



RUNDEZ-VOUS

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Technical Package now available

The Technical/Registration package is now available for the **2009 Ontario Senior Championships & Canada Summer Games Trials, Junior Women's 5000m and Junior & Senior Men's & Women's 4 x 100m, 4 x 400m and Distance Medley Relay Championships plus Selected Non-Championship Events for Youths** in Windsor, Ontario. The package can be found on pages 9 - 17.

Important Notes for Upcoming Provincial Championships and Trials

1. The Ontario Senior Women's Steeplechase Championship will be, this year only, conducted at the 2000m distance. It will be held concurrently as a Canada Games Trials event (the Canada Games distance being 2000m) in Windsor on July 3-5. Athletes who are seeking points for the Quest for Gold Programme, please take note that this will be the designated Ontario Senior Championship in the event.
2. The Ontario Junior Women's 5000m Championship will also be held in Windsor (on the evening of July 3) and will be combined with the Ontario Senior Women's Championship and Canada Games Trials
3. To make the Ontario Junior Championships and National Qualifier Meet (London, June 13-14) more manageable with respect to the throwing events only Junior and Senior implements, with the exception to follow, will be allowed. Since opportunities for Youth Boys to achieve the World Youth Standard with the special implements specified for their age group (5.0kg for shot and hammer; 1.5kg for discus and 700g for javelin) are very limited, entries will be accepted from athletes who have a good chance of achieving the standard. Please contact Roman Olszewski to have entrants in these events cleared (before the entry deadline).

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4. To help ensure high quality championship/trials events with minimal qualifying rounds at London and Windsor entry standards have been imposed for younger athletes who wish to compete in an age category above theirs. The non-championship Youth events in Windsor require the meeting of standards by not only Midgets and Bantams but by Youths. Junior athletes entering the Junior Championships and Senior athletes entering the Senior Championships, by right of membership, are not required to meet entry standards.

5. Please remember that athletes who qualify and wish to enter the Nationals (Junior or Senior) without standard must declare their intentions to do so by signing a special form at the National Qualifier meet in London on June 13-14 or by email (to Roman Olszewski at roman.otfa@cogeco.ca) no later than Monday, June 15. Details may be found in the entry kit for the London meet.

6. Selection criteria for the Ontario Canada Games Team were included in the April issue of Rundez-Vous and are available on AO's website on the Canada Games page. Please remember that athletes who may be chosen for either the World Student Games Team or the World Youth Championships Team and who wish to be considered for selection to the Ontario Canada Games Team must declare, prior to leaving Canada for their respective competitions, their intention to accept a position on the Canada Games team if selected. Please send all declarations to Roman Olszewski.

Any combined event athletes who haven't declared as yet the event they have chosen as their selection meet must do so immediately. Athletes who do not comply will not be considered for selection. Please see #1 in Team Selection Criteria document.

6. The Ontario Championship Relays for 2009 are scheduled as follows:

(Men and Women, Boys and Girls)

June 13-14, London:

- 4x200m: all age categories
- 4x400m: Bantam, Midget, Youth
- 4x800m: Junior, Senior

July 3-5, Windsor

- 4x100m: Junior and Senior
- 4x400m: Junior and Senior
- Distance Medley (1200-400-800-1600)
Junior and Senior

July 10, London

- 4x1500m: Junior and Senior

July 25-26, Timmins

- 4x100m: Bantam, Midget, Youth
- 4x800m: Bantam, Midget, Youth

Note: The Sprint Medley Relay will not be conducted in 2009.



Canada Games Section on AO website

Please visit the new Canada Games section on our website. From our web site's homepage at www.athleticsontario.ca just click on the Canada Summer Games logo.

It includes rankings of potential Ontario Team members, selection criteria and other information on the Games, which will be held in Prince Edward Island on August 22-29 (Athletics part).



Your Association in Action

These are just some of the things Athletics Ontario did this month:

- managed and hosted Club Coach Workshops (Sprints and Hurdles and Endurance)
- reported on and applied for Coaches Association of Ontario grants
- provided partial reimbursement to 17 clubs who ran winter training camps
- handled all deposits, payments, insurance needs, magazine subscriptions, registration and screening work
- complete the Athletics Ontario application for Government Base Funding
- purchased and prepared medals and bibs for 2009 Ontario championships
- began work on the 2009 TIMEX road race series
- worked with Canadian Olympians as ambassadors for the Festival of Excellence
- received notice of a successful Trillium Grant for developmental programs
- reported to government on 2008 Sport Priority Funding grant
- arranged for Smoke Free initiatives at selected AO Outdoor Championships
- initiated a Summer Experience Program grant for a Summer Student
- produced new Athletics Ontario promotional materials
- attended the Athletics Canada Annual General Meeting and Governance Congress in Ottawa
- processed Meet Sanction applications
- did two interviews on radio re: controversy re: use of starting pistols
- prepared a planning and funding proposal re: Canada Games Team Ontario Staging Camp
- participated in a national conference call re: Evaluation procedure for NCCP
- helped to amend AO Sanction kit
- prepared provincial championship agreements to Host Organizing Committees
- produced technical packages for upcoming Ontario Championships
- revised the club scoring document for 2009 outdoors
- prepared list of minimum facility requirements for future Ontario Summer Games
- prepared NCCP course registers for the NCCP database
- assisted in the acquisition of full Level Three certification by our Canada Games team coaches
- developed modified Canada Games team selection criteria for combined event athletes and athletes who are named to either World Student Games Team or World Youth Games team