



# 2018 ONTARIO Track & Field FINALE & Gary Lubin Jump Off



**Competition Date:** Saturday, December 29, 2018

**Hosted by:** Bullets Track Club

**Meet Director:** Jim Catton, [bulletstrackclub@gmail.com](mailto:bulletstrackclub@gmail.com)

**Venue:** Toronto Track & Field Centre, Indoor facility, 231 Ian MacDonald Blvd, Toronto, ON

**Entry Fees:** Registration is \$10 per event, \$10 per relay until December 26th. After Dec 26<sup>th</sup> entries will be accepted until noon on Friday December 28 at \$15 per event and \$15 per relay.

**Registration:** <http://www.TrackieReg.com/2018finale>.

**Non-Member Fees:** Non- Athletics Ontario, Non-MTA and Non-Masters Members will pay an additional \$5.00 per registration.

## Age Groups and Events:

- 2012 & 2013- 60m, 60m Hurdles (12"- 30cm), Long Jump
- 2010 & 2011- 60m, 60m Hurdles (12"-30cm), 200m, 400m, Long Jump, Shot Put (1.5k Kg)
- 2008 & 2009- 60m, 60m Hurdles (18"-45cm), 200m, 400m, 800m, Long Jump, High Jump, Shot Put (2.0 Kg), 4x200m Relay
- 2006 & 2007- 60m, 60m Hurdles (24"-60cm), 200m, 400m, 800m, 1500m, 800m Race Walk Long Jump, Triple Jump, High Jump, Shot Put (2.73 Kg), 4x200m Relay
- 2004 & 2005- 60m, 60m Hurdles (27"-68cm), 200m, 400m, 800m, 1500m, 800m Race Walk, Long Jump, Triple Jump, High Jump, Shot Put (3.0 Kg), 4x200m Relay
- High School Open (2003, 2002, 2001, 2000)- 60m, 60m Hurdles (age specific), 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, High Jump, Shot Put (age specific), 4x200m Relay
- Open (1999 to 1984)- 60m, 60m Hurdles (age specific), 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, High Jump, Shot Put (age specific), 4x200m Relay
- Masters (1983 and older)- 60m, 60m Hurdles (age specific), 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, High Jump, Shot Put (age specific), 4x200m Relay
- SPECIAL EVENT- ALL AGES 100m Sprint Championship. There will be finals, Under 15, High School and Open. Heats will be sorted by category. Who will be Ontario's FIRST INDOOR 100m CHAMP?
- SPECIAL EVENT- OPEN Pole Vault. Females in the AM, Males in the PM
- SPECIAL EVENT- 1500m Open RACE WALK

**Awards:** No Awards

## Competition Notes

- Track events take priority over field events. Athletes must check into their field event and get at least one trial in before leaving to go to their track event then return right after the track event. They should leave for their track event at the last call for their age/gender category.
- If there are less than 8 competitors in a heat, then the heat will be considered a final. If there are more than 40 competitors in a category, there will be an A and B final.
- Hurdle Specification will be set according to age category and gender. Heat sequence will be youngest to oldest, Girl & Boy until 2004. After 2004, the heat sequence will go shortest start distance and lowest hurdle to longest and highest. Finals will run in reverse.
- We will run sprint and distance races starting with the youngest age categories, girls then boys, and work our way up through to Masters.
- All horizontal jump competitors will receive 3 qualifying jumps. The top 8 competitors will receive an additional 2 jumps. All jumps are considered for the final performance ranking. If there are more than 15 competitors in a category, then the event competition will be divided into equal flights.
- 2006 to 2013 YOB will jump from a 1m jump-zone for Long Jump. The jump-zone will be marked with flour or chalk. All other age categories will jump from the designated board.
- All Triple Jump competitors must jump from a designated board.
- High Jump will begin with the lowest starting height and participants will 'join in' as their starting height is reached. Males will compete in the morning and Females will compete in the afternoon.
- All Shot Put competitors will receive 3 qualifying throws. The top 8 competitors will receive an additional 2 throws. All throws are considered for the final performance ranking. See appropriate Shot Specs Sheet for weights by age category.
- This meet is sanctioned by Athletics Ontario. For a performance to count towards a record or future seeding in the MTA, Athletics Ontario or Masters, the athlete must be a member of the MTA, Athletics Ontario or Masters Ontario at the time of the performance.

# Sanctioned and Required by:

## Athletics Ontario

### Release, Waiver and Indemnity

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In consideration of the acceptance of my acceptance of my application and the permission to participate as an entrant or competitor in the

2018 Ontario Track & Field Finale  
December 29, 2018

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

BULLETS TRACK & FIELD CLUB  
TORONTO TRACK & FIELD CENTRE  
CITY OF TORONTO  
YORK UNIVERSITY  
ATHLETICS ONTARIO

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 HOWEVER 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.

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Athlete's Name

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Date

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Signature (if over 18)

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Parent or Guardian Name

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Date

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Signature (if athlete is under 18)

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Club Name

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Date

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Signature (club rep, if signing for entire club)