



**Mississauga Olympians
Track & Field Athletic Association**

Indoor Track and Field Meet

Date: Saturday, March 16th, 2019

Time: 9:30 a.m.

Sanctioned By: Minor Track Association (Ontario)

Competition Director: Charmaine Warwick 416-678-8481 email cjlefty@hotmail.com

Entries Chairperson: Suzanne Leroux

Place: Toronto Track & Field Centre, York University 231 Ian MacDonald Boulevard Toronto, Ontario, Canada M3J 3L9

Facilities: Chevron surface on 5-lane 200m banked oval and 8-lane sprint straight; Chevron surface on all field approaches with a concrete throwing circle. Change room facilities and showers are available on site

Peewee: Athletes born in 2013 and 2014 60m (time finals), LJ (3 jumps only)

Mite: Athletes born 2011 and 2012 60m, 200m, 400m, 800m, Long Jump, Shot Put

Tyke: Athletes born in 2009 and 2010 60 m, 200m, 400m, 800m, 1200m, Long Jump, High Jump,
Shot Put, 4x200m

Atom: Athletes born in 2007 and 2008 60 m, 200m, 400m, 800m, 1500m, Long Jump, High Jump,
Shot Put, 4x200m

Senior: Athletes born in 2005 and 2006 60 m, 200m, 400m, 800m, 1500m, Long Jump, High Jump,
Shot Put, 4x200m

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. NOTE: supply on event day.
4. Events with less than five athletes may be combined with another age group.
5. Starting blocks for Atom and MTA Sr. only.

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/ Hurdles 50-100m	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, March 13th, 2019 at 11h59pm

Entry fees are as follows:

\$10.00 per athlete for each event.

\$15.00 per relay team

The late deadline will be at noon on Friday, March 15, 2019. The late fees are:

\$20.00 per athlete for each event

\$30.00 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 8:30 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



MINOR TRACK ASSOCIATION

2019 Mississauga Olympians Indoor Track and Field Meet

**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:
MINOR TRACK ASSOCIATION (of Ontario)**

In consideration of the acceptance of my application and permission to participate as an entrant of competitor
in the 2019 Mississauga Olympians Indoor Track and Field Meet
Scheduled for Saturday, March 16th 2019

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, Coaches and Volunteers
- City of Toronto
- Toronto Track & Field Centre

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)