



MISSISSAUGA OLYMPIANS TRACK & FIELD CLUB PRESENTS

The 11th ANNUAL MISSISSAUGA OLYMPIANS TRACK & FIELD MEET

Date: Saturday, July 7, 2018

Time: 9:30 a.m.

Meet Director: Carla Warwick 905-997-2713 carla@mississaugaolympians.com

Place: Courtney Park Athletic Fields. (St. Marcellinus Secondary School), 730 Courtneypark Dr. W., Mississauga

Facilities: All-weather Impermeable Rubber IAAF 400 Meter Standard 8 Lane Track, suitable for pin spikes (6-mm max). Washrooms on site, snacks & drinks will be sold on site.

Peewees: Athletes born in 2012-2013

100m, Long Jump

Mites: Athletes born in 2010-2011

100m, 200m, 400m, Long Jump, Shot Put

Tykes: Athletes born in 2008-2009

100m, 200m, 400m, 800m, 1200m, Long Jump, Shot Put, 4x100m

Atoms: Athletes born in 2006-2007

100m, 200m, 200m Hurdles, 400m, 800m, 1500m, Long Jump, Triple Jump, Shot Put 4x100m, Open 4x400m

MTA Sir: Athletes born in 2004-2005

100m, 200m, 200m Hurdles, 400m, 800m, 1500m, Long Jump, Triple Jump, Shot Put, 4x100m, Open 4x400m

Notes:

1. Athletes may enter in three individual events, of which no more than two may be track events (relay not included)
2. Track events will run girls first, then boys for each age category, starting at the youngest age categories and working our way up through to senior
3. Waiver forms must be filled-out and submitted by each athlete or a blanket waiver by coach with power of attorney (list all athletes). Athletes without signed waiver forms will not be allowed to compete.
4. Events with less than five athletes may be combined with another age group.
5. Starting blocks for Atom and MTA Sr. only.
6. Age classification as of December 31st, 2018

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| General Rules: | Track events take precedence over field schedules. If the timing of a field and track event conflict, the athlete must check in at both events, notify both officials of the conflict and be ready to run when the race is started. The athlete will be able to return to the field event. |
| FIELD EVENTS High Jump Long Jump Throws | Each competitor receives 3 trials at each height A tie will be broken by the second best jump. Less than 10 competitors each competitor gets 3 jumps top 8 gets 2 more More than 10 each competitor gets 2 jumps top 8 gets 2 more Seniors Jump from the line. Less than 10 competitors each competitor gets 3 throws top 8 gets 2 more More than 10 each competitor gets 2 throws top 8 gets 2 more |
| TRACK EVENTS Sprints 100m | One Heat: Straight Final Two Heats or more: 1st in each heat plus next fastest times advance to final. |

Awards: Medals will be awarded for the first three places in all events with ribbons for 4th-6th.

Entry Fees: The entry deadline will be on Wednesday, July 4th, 2018 at 11h59pm

Entry fees are as follows:

\$10.00 per athlete for each event.

\$25.00 per relay team

The late deadline will be at noon on Friday, July 6th, 2018. The late fees are:

\$20.00 per athlete for each event

\$50.00 per relay team

All fees payable by cash, money orders or club cheques.

Make cheques payable to: Mississauga Olympians Track & Field Club

Note: There is a \$5.00 insurance coverage surcharge per athlete for non-MTA registered athletes. (Provides all-day coverage at Track Meet venue.)

Payment is to be made at the Registration Desk on the Meet day, and can be done with cash or cheque. Meet Packages will be issued upon payment. The Registration Desk will be opened at 8:015 a.m.

ENTRIES WILL NOT BE ACCEPTED ON RACE DAY

Entries are to be completed and submitted through the use of www.trackie.com OR the use of an Excel Spreadsheet. Download the Excel Spreadsheet at minortrack.org and, on completing your entries, please submit your saved Excel Spreadsheet (with entries) to suzanneleroux@rogers.com

Directions

From Hamilton

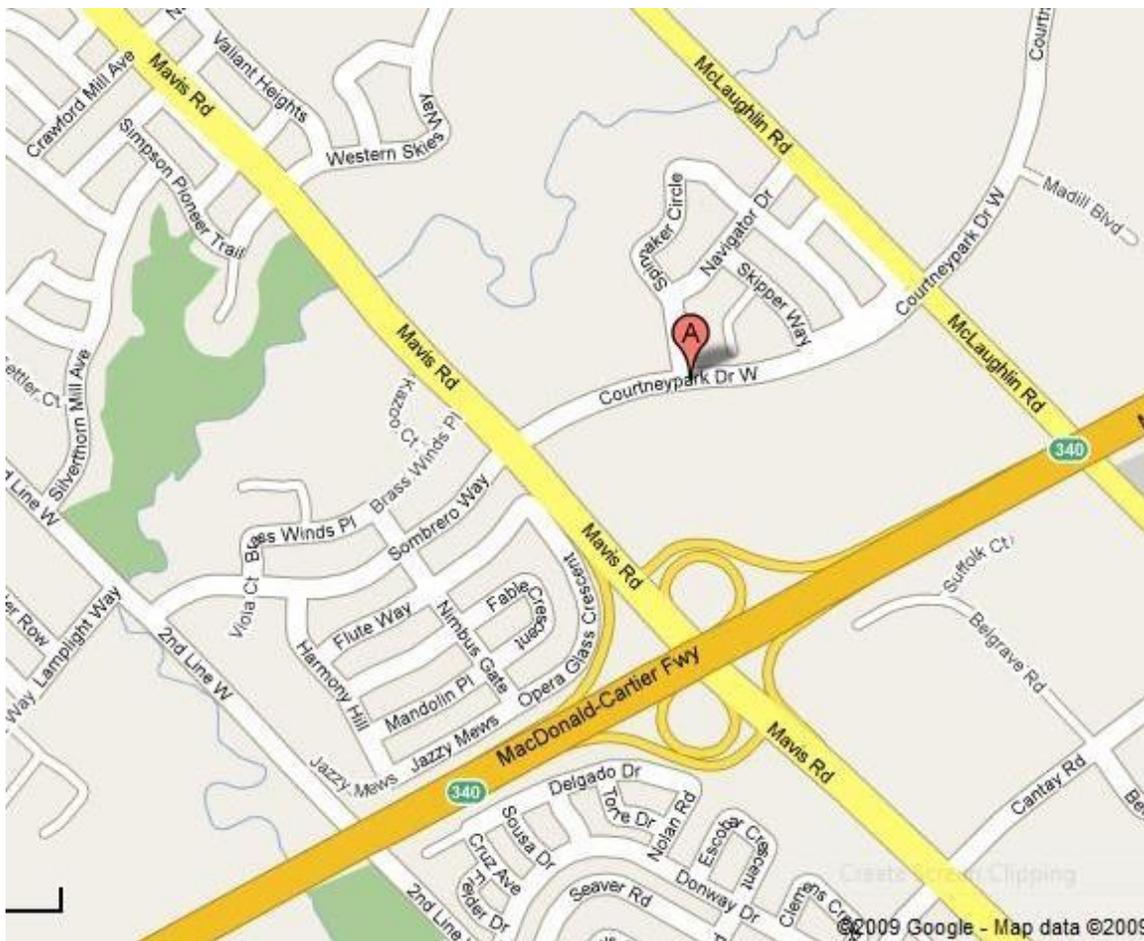
Take the QEW East to Toronto. Take HWY-403 E ramp toward TORONTO. Merge onto PROVINCIAL ROUTE 403 E. Take the MAVIS RD./CENTRE VIEW DR. exit. Take the MAVIS ROAD ramp. Turn LEFT onto MAVIS RD. Turn RIGHT onto COURTNEYPARK DR W.

From London

Take HWY-401 East to Toronto. Take the MAVIS ROAD exit, EXIT 340. Turn LEFT onto MAVIS RD. Turn RIGHT onto COURTNEYPARK DR W.

From Ajax

Take HWY-401 west, toward London. Take the MAVIS ROAD exit, EXIT 340. Turn RIGHT onto MAVIS RD. Turn RIGHT onto COURTNEYPARK DR W.



10th ANNUAL MISSISSAUGA OLYMPIANS TRACK AND FIELD MEET JULY 7th 2018

| Track | | Field | LJ/TJ | SP |
|--------------|----------------------|--------|---------------------------------------|-------------------------------|
| 9:30am | 4x400m | 9:30am | MTA Sr. Boys MTA Sr. Girls | MTA Sr. Boys MTA Sr. Girls |
| | 1200/1500m | | Atom Boys Atom Girls | |
| | 100m | | Pee Wee Girls Pee Wee Boys | Atom Boys Atom Girls |
| | 400m Time Final | | | |
| | 200mh Time Finals | | | |
| Lunch | | | | |
| 1:30pm | 100m Final | 1:30pm | Atom/Sr. Boys TJ Atom/Sr. Girls TJ | Tyke Girls Tyke Boys |
| | 800m | | Mite Girls Mite Boys | |
| | 200m Time Final | | Tyke Girls Tyke Boys | Mite Girls Mite Boys |
| | 4x100m | | | |

This is a tentative schedule and may be advanced up to 30mins or delayed as required, depending on the number of athletes participating

In all track events will run girls followed by boys for each age category.

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**THIS WAIVER FORM MUST BE SUBMITTED BY EACH ATHLETE ENTERED or
BLANKET WAIVER BY COACH WITH POWER OF ATTORNEY - (list all athletes)**

SANCTIONED & REQUIRED BY:

ONTARIO TRACK & FIELD ASSOCIATION, MINOR TRACK ASSOCIATION (of Ontario)

In consideration of the acceptance of my application and permission to participate as an entrant of competitor in the
11th ANNUAL MISSISSAUGA OLYMPIANS TRACK & FIELD MEET
Scheduled for Saturday, July 7th, 2018.

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

- The Minor Track Association (of Ontario)
- Mississauga Olympians Track & Field Club and/or any of its Directors
- City of Mississauga
- Dufferin-Peel Catholic District Board of Education
- Region of Peel

And all other association, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, representatives, and assigns OF AND FROM ALL claims, demands, damage costs, expense actions, and causes of action, whether in law or equity, in respect to death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor, or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that the same may be 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 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 AGREE to the above
WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

Print Name

Date

Signature of Athlete

Print Name

Date

Signature of Parent or Guardian
(If under 18 years)