



**Royal Canadian Legion  
District E  
Track and Field Championships**

**LOCATION:** ST. THERESA'S HIGH SCHOOL  
(MIDLAND – MAP ATTACHED)  
**DATE:** SATURDAY JUNE 16<sup>TH</sup>, 2018  
**REGISTRATION:** 9:00 AM  
**OPENING CEREMONIES:** 9:30 AM  
**FIRST EVENT:** 10:00 AM

**OPEN TO EVERYONE**

**Age Divisions**

**17 years and under (as of Dec. 31, 2018)  
15 years and under (as of Dec 31. 2018)  
13 years and under (as of Dec 31. 2018)**

**For further information contact**

**Chris SKALUZUB  
519-942-8598  
519-939-2906 (Cell)**

**District Commander  
Pam DAVIDSON**

**Meet Director  
Cliff DeFREITAS  
[meetdirector.district.e@gmail.com](mailto:meetdirector.district.e@gmail.com)  
705-725-1477**

**Entries Director  
Mary Ann BROWNE  
[entries.district.e@gmail.com](mailto:entries.district.e@gmail.com)  
705-725-1477**

**District Track & Field Chairman  
Chris SKALUZUB  
#519-942-8598 (Res)  
#519-939-2906 (Cell)**

**District Track & Field Co-Chairman  
John Stiff  
#905-936-4897 (Res)**

## MEET INFORMATION

### Facility:

- Asphalt 6 lane track, 6 mm spikes allowed
- There will be starting blocks, but you are encouraged to bring your own if you have them
- Washrooms are available
- Refreshments are available
- First aid will be provided
- Everyone is to come self-contained for lunch. Cafeteria will not be open.

### Entries: (Done solely on Trackie.com)

- Athletes can enter a maximum of 3 events
- \$10.00 per event and \$5.00 per second and third event per athlete for this meet
- Make cheques payable to "District E Track and Field"
- No post entries accepted
- **WAIVERS MUST BE BROUGHT TO THE MEET WITH EACH INDIVIDUAL ATHLETE (NO BLANKET WAIVERS WILL BE ACCEPTED)**
- **ELIGIBILITY: BASED ON HOME ADDRESS NOT CLUB/SCHOOL ADDRESS – SEE MAP ATTACHED.**

Entries will be done on Trackie.com at the following link:

<https://www.trackie.com/online-registration/register/royal-canadian-legion-district-e-track-field-championships/21297/>

**Entries Director**  
**Mary Ann BROWNE**  
**[entries.district.e@gmail.com](mailto:entries.district.e@gmail.com)**  
**705-725-1477**

Provincial Meet: West Park, 78 Louth St., St. Catharines – July 13<sup>th</sup> and 14<sup>th</sup>, 2018

Eligibility for entry to the Provincial meet will be based on performance at the District E Meet and by Legion Provincial Standards. The Provincial team will be selected upon completion of the District E Meet. Athletes will be notified by telephone. Information packages for the Provincial Meet can be picked up the day of the District Meet.

**Rules: Athletics Ontario rules apply**

Seeding:

- Athletes will be assigned lanes according to seed times. Please seed athletes properly. Do not embarrass your athletes.

Heats/Finals:

- The 100 metre event has been scheduled with heats and finals. If there are 13 or more athletes, we will run heats and finals. If there are less than 13 athletes, we will run a timed final only. In a timed final all top seeds will be in the same heat. They will run slowest to fastest heats.

Field Events:

- Track events take precedence over field schedules. If the timing of a field event and track event conflict, the athlete must check in at both events, notify both officials of the conflict, and be ready to run the track event on time. The athlete will be able to return to the field event upon completion of the race with the following two exceptions:
  - 1) If the completion has progressed to the final six competitors then the event is closed.
  - 2) In high jump, or pole vault, the competitor must jump at the current height. The bar may not be lowered.

Jumps/Throws:

- Each athlete will be allowed 3 jumps/throws for the following events: long jump, triple jump, shot put and javelin. The top 6 will advance to have an additional 3 more attempts.

High Jump/Pole Vault:

- Athletes will be allowed 3 trials at each height and will be unable to progress to the next height unless a successful jump is made. Ties will be decided upon by the least number of misses.



**ROYAL CANADIAN LEGION  
ONTARIO PROVINCIAL COMMAND**

I, the undersigned, grant to The Royal Canadian Legion, Ontario Provincial Command permission to use images of me photographed at the 2017 Track and Field Championships for purposes of display, ceremonies, publication and digital representation and other purposes in relation to the promotion of The Royal Canadian Legion and/or the Legion Provincial Track and Field Championships. I also give consent for the free use of my name and/or picture in any broadcast, telecast or other account of the above event.

\_\_\_\_\_  
Name of Athlete (please print)

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Name of Parent/Guardian (please print)

\_\_\_\_\_  
Signature of Parent/Guardian

THE ROYAL CANADIAN LEGION TRACK AND FIELD PROGRAM  
**PARENTAL-GUARDIAN CONSENT/PERSONAL HEALTH RECORD FORM**

(Select one or all three by indicating with an "X")

District

Provincial

National

(PLEASE PRINT)

NAME \_\_\_\_\_ FEMALE / MALE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_

DATE OF BIRTH: Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PROVINCIAL HEALTH CARD NO./EXPIRYDATE: \_\_\_\_\_

DATE OF LAST COMPLETE MEDICAL CHECK UP: \_\_\_\_\_

If not available at the above address and phone number during the event(s), please provide the address and phone number where a parent or legal guardian may be reached.

PARENT OR LEGAL GUARDIAN:

ADDRESS: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_

The parent or legal guardian is assuming full responsibility for the applicant's health being such that athletic activities will in no way aggravate any conditions present. It is assumed that the parent will know their child's condition or seek competent advice before completing the form. If for any reason the athlete's medical status changes after this form has been assigned and your consent should be withdrawn or changed, the parent/guardian is obligated to notify their Royal Canadian Legion -Provincial Command (905-841-7999) or Dominion Command in Ottawa at (613-591-3335).

List any illness or disability, including allergies, which might affect the applicant's ability to perform at this event.

Clearly indicate all medications that the applicant must use during the event period. These must be clearly marked and handed to the nurse upon arrival. (Name of medication, condition for which it is prescribed, and dosage).

I hereby, for myself, my heirs, executors and administrators, release and forever discharge The Royal Canadian Legion, its agents, servants, representatives, successors and assignee and other bodies, corporate firms associations or person connected with the competitors of any and from any and all rights, claims, demands and actions whatsoever that I may have for any and all loss, damage to my equipment or injury sustained by me during the said competition. I also give consent for the free use of my name and/or picture in any broadcast, telecast or other account of the above event. I attest and verify that I am physically fit. I further provide my consent for the provision of emergency medical treatment, if necessary.

SIGNATURE OF ATHLETE: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

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

**Royal Canadian Legion District E Track and Field Championships, Midland, Ontario June 16, 2018**

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

**Athletics Ontario  
Royal Canadian Legion District E  
Cliff Defreitas  
Mary Ann Browne  
South Simcoe Dufferin Track and Field Club  
St. Theresa's Catholic High School  
County of Simcoe, City of Midland**

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. And I AGREE to withdraw from the race if so requested by the designated medical officer.

\_\_\_\_\_  
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

**Canadian Anti-Doping Program (CADP)**

Athletics Canada has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to all individuals, whether in the role of athletes or athlete support personnel, who are registered for and participate in this event. By signing below, I acknowledge that I am aware that the CADP applies to me and that I am subject to the CADP. Completion of an online education course may be required as part of my registration of this event. By participating in this event, I consent to the application of the CADP to me. For further information, please visit the Athlete Zone on the CCES Website. [www.cces.ca/athletezone](http://www.cces.ca/athletezone)

\_\_\_\_\_  
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

THE ROYAL CANADIAN LEGION TRACK AND FIELD PROGRAM

**PARENTAL-GUARDIAN CONSENT/PERSONAL HEALTH RECORD FORM**

(Select one or all three by indicating with an "X")

District

Provincial

National

A variety of therapeutic services may be provided for the athletes attending a Legion District, Provincial and/or National Track and Field Competition. The therapists may be student therapists that are completing clinical hours as part of their educational program. The athletes may wish to receive treatment before their events to limber up their muscles or following their event to cool down and prevent lactic acid build up in their limbs. The student therapists will be supervised by registered therapists at all times and the treatment will be performed through clothing or directly on skin on areas already exposed (i.e. legs, arms, etc.).

ALL athletes under the age of 18 must have a parent or legal guardian sign the consent form before any of the therapeutic services are performed.

In order for an athlete to be eligible for these services, the following form must be completed, signed and provided to the Legion Provincial Command, which the athlete is representing:

First/Family Name of Athlete: \_\_\_\_\_ Female/Male: \_\_\_\_\_

Phone Number:(\_\_\_\_\_) \_\_\_\_\_

Do you have any condition(s) that we should be aware of: e.g. diabetes, cancer, phlebitis or high blood pressure?

Yes  No

Are you taking any medications?

Yes  No

If yes, please inform your student therapist and/or supervisor as certain conditions may make it inadvisable to receive certain types of treatment.

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Please indicate on the list below, which forms of treatment you will/will not allow your child to undergo:

WILL ALLOW () WILL NOT ALLOW ()

First Aid Treatment	<input type="checkbox"/>	<input type="checkbox"/>
Cryotherapy (ice)	<input type="checkbox"/>	<input type="checkbox"/>
Heat Therapy	<input type="checkbox"/>	<input type="checkbox"/>
Massage Therapy	<input type="checkbox"/>	<input type="checkbox"/>
Physiotherapy	<input type="checkbox"/>	<input type="checkbox"/>
Athlete Injury Taping	<input type="checkbox"/>	<input type="checkbox"/>
Acupuncture	<input type="checkbox"/>	<input type="checkbox"/>

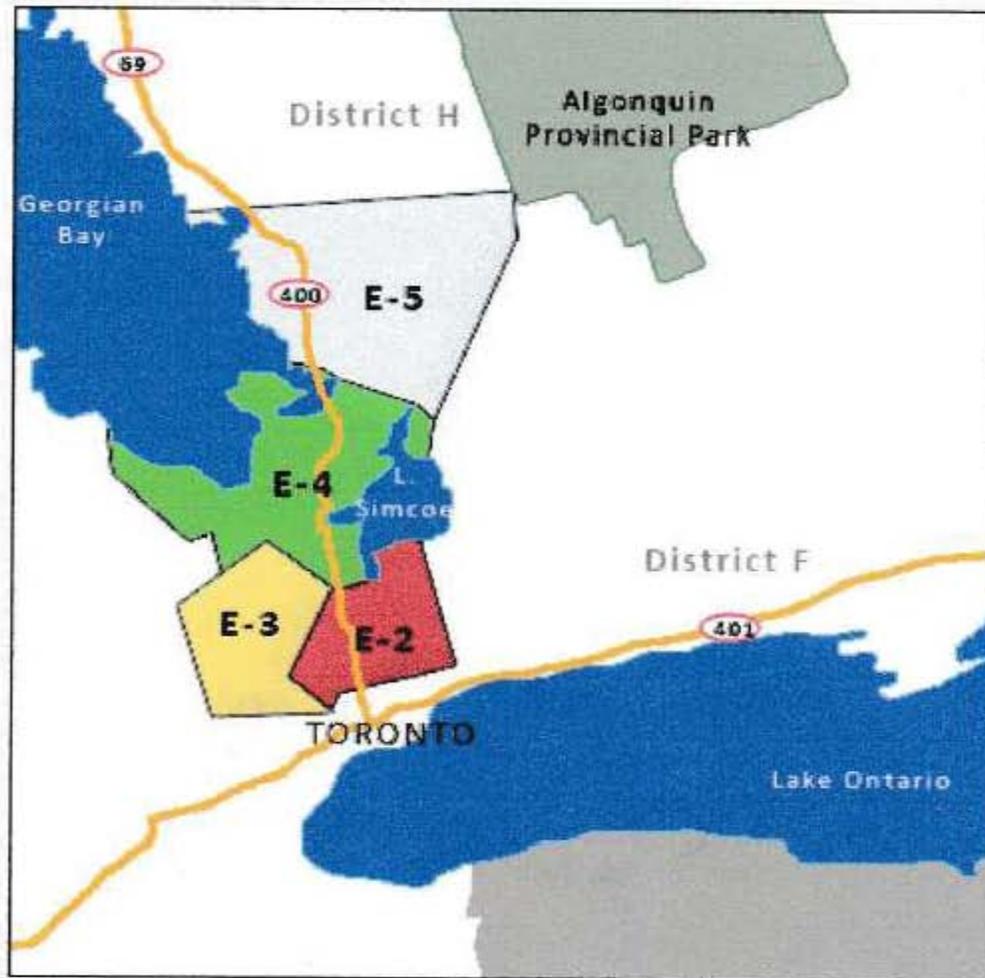
Signature of  
Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
(I give my consent for my child to be treated by a student therapist)

Signature of  
Athlete: \_\_\_\_\_ Date: \_\_\_\_\_  
(I consent to having a student therapist provide treatment)

**PLEASE BRING A COPY OF THE COMPLETED FORMS TO THE TREATMENT AREA AND GIVE TO THE SUPERVISOR IN CHARGE**

# Ontario Command - Districts

## District Map



## DISTRICT E -OUTDOOR CHAMPIONSHIP EVENT SCHEDULE

### **Track Events \*\* Steeplechase is offered at this meet\*\***

Order of all races is G13, G15, G17, B13, B15, B17 except hurdles (This will allow us to combine age groups without disrupting the order of competition. Also, make sure your athlete checks to see if ages will be combined. For example in the 1500m we often combine the G13 and G15 into one race.) **Please be present by at least 8:30 am in order to register and receive your number**

<b>Time</b>	<b>Event</b>	<b>Event Type</b>
10:00am	1500m/2000m Steeplechase	Final
10:30am	Sprint Hurdles Timed Finals (order is G13, B13, G15, G17, Hep Girls, B15, B17, Hep Boys)	
11:00am	1200m/1500m	Timed Finals
11:30am	100m Heats/Finals	Heats (8 or less will run Final)
12:00pm	300m(U13 and 15) / 400m(U17)	Timed Finals
12:30pm	100m	Finals (If needed)

### **LUNCH BREAK**

1:30pm	Intermediate Hurdles (200mh/ 400mh) (order is G13, B13, G15, G17, B15, B17)	Timed Finals
2:00pm	200m (includes Heptathlon 200m)	Timed Finals
2:45pm	800m	Timed Finals
3:15pm	2000m/3000m	Timed Finals
4:00pm	Heptathlon 800m	

**This is a rolling schedule for the track events... We will run ahead of schedule if we are able. For example if the Sprint hurdles are done at 10:15 the 1200m/1500m will start at 10:15. Arrive at the track in plenty of time so as not to miss your event.**

### **Field Events (Jumps) \*\*Pole Vault is offered at this meet\*\***

All athletes will get 6 attempts in the long and triple jumps unless there are more than 8 entries in an age group in which case only the top 8 athletes after their first 3 jumps will get an additional 3 jumps. In the high jump the athlete can continue until they have 3 consecutive misses.

<b>Time</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>High Jump</b>	<b>Pole Vault</b>
10:00				All girls and boys
11:00am	All girls		All boys	
12:30am	All boys		All girls	
1:30pm		All girls		
2:45pm		All boys		

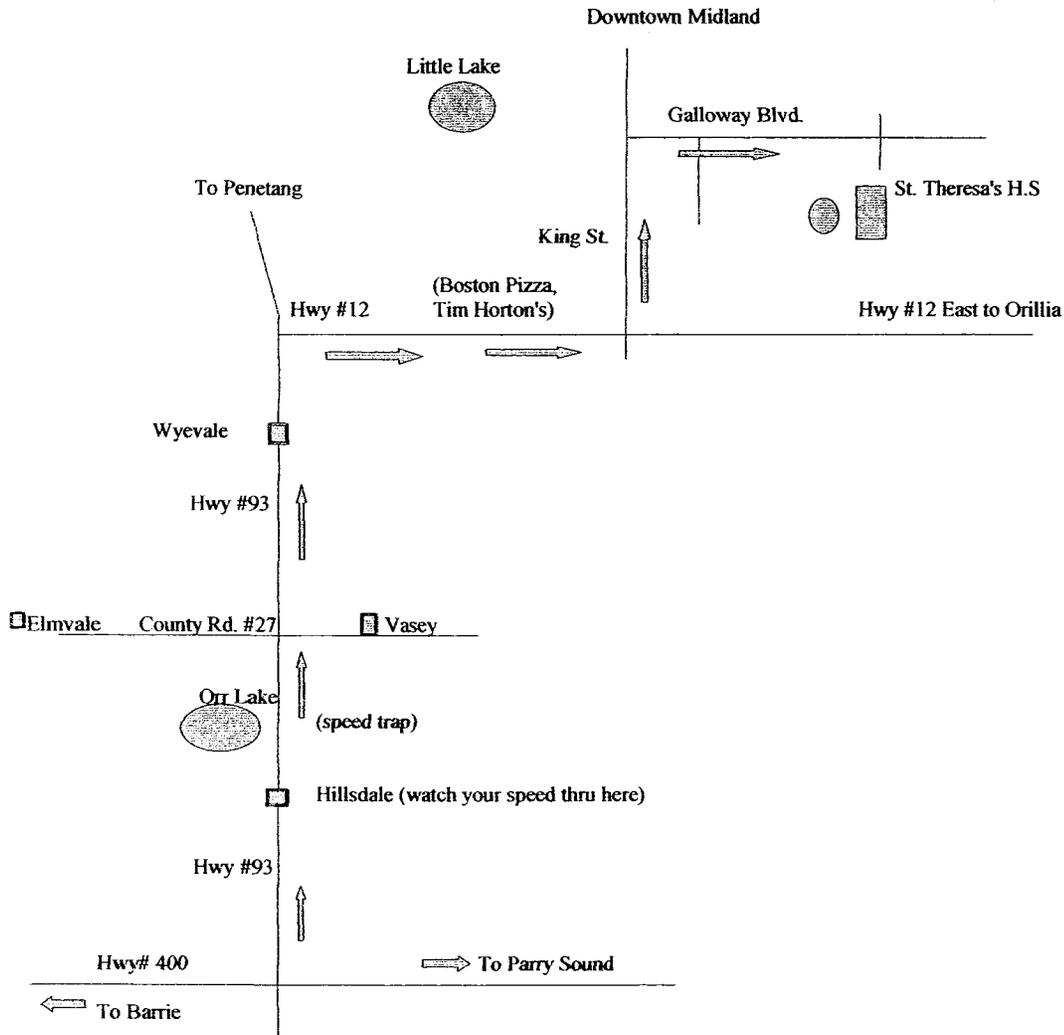
### **Field Events (Throws) \*\* Discus is offered at this meet\*\***

<b>Time</b>	<b>Javelin</b>	<b>Shot Put</b>	<b>Discus</b>
10:00am	All girls	All boys	
11:00am			All girls
12:00pm	All boys	All girls	
1:00pm			All boys

### **Heptathlon**

10:30am	Sprint Hurdles	2:00pm	200 m (1 <sup>st</sup> 200m heat)
11:00am	Shot Put	2:30pm	Long Jump
11:30pm	High Jump	4:00pm	800 m
12:00pm	Javelin		

# Directions to St. Theresa's High School Midland, Ontario



St. Theresa's High School  
347 Galloway Blvd.  
Midland, Ontario