ, 200m
Youth Boys	Pentathlon	60mH, LJ, SP, HJ, 1000m
Junior Men	Pentathlon	60mH, LJ, SP, HJ, 1000m
Senior Men	Pentathlon	60mH, LJ, SP, HJ, 1000m

Midget and Youth Girls 1500m Walk
Midget and Youth Boys 1500m Walk

Non-Championship
Events

M + W 60m*	M + W HJ
M + W 200m	M + W PV
M + W 400m	M + W LJ
M + W 1500m	M + W SP
M + W 3000m	M + W Weight Throw
M + W 60m Hurdles	
W 1500m Walk (with Ontario Midget/Youth Girls Championship)	
M 1500m Walk (with Ontario Midget/Youth Boys Championship)	

*There will be two timed finals in each of the men's and women's 60m with the finalists consisting of athletes with the top 16 times from the first round.



**Athletics
Ontario**

Age Categories	Bantam	(BG/BB)	born in 1996 or later
	Midget	(MG/MB)	born in 1994 or later
	Youth	(YG/YB)	born in 1992 or later
	Junior	(JW/JM)	born in 1990 or later
	Senior	(OW/OM)	open

Check-in procedure: Athletes must check in at their events 15 minutes prior to the start time. Scratches will reduce the number of empty lanes, so please report them to the meet 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 on the Athletics Ontario website at www.otfa.ca. The final schedule will be posted by noon, Friday, January 30.

Number of Trials: All horizontal jumpers and shot putters will be permitted 3 trials; the top 8 senior/open competitors will be permitted 3 additional trials. Any age class competitor (Junior and under) who achieves the standard below in his/her event in the first three trials will also be permitted an additional 3 trials.

Standards:

	BG	MG	YG	JW	BB	MB	YB	JM
Long Jump	4.49	4.99	5.13	5.33	4.97	5.92	6.55	7.20
Shot Put	7.48	10.25	9.58	10.40	9.57	12.92	13.43	14.42

Shot Put

Specifications:	OW	OM	JW	JM	YG	YB	MG	MB	BG	BB
	4.0kg	7.26kg	4.0kg	6.0kg	4.0kg	5.0kg	3.0kg	4.0kg	3.0kg	3.0kg

Weight Throw

Specifications:	OW	OM	JW	JM	YG	YB	MG	MB
	20lb	35lb	20lb	25lb	20lb	20lb	20lb	20lb
	(9.072kg)	(15.876kg)	(9.072kg)	(11.338kg)	(9.072kg)	(9.072kg)	(9.072kg)	(9.072kg)

Hurdles

Specifications:	EVENT	DISTANCE	#	HEIGHT to 1st hurdle	between	
	Open Women	60m	5	0.84m	13.00m	8.50m
	Open Men	60m	5	1.07m	13.72m	9.14m
	Junior Men	60m	5	0.99m	13.72m	9.14m
	Youth Girls	60m	5	0.76m	13.00m	8.50m
	Youth Boys	60m	5	0.91m	13.72m	9.14m
	Midget Girls	60m	5	0.76m	12.00m	8.00m
	Midget Boys	60m	5	0.84m	13.00m	8.50m
	Bantam Girls	60m	5	0.76m	11.50m	7.50m
	Bantam Boys	60m	5	0.76m	11.50m	7.50m



TENTATIVE SCHEDULE OF EVENTS - FEBRUARY 1, 2009

Note: At this meet, sections will be run FAST to SLOW.
Except for the 60m, all events will be run as timed finals.

TRACK

- 10:00 a.m. Men's 1500m Walk including Midget and Youth Boys 1500m Ontario Championship
10:15 a.m. Women's 1500m Walk including Midget and Youth Girls Ontario Championship
- 10:15 a.m. Senior Men's Pentathlon & Senior Men's 60m Hurdles
Junior Men's Pentathlon & Junior Men's 60m Hurdles
Youth Boys' Pentathlon & Youth Boys 60m Hurdles
Midget Boys' Tetrathlon & Midget Boys 60m Hurdles
Senior Women's Pentathlon & Senior Women's 60m Hurdles
Junior Women's Pentathlon 60m Hurdles
Youth Girls' Pentathlon & Youth Girls 60m Hurdles
Midget Girls' Tetrathlon & Midget Girls 60m Hurdles
Bantam Girls' 60m Hurdles
Bantam Boys' 60m Hurdles
- 10:30 a.m. Women's 1500m & Men's 1500m
11:15 a.m. Women's 60m & Men's 60m qualifying rounds
11:30 a.m. Women's 3000m & Men's 3000m

LUNCH BREAK

- 1:10 p.m. Women's 60m and Men's 60m Finals (2 timed sections in each)
1:25 p.m. Women's 400m & Men's 400m
3:00 p.m. Women's 200m & Men's 200m
- TBD Midget Girls' & Midget Boys' Tetrathlon 200m
Women's Pentathlon 800m
Men's Pentathlon 1000m

FIELD

- 9:30 a.m. Men's Weight Throw
9:45 a.m. Men's High Jump
10:00 a.m. Women's Weight Throw
11:00 a.m. Men's Shot Put
11:10 a.m. Men's Pentathlon Long Jump
11:30 a.m. Women's Pole Vault
11:40 a.m. Women's Tetrathlon + Pentathlon High Jump
11:45 a.m. Midget Boys Tetrathlon Shot Put
12:20 p.m. Men's Pentathlon Shot Put

LUNCH BREAK

- 1:00 p.m. Women's Tetrathlon + Pentathlon Shot Put
1:00 p.m. Women's Long Jump
1:30 p.m. Men's Pole Vault
1:30 p.m. Men's Tetrathlon + Pentathlon High Jump
2:00 p.m. Women's Shot Put
2:15 p.m. Women's Pentathlon Long Jump
3:00 p.m. Women's High Jump
3:00 p.m. Men's Long Jump





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 COMBINED EVENTS, MIDGET/YOUTH 1500m WALK CHAMPIONSHIPS and PREPARATION MEET #1

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!

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- Indoor pool and whirlpool



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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 for more details.

2009 Ontario Indoor Relay Championships &
Junior 3000m Walk Championships &
Preparation Meet #2

Date: Sunday, February 8, 2009

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

Competition Director: Richard Parkinson Tel: 416-736-2100 x20119 Email: parkinr@yorku.ca

Entries Chairperson: Colin Inglis Tel: 416-736-2100 x44669 Email: cinglis@yorku.ca

ENTRY DEADLINES & FEES:

Championship Events Fees:

\$28.00 per relay team
\$18.00 for JW or JM 3000m Walk Championship

Non-Championship Events Fees:

	Before the Deadline	After the Deadline
- AO-registered (or AC/USATF-registered)	\$7.00 per event	\$14.00 per event
- Not registered with AO	\$14.00 per event	\$21.00 per event

Individual events, including JW and JM Championship 3000m Walk: Entries must be received by the Entries Chairperson no later than 11:59 pm Sunday, February 1.

Relay events: Entries accepted on the day, no later than 60 minutes prior to the posted start time of the event. Please note, however, that clubs **must declare all possible athletes who may be running in a relay via an email to the entries chairperson by 11:59 pm on Sunday, February 1**. All athletes on this declaration list must be registered by 11:59 pm, Sunday, February 1 to be eligible as relay runners at the competition.

Entries in non-championship events received after February 1 will be accepted at the discretion of the entries chairperson and only if there is space.

Athletes who intend on entering non-championship events on the day of the competition must complete their entry(ies) no later than 1 hour prior to published or revised start time of the event(s). If events are full, entries received after February 1 will not be accepted on the day. The revised schedule will be posted on the web February 6 and will note any events that are closed for further entries.

Members of the Ontario Minor Track Association for 2009 may join Athletics Ontario for an additional fee. Please visit www.otfa.ca, under Registration, for application forms.

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



Entry Confirmations: As entries are processed, the performance lists will be made available on line on the Athletics Ontario website at 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 . For assistance, please contact Colin Inglis at 416-736-2100 x44669 or cinglis@yorku.ca. The Entries Chairperson will ONLY be accepting entries electronically for Non-Championship events in which there is still space until 5pm on Thursday February 5.

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

Special Relay Rules:

AO-affiliated clubs (or clubs affiliated with other AC or USATF branches) only may enter the Relay Championships. Composite or school/university teams are ineligible.

Clubs must enter teams in the appropriate age category (i.e., may not move up). Example - a team made up of 4 Midgets must enter the Midget category and may not move up to the Youth category. An athlete may compete in different age groups in different relay events only. For example, an athlete may compete in the midget boys' 4 x 200m and the junior men's 4 x 400m but the same athlete may not compete in the midget boys' 4 x 200m and the junior men's 4 x 200m.

Relay Declaration forms will be available at the registration area or meet directors' table. Completed declaration forms, with names of the runners in running order, must be turned in along with the fee to the meet organizers no later than 60 minutes prior to the published or announced start time for the respective events. Only athletes whose names were included on the list of potential relay runners that were sent to the Entries Chairperson by February 1 and who were registered as of 11:59 pm on the same date are eligible.

Indoor Club Championships Scoring

The top 6 Ontario teams 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. There are no limits to the number of teams a club may enter in each event (e.g. 2 teams from one club in the MB 4x200m). However, only one relay team per club will score in each event: "B", "C", etc. teams will not influence the scoring.

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. The waiver form must be submitted at the registration desk on the day of the competition.



Eligibility:

In the Relays and JW/JM 3000m Walk Championship events athletes residing in Ontario must be registered and their clubs affiliated for 2009 with AO by the Entry Deadline of 11:59 pm Sunday, February 1. Athletes entered as AO-registered in the non-championship events must also be registered by the entry deadline of February 1. Athletes so entered, but not registered with AO by the above-mentioned deadline, are subject to additional fees applicable to non-registered athletes.

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 home clubs.

Awards Medals will be awarded to the four members of the top 3 clubs in each relay event and to the top 3 individuals in the championship walk events. Duplicate medals will be awarded to out-of-province teams and individuals placing in the top 3. No awards are given in the non-championship individual events.

Lane/Heat/Section Assignments

Lanes, heats and sections will be assigned according to the rules of the IAAF/AO.

Scratches All coaches or club administrators are asked to make initial scratches on the form provided in the team packages upon their arrival. Additional scratches will be accepted throughout the competition. It is to the benefit of all athletes for all scratches to be reported at least 60 minutes prior to the event. This will allow for full and competitive sections, saving time and allowing athletes the opportunity to compete in full events.

Sweat suit rule: Due to the anticipated number of entries and the desire to stay on schedule, all athletes will be expected to be ready to start when they are called onto the track i.e., all sweat suits and tights must be off when called. Please convey this information to the athletes.

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

Facility Rules & 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.

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.



- Implements** All implements except pole vault poles will be provided by the meet management. Personal throwing implements will be allowed and once checked in, will be entered into the competition equipment pool.
- Off Limits** The track and field areas are off limits to all non-competitors at all times. All officials' working areas, whether inside or outside the track, are also off limits.
- Sportsmanship** Proper conduct extends to all athletes on or 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.

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



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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.

EVENTS

Championship Events

Relays: 4 x 200m - Bantam, Midget, Youth, Junior, Senior - Women & Men
 4 x 400m - Bantam, Midget, Youth, Junior, Senior - Women & Men
 4 x 800m - Bantam, Midget, Youth, Junior, Senior - Women & Men
 Sprint Medley (400-200-200-800m) - B, M, Y, Jr, Sr - Women & Men

Walks 3000m Walk - Junior Men and Junior Women

Non-Championship Events	M + W 60m *	M + W HJ
	M + W 300m	M + W PV
	M + W 600m	M + W LJ
	M + W 1000m	M + W TJ
	M + W 60mH	M + W SP
	M + W 3000 walk	M + W Weight Throw

* There will be two timed finals in each of the men's and women's 60m with the finalists consisting of athletes with the 16 best times from the first round.

Age Categories	Bantam	(BG/BB)	born in 1996 or later
	Midget	(MG/MB)	born in 1994 or later
	Youth	(YG/YB)	born in 1992 or later
	Junior	(JW/JM)	born in 1990 or later
	Senior	(SW/SM)	open

Check-in procedure: Athletes must check in at their events 15 minutes prior to the start time. Scratches will reduce the number of empty lanes, so please report them to the results table 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 on the Athletics Ontario website at www.otfa.ca.

Number of Trials: All entrants in the LJ, TJ and SP will be permitted 3 trials; the top 8 senior/open competitors will be permitted 3 additional trials. Any age class entrant (Junior and under) who achieves the standard below in his/her event in the first three trials will also be permitted an additional 3 trials.



Athletics
Ontario

Standards:

	BG	MG	YG	JW	BB	MB	YB	JM
Long Jump	4.49	4.99	5.13	5.33	4.97	5.92	6.55	7.20
Triple Jump	8.82	9.66	10.46	10.74	9.87	11.81	13.17	13.89
Shot Put	7.48	10.25	9.58	10.40	9.57	12.92	13.43	14.42

SPECIFICATIONS

Shot Put

Specifications:

SW	SM	JW	JM	YG	YB	MG	MB	BG	BB
4.0kg	7.26kg	4.0kg	6.0kg	4.0kg	5.0kg	3.0kg	4.0kg	3.0kg	3.0kg

Weight Throw

Specifications:

SW	SM	JW	JM	YG	YB	MG	MB
20lb (9.072kg)	35lb (15.876kg)	20lb (9.072kg)	25lb (11.338kg)	20lb (9.072kg)	20lb (9.072kg)	20lb (9.072kg)	20lb (9.072kg)

Hurdles

Specifications:

EVENT	DISTANCE	#	HEIGHT	to 1st hurdle	between
Senior Women	60m	5	0.84m	13.00m	8.50m
Junior Women	60m	5	0.84m	13.00m	8.50m
Senior Men	60m	5	1.07m	13.72m	9.14m
Junior Men	60m	5	0.99m	13.72m	9.14m
Youth Girls	60m	5	0.76m	13.00m	8.50m
Youth Boys	60m	5	0.91m	13.72m	9.14m
Midget Girls	60m	5	0.76m	12.00m	8.00m
Midget Boys	60m	5	0.84m	13.00m	8.50m
Bantam Girls	60m	5	0.76m	11.50m	7.50m
Bantam Boys	60m	5	0.76m	11.50m	7.50m



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. Note: At this meet, non-relay event sections will be run FAST to SLOW.

TRACK OVAL AND STRAIGHT RUNNING SIMULTANEOUSLY IN THE MORNING

9:00 a.m.	Men's 3000m Walk (including JM Championship)
9:25 a.m.	Women's 3000m Walk (including JW Championship)
9:30 a.m.	Bantam Girls 60m Hurdles Bantam Boys 60m Hurdles Midget Girls 60m Hurdles Youth Girls 60m Hurdles Junior & Senior Women 60m Hurdles Midget Boys 60m Hurdles Youth Boys 60m Hurdles Junior Men's 60m Hurdles Senior Men's 60m Hurdles
9:50 a.m.	Women's 1000m Men's 1000m
10:30 a.m.	Women's 60m - qualifying rounds Men's 60m - qualifying rounds
10:45 a.m.	Women's Championship 4 x 400m Relay Men's Championship 4 x 400m Relay
11:45 a.m.	Women's 600m Men's 600m
LUNCH BREAK	
12:45 p.m.	Women's 60m Finals (2 timed sections) Men's 60m Finals (2 timed sections)
12:55 p.m.	Women's Championship 4 x 800m Relay Men's Championship 4 x 800m Relay
2:00 p.m.	Women's 300m Men's 300m
3:15 p.m.	Women's Championship 4 x 200m Relay Men's Championship 4 x 200m Relay
4:30 p.m.	Women's Championship Sprint Medley Relay (400m-200m-200m-800m) Men's Championship Sprint Medley Relay (400m-200m-200m-800m)

FIELD

8:30 a.m.	Men's Weight Throw
9:15 a.m.	Women's Weight Throw
10:15 a.m.	Women's Long Jump
10:30 a.m.	Men's High Jump
10:30 a.m.	Men's Shot Put
11:00 a.m.	Women's Pole Vault
11:15 a.m.	Women's Shot Put

LUNCH BREAK

12:45 p.m.	Men's Long Jump
1:00 p.m.	Women's High Jump
1:30 p.m.	Men's Pole Vault
2:30 p.m.	Women's Triple Jump
3:45 p.m.	Men's Triple Jump



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 RELAY CHAMPIONSHIPS, JUNIOR 3000m WALK CHAMPIONSHIPS and PREPARATION MEET #2

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!

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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 for more details.

2009 Ontario Indoor Youth - Senior Championships

(Including Invitational Exhibition Masters 60m and 1500m Events)

Date:	Saturday and Sunday, February 21-22 , 2009	
Sanctioned by:	Athletics Ontario	
Hosted by:	Mississauga TFC and Guelph TFC	
Location:	Toronto Track & Field Centre (York University, Toronto)	
Competition Directors:	Marc Christie Albert Tschirhart	Email: marcchristie@rogers.com Email: guelphtrack@sympatico.ca
Entries Chaiperson:	Suzanne Leroux	Email: suzanneleroux@rogers.com

Entry Deadline & Fees:

One Deadline: 11:59 pm, Sunday, February 15, 2009

Fee: \$18.00 per athlete per event

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 . For assistance, please contact Suzanne Leroux at: 416-733-2962 or suzanneleroux@rogers.com

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: "Mississauga TFC"

Post Entries:

Entries received after February 15 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, February 15, 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



Masters Exhibition Event Entries:

Men's and Women's 60m and 1500m races. These are by invitation and accepted entrants must be Ontario Masters members. Please direct enquiries to Paul Osland at paul.osland@hotmail.com.

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

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, February 15.

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: Youth (YG, YB) born in 1992 or later
Senior (SW, SM) Open

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 15 minutes prior to the start time. Scratches will reduce the number of empty lanes, so please report them to the meet 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



Starting Heights:

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

	YG	YB	SW	SM
High Jump	1.44	1.67	1.48	1.83
Pole Vault	TBD	TBD	TBD	TBD

* NEW: Pole Vault Coaches: Please email the desired starting height for your athletes.

Specifications for Hurdling Events:

EVENT	DISTANCE	#	HEIGHT(m)	To 1st Hurdle	Between Hurdles
Youth Girls	60m	5	0.762	13.00m	8.50m
Youth Boys	60m	5	0.914	13.72m	9.14m
Senior Women	60m	5	0.840	13.00m	8.50m
Senior Men	60m	5	1.067	13.72m	9.14m

Specifications for Throwing Events:

	Youth Girls	Youth Boys	Senior Women	Senior Men
Shot Put	4.0kg	5.0kg	4.0kg	7.26kg
Weight	20 lbs.	20 lbs.	20 lbs.	35 lbs.

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

Facility Rules & 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.

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.



Athletics Ontario

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.

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.

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 Albert Tschirhart at guelphtrack@sympatico.ca by 11:59pm on Tuesday February 17. Ask your volunteer to report to the main meet desk 30 minutes prior to the start of the meet.

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



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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 for more details.



Athletics Ontario

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.

EVENTS

For Youth Boys and Girls and Senior Men and Women:

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

For Senior Women only:

3000m Walk

For Senior Men only:

5000m Walk

For Masters Men and Women only (invitational and non-championship):

60m
1500m



2009 ONTARIO YOUTH – SENIOR CHAMPIONSHIPS

TENTATIVE SCHEDULE OF EVENTS

SATURDAY, FEBRUARY 21, 2009

TRACK EVENTS

Oval Track (Timed Finals)		Straight Track	
12:00 p.m.	Senior Men's 5000m Walk	1:00 p.m.	Youth Girls' 60m Heats
12:40	Senior Women's 3000m Walk		Youth Boys' 60m Heats
2:05	Youth Girls' 400m		Senior Women's 60m Heats
	Youth Boys 400m		Senior Men's 60m Heats
3:00	Senior Women's 400m		
	Senior Men's 400m	2:10	60 m Semi-Finals
3:30	Youth Girls 1500m		
	Youth Boys 1500m	2:50	Masters 60m (Invitational)
4:35	Masters 1500m (invitational)		
	Senior Women's 1500m	3:20	60m Finals
	Senior Men's 1500m		

FIELD EVENTS

12:30 p.m.	Youth Girls & Senior Women's Weight Throw
1:00	Youth Girls High Jump
1:10	Youth Boys & Senior Men's Weight Throw
2:00	Youth Girls & Senior Women's Shot Put
2:30	Youth Boys & Senior Men's Triple Jump
3:00	Senior Women's High Jump
3:15	Youth Boys & Senior Men's Shot Put
3:45	Youth Girls & Senior Women's Triple Jump

Schedule Notes:

- Please note that the schedule (with the exception of the first events) may be advanced by up to 30 minutes. After the revised schedule is posted on each morning event start times will not be advanced without unanimous approval of the athletes.
- Sections will be run SLOW to FAST.

2009 ONTARIO YOUTH – SENIOR CHAMPIONSHIPS

TENTATIVE SCHEDULE OF EVENTS

SUNDAY, FEBRUARY 22, 2009

TRACK EVENTS

	Oval Track (Timed Finals)		Straight Track
10:00 a.m.	Youth Girls' 3000m Youth Boys' 3000m Senior Women's 3000m Senior Men's 3000m	10:15	Youth Girls' 60m Hurdles Semi-Finals Senior Womens' 60m Hurdles Semi-Finals Youth Boys' 60m Hurdles Semi-Finals Senior Men's 60m Hurdles Semi-Finals
11:35	Youth Girls 800m Youth Boys 800m	11:30	60m Hurdles Finals

LUNCH BREAK

1:30 p.m.	Senior Women's 800m Senior Men's 800m
2:00	Youth Girls' 200m Youth Boys' 200m Senior Women's 200m Senior Men's 200m

FIELD EVENTS

9:30 a.m.	Youth Girls Long Jump
10:00	Youth Boys High Jump
10:00	Youth Girls & Senior Women's Pole Vault
11:00	Senior Men's Long Jump

LUNCH BREAK

1:00 p.m.	Senior Men's High Jump
1:00	Youth Boys & Senior Men's Pole Vault
1:15	Youth Boys Long Jump
2:15	Senior Women's Long Jump

Schedule Notes:

- Please note that the schedule (with the exception of the first events) may be advanced by up to 30 minutes. After the revised schedule is posted on each morning event start times will not be advanced without unanimous approval of the athletes.
- Sections will be run SLOW to FAST.





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 YOUTH - SENIOR CHAMPIONSHIPS

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

Athletics Ontario
Guelph TFC
Mississauga TFC
Toronto Track & Field Centre
York University
City of Toronto
Ontario Officials Council
Albert Tschirhart
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 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!

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FIFTH ANNUAL INDOOR PROSPECTS SERIES

Hosted by:
London Western Track & Field Club

Sponsored by:
College Prospects of America

Saturday December 13th
Saturday January 17th, Saturday February 14th



Fifth Annual

Indoor Prospects Series Information Package

A 3-meet Indoor Track and Field series at Thompson Arena (UWO campus), London, Ontario on:

1-Meet #1 Saturday December 13th 10:00am – 1:00pm

2-Meet #2 Saturday January 17th, 10:00am-1:00pm

3-Meet #3 Saturday February 14th, 10:00am-2:00pm

Sponsored by: College Prospects of America website: cpoaswontario.cpoa.us

Hosted by: London-Western Track and Field Club, website: www.londonwestern.ca

Entry Fees: \$7 per athlete per event, Max. \$15.00 per athlete for 3 events (per meet)

:Relays are free,

*****US and Cdn University and College T&F Coaches have been invited to attend**

*****Only High Schools or Club Athletes of High School age are eligible to compete in this**

Indoor Prospects Series.***

*****Each participating Club is request to have 1 Volunteer report to the registration desk to be assigned a task at the Meet. Thank you.**

Please make cheques payable to 'London-Western Track & Field Club'

Entry Process:

*Please e-mail entries to: CPOASWOntario@aol.com (preferred) and pay at the meet

Or mail to:

Indoor Prospects Series

c/o Richard Lenz

146 Sussex Place, London, Ontario, N5Y 5G9

Entry Deadline:

Meet #1 Thursday December 10th

Meet #2: Thursday January 14th

Meet #3: Thursday February 11th

Contact:

Richard Lenz at CPOASWOntario@aol.com - or -

Toll free at 1-888-268-2762 (CPOA)

Website: information and results will be posted on www.londonwestern.ca and cpoaswontario.cpoa.us

Prizes: Cash prizes of \$250.00, \$150.00 and \$100.00 per club based on accumulated points from all events (Club must participate in all 3 meets to be eligible for)

Team Championship Cash prize, points based on points from meets 1, 2 and 3, 10 points for 1st, 9 pts for second, 8 pts for third, etc.

Individual Event Champions will receive “Event Champion” Sweat Shirts while 2nd and 3rd place will receive Event T – Shirts. Top 6 finishers in Meets 1 and 2 will receive place ribbons.

Meet Schedules:

*****Cash prizes from the 2008 Indoor Prospects Series will be handed out to the winning Clubs just prior to the Start of Meet #1 *****

Meet #1: Saturday December 13th, 10-1pm

	Track	Field
10:00am	N/A	Weight Throw (Men and Women combined)
10:40am	Men’s 60m Timed Finals	Women’s Long Jump
11:00am	1500m Timed Finals (+RW)	
11:20am		Men’s Long Jump
11:25am	Women’s 60m Timed Finals	
11:45am	600m Timed Finals	
12:30 pm	4 X 200m relay (M&W)	

Meet #2: Saturday January 17th, 10-1pm

	Track	Field
10:00am	60mH Timed Finals	Shot Put (Men and Women Combined) Men’s Triple Jump
10:30am	60m Timed Finals	
11:00am	3000m Timed Finals	Women’s Triple Jump
11:30am	300m Timed Finals	
11:45am	4x800m Relay (mixed)	
12:00pm		M/W Polevault M/W High Jump

Meet #3: Saturday February 14th, 10-2

	Track	Field
10:00am	60mH Heats (4)	Shot Put (Men and Women Combined) Women's Long Jump
	10:05am Men 1st section	Men's/Women's HJ (East Straightaway)
	10:10am Men 2nd section	
	10:15am Women 1st section	
	10:20am Women 2nd section	
10:30am	60m Heats (4)	
	10:30am Men 1st section	
	10:35am Men 2nd section	
	10:40am Women 1st section	
	10:45am Women 2nd section	
11:00am	1500m Timed Finals	Men's Long Jump
11:30am	300m Heats (4)	
	11:30am Men 1st section	
	11:35am Men 2nd section	
	11:40am Women 1st section	
	11:45am Women 2nd section	
11:55m	60mH Finals	
	11:55am Men B Final	
	12:00pm Men A Final	
	12:05pm Women B Final	
	12:10pm Women A Final	
12:20pm	60m Finals	
	12:20pm Women's B Final	
	12:25pm Women's A Final	
	12:30pm Men's B Final	
	12:35pm Men's A Final	
12:40pm	Co-ed 8-2-4-16 Medley Relay (800m, 200m, 400m, 1600m) -must have 2 males and 2 females, must be at least 4 teams entered	
1:00pm		Men's/Women's Pole Vault

Fifth Annual Indoor Prospects Series

Club Entry Form

Club or High School Name: _____

#	Athlete	Event	Seed	Year of Birth
1				
2				
3				
4				
5				
6				
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20				

Total cost: # of entries x \$7 =

-Max. \$15.00 per athlete for 3 events, relays are free

-Payable to 'London-Western Track & Field Club'

-Non-club athletes can use this form as well, simply put 'Unattached' for Club Name