



Competition Date: Saturday, December 28, 2019

Hosted by: Bullets Track Club & Thorold Elite

Meet Director: Jim Catton

Technical Director: Steven Fife

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 26th entries will be accepted until noon on Friday December 27 at \$15 per event and \$15 per relay. Meet day registrations will be accepted for \$20 per event.

Registration: <http://www.TrackieReg.com/2019finale>.

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

Age Groups and Events:

- U7- 60m, Long Jump
- U9- 60m, 200m, 400m, Long Jump, Shot Put (1.5k Kg)
- U11- 60m, 200m, 400m, 800, Long Jump, High Jump, Shot Put (2.0 Kg), 4x200m Relay
- U13- 60m, 200m, 400m, 800m, 1500m, 800m Race Walk, Long Jump, Triple Jump, High Jump, Shot Put (2.73 Kg), 4x200m Relay
- U15- 60m, 200m, 400m, 800m, 1500m, 800m Race Walk, Long Jump, Triple Jump, High Jump, Shot Put (3.0 Kg), 4x200m Relay
- U18- 60m, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, High Jump, Shot Put (age specific), 4x200m Relay
- OPEN- 60m, 60m Hurdles (age specific), 200m, 400m, 800m, 1500m, 1500m Race Walk, Long Jump, Triple Jump, High Jump, Shot Put (age specific), 4x200m Relay
- Masters (1984 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.
- SPECIAL EVENT- OPEN Pole Vault.
- SPECIAL EVENT- U14 Tetrathlon

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 using Athletics Ontario and Ontario Masters Association specifications.
- 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.
- U13, U11, U9, U7 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

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

2019 Ontario Track & Field Finale
December 28, 2019

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

BULLETS TRACK & FIELD CLUB
THOROLD ELITE TRACK 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.

_____ Athlete's Name	_____ Date	_____ Signature (if over 18)
_____ Parent or Guardian Name	_____ Date	_____ Signature (if athlete is under 18)
_____ Club Name	_____ Date	_____ Signature (club rep, if signing for entire club)