

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

Entries Chairperson: Colin Inglis Tel: 416-736-2100 x44669 Email: 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 . 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.

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

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.



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 & 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)



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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.

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

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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.