



# MISSISSAUGA OLYMPIANS TRACK & FIELD CLUB PRESENTS MO TRACK SPRING TUNE UP AND QUALIFYING MEET FOR THE INTERNATIONAL YOUTH TRACK AND FIELD CHAMPIONSHIP

**Date:** Saturday, May 25th, 2019

**Time:** 3:00pm-6:00pm

**Meet Director:** Carla Warwick 905-997-2713 [carla@mississaugaolympians.com](mailto: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.

## **Age Categories**

Open

**International Youth Track and Field Championships:** Meet information can be found at

<https://intyouthtrackchampionships.com/>

## **Waiver**

Each participant is required to sign the waiver form attached. For athletes under the age of 18, a parent or guardian's signature must appear on the waiver. The waiver forms must be submitted at the registration desk the day of the competition.

## **Starting Blocks**

Starting Blocks will be supplied by meet management.

## **Infield**

The infield area can be used for warm up by athletes. Only athletes, coaches, officials and meet volunteers will be permitted in this area. All others must go to the spectator seating area or may stand on the outside of the east and west side of the track.

## **Sportsmanship**

Proper conduct extends to all athletes on and off the field during the meet and to parents, friends and coaches especially at the meet site.

## **Protests**

All protests must be made as outlined in IAAF rule 146. In all cases, protests or appeals shall be filed within 30 minutes of the official announcement or release of the results. If no protest or appeal is received within 30 minutes of the official announcement or release of the results, the result as released will stand. If a protest or appeal changes a result, 30 minutes will be allowed following the announcement or release of the decision for further appeals to be brought forward. The Jury of Appeal is the final authority on all issues.

Cost: \$25.00 to be returned only if the protest is upheld.

**Check-In**

Saturday 3:00pm

**Meet Rules**

- In all running events, girls will precede boys, from youngest to oldest age division
- For events run in sections on a time basis – 200m and longer – the fastest section shall run last.
- Seeding marks must have been achieved during 2018-19. Seeding will be done according to IAAF rules.
- Shot put and long jump: all competitors will have 3 attempts with the top 8 receiving 3 additional attempts. All 6 attempts will count in the final outcome of the event.
- The metric system will be used for all measurements.

**Entry Fees**

\$10.00 per event. Late Entries \$15 per event. All fees payable by cash, money orders or club cheques. Make cheques payable to: Mississauga Olympians Track & Field Club

**EVENTS**

	<b>WO</b>	<b>MO</b>
<b>100m</b>	X	X
<b>200m</b>	X	X
<b>400m</b>	X	X
<b>800m</b>	X	X
<b>Long Jump</b>	X	X

**Deadline: Wednesday Midnight, May 22rd, 2019****Late Entries: Friday Noon May 24<sup>th</sup>, 2019**

Email Entries to: Suzanne Leroux [suzanneleroux@rogers.com](mailto:suzanneleroux@rogers.com)  
Via Excel Form or Register through Trackie

**Meet Schedule****Saturday May 25th, 2019**

3:00PM	100m (Heats)	3:00 PM	Women's Open Long Jump
3:45 PM	400m (Time Finals)	4:00 PM	Men's Open Long Jump
4:30 PM	100M (Time Finals)		
5:00 PM	800m (Time Final)		
5:45 PM	200M Finals		

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This is a tentative schedule and may be advanced or delayed as required

## Directions

### From Hamilton

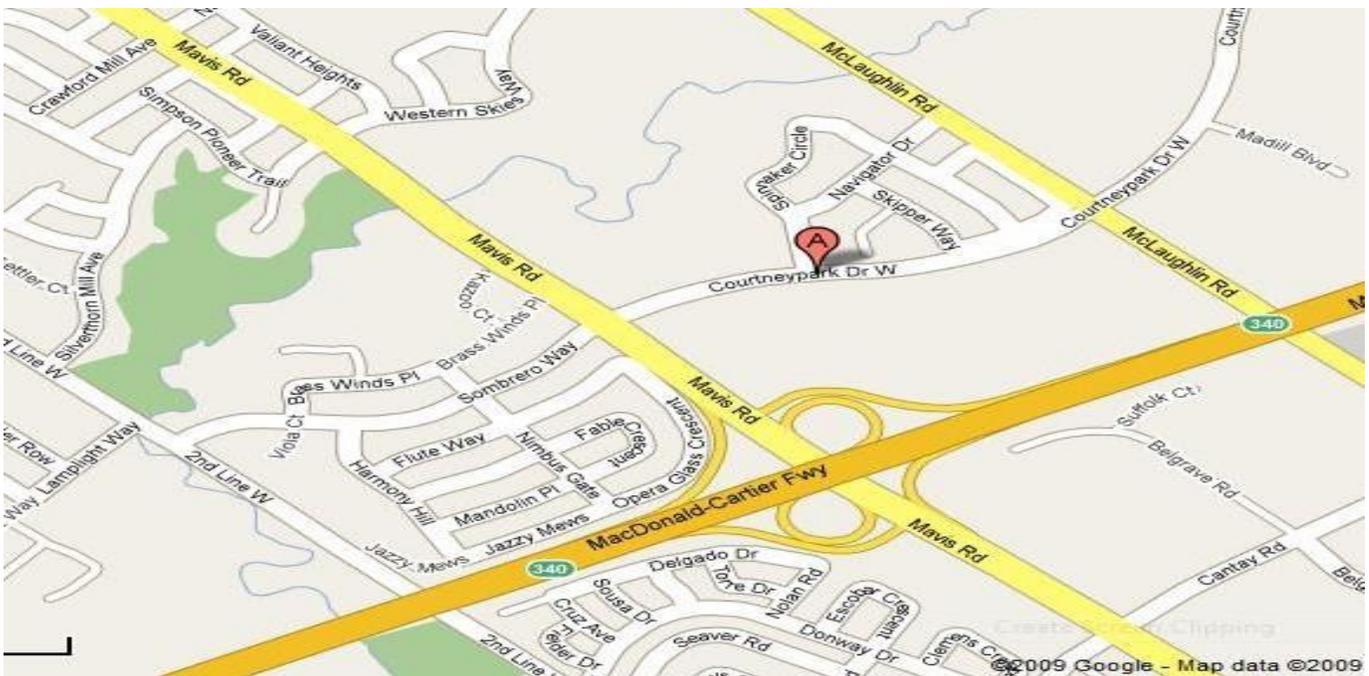
Take the QEW East to Toronto. Take HWY-403 E ramp toward TORONTO. Merge onto PROVINCIAL ROUTE 403 E. Take the MAVIS RD./CENTRE VIEW DR. exit. Take the MAVIS ROAD ramp. Turn LEFT onto MAVIS RD. Turn RIGHT onto COURTNEYPARK DR W.

### 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.



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:  
Mississauga Olympians Spring Tune Up  
Saturday May 25, 2019

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

- Athletics Ontario
- Athletics Ontario Officials
- Mississauga Olympians Track & Field Club and/or any of its Directors, coaches and volunteers
- City of Mississauga
- Dufferin-Peel Catholic District Board of Education
- Carla Warwick

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 of my participation in the said event, whether as spectator, participant, competitor 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.

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Date	Print Name	Signature
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If under 18 years, a Parent or Guardian or Power of Attorney is to sign below.

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Date	Print Name	Signature of Parent or Guardian Or Power of Attorney
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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).

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Date	Print Name	Signature
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If under 18 years, a Parent or Guardian or Power of Attorney is to sign below.

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