



**2019 DAVID McKENDRICK
MINOR TRACK ASSOCIATION INDOOR PROVINCIAL CHAMPIONSHIPS
TECHNICAL PACKAGE REV. 2 (Updated March 5, 2019)**

Toronto Track & Field Centre, York University
231 Ian MacDonald Boulevard
Toronto, Ontario, Canada M3J 3L9
March 23rd and 24th, 2019

MEET DIRECTOR: Cheryl Bowman email: cheryl.bowman@kwtf.a.com
ENTRIES SECRETARY: Suzanne Leroux email: Suzanneleroux@rogers.com

ELIGIBILITY:

- This is a closed event for MTA clubs & their members only. Only athletes registered with an MTA registered club may compete.
- All Member Clubs must have their athletes registered and the annual administration fee paid THE MONDAY PRIOR TO A PROVINCIAL CHAMPIONSHIP EVENT as mentioned in By-Law 11:1 therefore all clubs & athletes MUST be registered by Monday March 18th, 2019 in order to participate in this meet.

EVENTS OFFERED

Pee Wee (2013-14): 60m, Long Jump

Mite (2011-2012): 60m, 200m, 400m, 800m, 60m Hurdles (12"/30cm), Long Jump, Shot Put (1.5 kg), 4x200 relay

Tyke (2009-2010): 60m, 200m, 400m, 800m, 1200m, 60m Hurdles (18"/45cm), Long Jump, High Jump, Shot Put (2.0 kg), 4x200 relay, Medley relay (200x200x400x800)

Atom (2007-2008): 60m, 200m, 400m, 800m, 800m RW, 1500m, 60m Hurdles (24"/60cm), Long Jump, Triple Jump, High Jump, Shot Put (2.73 kg), 4x200 relay, Medley relay (200x200x400x800)

Senior (2005-2006): 60m, 200m, 400m, 800m, 800m RW, 1500m, 60m Hurdles (27"/68cm), Long Jump, Triple Jump, High Jump, Shot Put (3.0 kg), 4x200 relay, Medley relay (200x200x400x800)

ENTRY INFORMATION AND INSTRUCTIONS

ONLINE ENTRIES

- Complete online entries at www.trackiereg.com/2019MTAIndoorChamps
- ALL entries this year are online. No Hy-Tek, emailed, mailed or faxed entries will be accepted.
- Athletes may enter four individual events (of which no more than three may be track events) and one relay.
- Electronic waiver must be agreed to in order to proceed with online entry.
- Additionally, hard copy waiver forms must be filled out and submitted before athlete bibs can be released. (individual or POA blanket waiver with all athletes listed).
- Athletes without signed waiver forms will not be allowed to compete.

ENTRY DEADLINE

- 11:59 pm on Wednesday, March 20, 2019
- LATE & RACE DAY ENTRIES WILL NOT BE ACCEPTED

ENTRY FEES

- \$10.00 per individual event and \$1.00 MTA fee per athlete
- \$15.00 per relay team per event

MEET ADMISSION

- All entry to the field of play will be by athlete competition number and coaches' wrist band.
- Only registered MTA coaches with an MTA number will be issued a wrist band.
- One coach per 10 athletes will be allowed onto the field of play.

EVENT SCHEDULE

- Coaches meeting at 9:10am.
- A schedule forms part of this technical package.
- The schedule is rolling. Events will begin immediately at the conclusion of the previous event.
- The start time for afternoon events may be advanced by up to 30 minutes if the schedule allows.
- Events with less than five athletes may be combined with another age group.
- Track events take precedence over field events.
- If the timing of the 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 once they have completed their race but will start their competition at the current point in the event (no make-up jumps or throws will be permitted).

AWARDS

- Medals will be presented to the 1st, 2nd, and 3rd place finishers in each event.
- We will announce & hold awards ceremonies shortly after event results are final. If athletes do not present themselves at the awards ceremony, they can pick up their medals from the awards desk.

- Ribbons will be presented to 4th to 8th place finishers at the awards desk.
- Participant ribbons will be given to all competitors.
- An MTA team championship trophy will be awarded to the club with the highest accumulated team points at the end of the meet.

FIELD EVENTS

HORIZONTAL JUMPS

- Pee Wee, Mites, Tykes and Atoms will jump from a 1m jump-zone for long jump. The jump-zone will be marked with chalk.
- Seniors must jump from the designated board.
- All Triple Jump competitors must jump from a designated board.
- <16 participants:
 - Each competitor gets 3 trials and top 8 get 2 additional jumps
- 16 or more participants:
 - Each competitor gets 2 trials and top 8 get 2 additional jumps
- All jumps are considered for performance ranking. The best result of the day determines final position. Any ties will be broken using the next best result.
- Coaches will not be allowed in the horizontal jumps area. They can coach from the other side of the fenced area or on the opposite side of the track.

HIGH JUMP

- <16 participants:
 - Each competitor gets 3 trials at each height.
- 16 or more participants:
 - Each competitor gets 2 trials at each height.
 - When there are only 6 participants left then all 6 get 3 trials at each height until they are eliminated.
- Starting height will be the lowest height requested by any competitor.
- Height will increase by 5cm increments until there are 3 jumpers left.
- Height will increase by 2cm increments after this unless ALL jumpers agree to a larger increase.
- Last successful jump is considered for performance ranking.
- If there is a tie for first place a jump-off will be conducted.
- If there is a tie for other than first place, the following tie-breaker rules will be applied:
 - Among tied athletes, the one with the lowest number of jumps at the tied height is awarded the higher place;
 - If they are still tied after this, then the athlete with the lowest total number of failures up to and including the tied height, is awarded the higher place;
 - If they are still tied after this, the jumpers remain tied in the final scoring.

THROWS

- Shot Put weights are Mites 1.5kg, Tykes 2.0kg, Atom 2.73kg, Senior 3.0kg
- <16 participants:
 - Each competitor gets 3 trials and top 8 get 2 additional throws
- 16 or more participants:
 - Each competitor gets 2 trials and top 8 get 2 additional throws
- All throws are considered for performance ranking.

- The best result of the day determines final position. Any tie will be broken using the next best result.

TRACK EVENTS

ORDER OF EVENTS:

- We will run races by age category, girls, then boys (e.g. Mite girls, Mite boys, Tyke girls, etc.)

SEED TIMES:

- **NEW THIS YEAR:** All Atom & Senior seed times must have been achieved at an MTA indoor meet between January 1, 2018 & the close of registration for this meet.
- Seed times for Atoms & Seniors will be verified. If MTA results data does not support the seed time listed, it will be changed to the best verifiable result or NT if no result is available. There will be no conversions made from alternative distances.
- Seed times for all other age groups should

TIMING:

- All events will be photo-timed with a hand-timed back-up.

STARTING BLOCKS:

- Starting blocks will be available for Atom and MTA Seniors only.

SPRINTS/HURDLES:

- There will be prelims and finals for the 60 & 60 hurdle events.
- Qualifying to Final:
 - 4 or fewer heats the top 8 times will move on to a single final,
 - 5 or more heats, top 16 times move on to an A and B final with the A final being the fastest. Awards will be given to the top times between the A and B finals.
- Hurdle specifications are:

Age Group	Distance	# of Hurdles	Height	To 1st Hurdle	Between Hurdles
Mite	60m	5	12"/30cm	11.5m	7.0m
Tyke	60m	5	18"/45cm	11.5m	7.0m
Atom	60m	5	24"/60cm	11.5m	7.0m
Senior	60m	5	27"/68cm	11.5m	7.5m

OFFICIALS:

- Officials will be in charge of each event area. They will have the final say with respect to how their event is run pursuant to MTA rules where applicable & IAAF rules where no MTA rule exists.
- While disqualification of any athlete is not the preferred outcome, it is a possibility if the infraction is witnessed by the Event Official & in their opinion is egregious or unfairly changed the outcome of the event.

- Any issues or protests should be brought to the attention of the Event Official by the coach of the affected athlete. The Event Official will determine what actions will be taken & inform the Meet Director of any actions that impact the final results of their event.
- All results will be considered official 15 minutes after the completion of an event if there is no issue or protest.

FIRST AID:

- Certified first responders will be on site in case of a medical emergency.

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**DAY ONE – SATURDAY MARCH 23rd, 2019
START TIME 9:30 AM**

Time	Track		Horizontal Jumps	High Jump	Throws		
9:30	800RW	Atom	Pee Wee & Mite Girls LJ		Mite Boys Shot Put (1.5 kg)		
		Senior	Atom Girls LJ		Tyke Boys Shot Put (2.0 kg)		
	1200 Finals	Tyke	Senior Girls LJ		Atom Boys Shot Put (2.73 kg)		
	1500 Finals	Atom				Senior Boys Shot Put (3.0 kg)	
		Senior					
	60 Prelims	PeeWee					
		Mite					
		Tyke					
		Atom					
		Senior					
Lunch Break							
1:00	400 Finals	Mite		Pee Wee & Mite Boys LJ			Mite Girls Shot Put (1.5 kg)
		Tyke		Atom Boys LJ			Tyke Girls Shot Put (2.0 kg)
		Atom	Senior Boys LJ	Atom Girls Shot Put (2.73 kg)			
		Senior	Senior Girls Shot Put (3.0 kg)				
	60 Finals	PeeWee					
		Mites					
		Tyke					
		Atom					
		Senior					
	4 x 200 Relay	Mite					
		Tyke					
		Atom					
		Senior					

**DAY TWO – SUNDAY MARCH 24th, 2019
START TIME – 9:30 AM**

Time	Track		Horizontal Jumps	High Jump	Throws
9:30	800	Mite	Atom Girls TJ	Tyke Boys HJ	
		Tyke	Tyke Girls LJ	Atom Boys HJ	
		Atom	Senior Girls TJ	Senior Boys HJ	
		Senior			
	60 Hurdle Prelims	Mite			
		Tyke			
		Atom			
Senior					
Lunch Break					
1:00	60 Hurdle Finals	Mite	Atom Boys TJ	Tyke Girls HJ	
		Tyke	Tyke Boys LJ	Atom Girls HJ	
		Atom	Senior Boys TJ	Senior Girls HJ	
		Senior			
	200 Finals	Mite			
		Tyke			
		Atom			
		Senior			
	Medley Relay	Tyke			
		Atom			
Senior					



MINOR TRACK ASSOCIATION

SANCTIONED AND REQUIRED BY:

MINOR TRACK ASSOCIATION

RELEASE, WAIVER AND INDEMNITY

In consideration of the acceptance of my entry into this event, I freely and without duress, HEREBY FOREVER RELEASE, WAIVE, DISCHARGE, INDEMNIFY and hold harmless

**Minor Track Association of Ontario
Athletics Ontario
Athletics Canada
310 Running Club
Kitchener Waterloo Track & Field Association
City of Toronto
Toronto Track & Field Centre
Scott Skimming
Cheryl Bowman**

and their respective directors, officers, employees, volunteers, coaches and any of their successors and assigns (the "Releases"), 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 person or property however caused (including without limitation by the negligence of omissions of the Releases), arising out of or in any way connected to my participation in the said event. I ACKNOWLEDGE that participation in the said event has inherent risks and I WARRANT that I am physically fit to participate in it. I ACKNOWLEDGE that my image may be filmed or photographed during the event and I AGREE to the use of my name and my image from the competition in any form in broadcasts, newspapers, brochures, promotional material and other media without compensation. I consent to the use of my personal information contained in this registration form for the purpose of soliciting my participation in future events by email or any other form of electronic communication. I AGREE that this Waiver is intended to be as broad and inclusive as permitted by the laws of Ontario and that it shall be governed and interpreted according to the laws of Ontario and that if any portion of this Waiver is held invalid by any Court of competent jurisdiction, the invalidity of such portion shall not otherwise affect its remaining provisions which shall continue in full legal force and effect. I CONFIRM that I am the legal parent/guardian of, or have power of attorney for, the participant and I have read and understood this Waiver prior to providing written or electronic acceptance and agree that it will be binding on my heirs, executors, administrators, successors and assigns.

Date

Print Name

Signature

(If under 18, parent or guardian or Power of Attorney must sign below.)

Date

Print Name

Signature of Legal Guardian