



# **Brockville Legion Track and Field Club**

**Presents**

## **5<sup>th</sup> Annual Leeds and Grenville Youth Cross Country Championships**

**October 23, 2021**

**Memorial Park – North Entrance  
473 Laurier Blvd  
Brockville ON**

**Technical Package**

## Registration

Entry Deadline: 11:59pm, Thursday , October 21st, 2021

Age Categories: **Offered age groups:**

Masters – As per age classification

Open Born 2000 or after

U20 Born 2002 or after

U18 Born 2004 or after

U16 Born 2006 or after

U14 Born 2008 or after

U12 Born 2010 or after

U10 Born 2012 or after

U8 Born 2014 or after

Eligibility and COVID: Athletes ages 12 and over must provide proof of full vaccination at time of check-in, along with ID to pick up their bib.

Coaches are also required to have vaccination documents to attend the meet.

All athletes and coaches are required to complete the COVID screen prior to competing.

Fees: U8/U10 -\$5  
U12 and up -\$10

Method and Payment: Trackie Online: <http://www.trackiereg.com/LGXC2021>  
**All payments are made via Trackie with on-line payment.**

Late Entries: There will be no late entry for this meet.

Confirmation: As Entries are processed, performance lists will be made available online at the Trackie Reg site. Please check online to confirm your entries following the entry deadline.

Waiver: Every 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 form must be submitted at the registration desk on the day of the competition.

## Competition Details

Schedule: The schedule is subject to minor adjustments. . A final schedule will be posted by Oct 22<sup>nd</sup> at 4pm EST on Trackie.

Check-In Procedure: Once you have received your bib number at registration, the athletes are to report to the start line. A call will be made ~ 5 min prior to the race start.

Awards: Gold, Silver, and Bronze medals will be awarded to the first three finishers in each event.

Spectators/Coaches:

Spectators and coaches are permitted to watch the competition free of charge. Spectators will be asked to self screen for COVID symptoms prior to arriving at the event. Please to do not attend if you are unwell.

Masks:

All participants present at the competition site must always wear a mask. Athletes must wear a mask until they begin their warmup or are competing. Upon the completion of an event, an athlete must put their mask back on.

## Technical Details

Event distances:

M/F U8 - 1k	Same distances may be run together depending on numbers (U8/U10, U12/U14)
M/F U10 – 1k	
M/F U12 – 2k	
M/F U14 – 2k	
M/F U16 – 4k	
M/F U18 - 6k	
M/F U20 - 6k	
M/F Open – 8k	
M/F Masters - 4k	

Protests:

All Protests must be made as outlined in IAAF rule 146. In all cases, protests must be filed within 30 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit, the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The cost of \$25.00 will be returned if the protest is upheld or not considered frivolous by the Jury.

## General Information

### Organizing Committee

Meet Director	Laura Sivers
Volunteer Coordinator	Janet Wynands
Officials Coordinator	Laura Sivers
Health & Safety Officers	Doug Williams

**Results:** Results will be posted on Sunday August 29, 2021, following the completion of the meet. Live results will not be available during the meet..

**Photos:** Photos may be captured and posted on the Athletics Ontario social media sites (Facebook, Twitter, Instagram, etc.) during and following the meet. All athletes are given the opportunity to sign a waiver/release form regarding photography.

**First Aid:** The closest hospital is:  
Brockville General Hospital  
75 Charles St,  
Brockville, ON  
K6V 1S8  
(613) 345-5649

Waiver:

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

**5<sup>th</sup> Annual Leeds and Grenville Youth Cross Country Championships**

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

Athletics Ontario  
Athletics Ontario Officials

Brockville Legion Track and  
Field Club  
City of Brockville

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 the aforesaid from and against 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
		If under 18 years, Parent or Guardian or Power of Attorney to sign below.

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Date	Print Name	Signature of Parent or Guardian or Power of Attorney
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**Media Consent**

I hereby authorize any images or video footage taken of myself, in whole or in part, individually or in conjunction with other images and video footage, to be displayed on the Athletics Ontario website, and to be used for media purposes including promotional presentations and marketing campaigns for Athletics Ontario. I also authorize any media material created by myself within, or for, Athletics Ontario over the course of the 2021 season.

I waive rights to privacy and compensation, which I may have in connection with such use of my name and likeness, including rights that may be created in connection with video production, editing and promotion therewith.

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

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Date	Print Name	Signature of Parent or Guardian or Power of Attorney
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