



## 2009 Outdoor Ontario Club Championships

### Information Sheet

- Ontario Outdoor Club Champions will be determined in the Bantam, Midget, Youth, Junior, Senior and Overall divisions based on results from Championship events conducted at:
  - a) 10,000m, London;
  - b) Art Keay Memorial 10km Walk, Toronto;
  - c) Ontario Junior and Combined Events, Relays Championships, London;
  - d) Ontario Senior Championships, Windsor;
  - e) Supermeet, Timmins; and
  - f) various relay events as per Athletics Ontario event listings
- In each division the point totals of males and females will be combined.
- All AO-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 AO office and at provincial championship competitions.
- The top eight finishers in each individual and relay championship event will earn points for their clubs as follows: 1<sup>st</sup> - 10 points, 2<sup>nd</sup> - 8, 3<sup>rd</sup> - 6, 4<sup>th</sup> - 5, 5<sup>th</sup> - 4, 6<sup>th</sup> - 3, 7<sup>th</sup> - 2, 8<sup>th</sup> - 1. Only one relay team per club will score in each event. Second, third, etc. teams from clubs will not influence the scoring.
- Out-of-province athletes, non-AO members will not figure in the scoring (i.e., the top 8 AO members (or top 8 Ontario relay clubs) will be scored, regardless of the number of out-of-province, non-AO members in the top 8 in any event). Unattached athletes who are AO members will be scored but no totals will be calculated for "Unattached".
- In track events with qualifying rounds athletes from the penultimate round will NOT be moved up into a scoring position should there be any disqualifications or non-finishers in the final. An exception will be made in the case where there are fewer than 8 AO members in the final. In that case, athletes will be moved up to scoring positions based on their times from the penultimate round.
- **\*\*\*NEW\*\*\*** In order to score points for their clubs athletes must achieve the minimum standard set for each event and age group. Minimum standards are equivalent to Step 1 in AO's Step Up! To Excellence Programme. (See standards below.) Athletes who failed to achieve the standard in a final but did so in a qualifying heat are eligible for scoring based on their finishing position in the final.
- 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.

**Minimum Standards for Scoring Club Championship Points at Provincial Championships**

<b>Event</b>	<b>BG</b>	<b>MG</b>	<b>YG</b>	<b>JW</b>	<b>SW</b>	<b>BB</b>	<b>MB</b>	<b>YB</b>	<b>JM</b>	<b>SM</b>
<b>100</b>	14.85	14.15	13.60	13.40	13.00	13.36	12.48	11.76	11.54	11.29
<b>200</b>	30.53	29.18	28.62	28.08	27.04	27.55	25.65	24.37	23.83	23.25
<b>400</b>	72.97	69.39	65.75	64.20	61.78	64.56	59.23	55.36	54.42	53.22
<b>800</b>	2:44.82	2:38.12	2:33.27	2:29.57	2:26.04	2:25.33	2:13.99	2:09.58	2:06.23	2:03.16
<b>1500</b>	5:38.53	5:22.93	5:13.90	5:04.24	4:57.25	5:09.59	4:41.47	4:27.77	4:20.87	4:13.35
<b>3000</b>	12:26.09	11:51.91	11:22.25	11:04.16		11:06.01	10:06.64	9:38.29		
<b>5000</b>				19:15.15	18:55.06				16:07.45	15:47.37
<b>10,000</b>					39:48.38				33:56.60	33:08.09
<b>Sprint Hurdles</b>	15.85	14.37	17.10	16.63	15.88	14.60	16.78	17.15	16.49	16.51
<b>Long Hurdles</b>	37.94	34.43	52.25	72.01	69.31	35.09	31.41	46.50	61.97	59.76
<b>Steeplechase</b>		6:18.09	5:51.83	7:46.26	12:09.07		5:30.89	7:18.11	10:33.38	10:11.19
<b>Walk</b>	4:50.00	8:21.40	8:04.00	57:49.62	56:19.00	4:35.00	7:30.99	7:09.58	51:03.02	49:10.40
<b>HJ</b>	1.30	1.38	1.41	1.44	1.49	1.42	1.59	1.78	1.83	1.88
<b>PV</b>		2.42	2.81	2.88	3.03		3.03	3.51	3.68	3.91
<b>LJ</b>	3.92	4.35	4.47	4.65	4.97	4.46	5.31	5.88	6.07	6.46
<b>TJ</b>	7.61	8.34	9.03	9.27	9.81	8.78	10.50	11.72	12.36	12.89
<b>SP</b>	6.22	8.53	7.96	8.65	9.56	7.95	11.20	11.64	12.49	12.57
<b>DT</b>	18.21	22.96	26.31	28.86	31.76	22.36	34.78	35.35	37.64	39.54
<b>HT</b>		24.82	29.91	32.46	35.52		33.19	34.71	41.00	40.50
<b>JT</b>	19.65	22.16	27.00	29.57	31.93	24.65	33.23	41.94	40.55	46.02
<b>Combined Event</b>	1205	1540	2786	3041	3354	1120	1498	3301	4441	4671