

**Brockville Legion Track and Field Club**

**Presents**

**6th Annual Leeds and Grenville Youth Cross Country Championships**

**October 29, 2022**

**Memorial Park**

## **100 Magedoma Blvd**

**Brockville ON K6V7J5**

**Technical Package**

**UPDATED OCTOBER 27th: NOTE AGE GROUP CHANGES FOR U16 and over**

# Registration

Entry Deadline: 11:59pm, Tuesday , October 25th, 2022

Fees: U8/U10 -$5

 U12 and up -$10

 School/Club maxes: $50 max per age/division,

 $300 max per team total if all U8-U12, (eg schools Grades 6 and under)

 $350 max for all other ages combined

**Late Entries: 11:59pm, Thursday, October 27th, 2022**

**Fees: All ages: $15**

Age Categories: **Offered age groups:**

 Masters – 1992 or earlier, as per masters age divisioning

 Open Born 2002 or earlier

 U20 Born 2003 or after

 U18 Born 2005 or after

 U16 Born 2007 or after

 U14 Born 2009 or after

 U12 Born 2011 or after

 U10 Born 2013 or after

 U8 Born 2015 or after

Eligibility: Athletes may be entered by school team or club team. Those that are not affiliated with a school or club may be entered as “unattached”.

Method and Payment: Trackie Online: [http://www.trackiereg.com/](http://www.trackiereg.com/2021-rising-stars-central)LGXC2022

**All payments are made via Trackie with on-line payment. If maxes are not properly calculated due to Trackie limiations, or if mandated by the school, please select “Other payments” and provide cheque at meet. Bibs will not be released without payment.**

Confirmation: As Entries are processed, performance lists will be made available online at the Trackie Reg site[.](http://www.trackiereg.com/2021-ontario-u18-champs) 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: 9am: U8/U10 Girls

 9:15 – U8/U10 Boys

 9:30 – U12 Girls

 10:00 – U12 Boys

 10:30 – U14 Girls

 11:00 – U14 Boys

 11:30 – U16 -Master 5k (Male/Female Combined) \*will results

 The schedule is subject to minor adjustments. . A final schedule will be posted by Oct 28st 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. Please arrive a minimum of 30min prior to your race to receive your bib number.

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

Spectators/Coaches: Spectators and coaches are will be asked to self screen for COVID symptoms prior to arriving at the event and do not attend if you are unwell.

# 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 – Masters – 5k

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 by Sunday Oct 30rd 2022 following the completion of the meet.

 Live results will not be available during the meet.

Photos: Photos may be captured and posted on the Brockville Legion Track and Field and 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](https://www.google.com/search?gs_ssp=eJzj4tVP1zc0TDIrS84qyDMwYLRSNagwMTA1MTKztDRMtTQ3TrZMsTKoMEsFChgbmRunJllamKVaeEknFeUnZ5dl5uSkKqSn5qUWJeYoZOQXF2SWJOYAAMqUGUw&q=brockville+general+hospital&rlz=1C1GCEU_enCA892CA892&oq=Brockville+Gen&aqs=chrome.1.0i355i433i512j46i175i199i433i512j0i457i512j0i512j46i175i199i512j0i512l3j46i175i199i512j0i512.3859j1j4&sourceid=chrome&ie=UTF-8)

Waiver: 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

**6th 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 OntarioAthletics Ontario Officials | Brockville Legion Track and Field ClubCity 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.

|  |  |  |
| --- | --- | --- |
| Date | Print Name | SignatureIf under 18 years, Parent or Guardian orPower of Attorney to sign below. |
| Date | Print Name | Signature of Parent or Guardian orPower of Attorney  |

**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 2022season.

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.

|  |  |  |
| --- | --- | --- |
| Date | Print Name | SignatureIf under 18 years, Parent or Guardian orPower of Attorney to sign below. |
| Date | Print Name | Signature of Parent or Guardian orPower of Attorney  |

Clubs with Power of Attorney: Waiver

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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.

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Date: Club Name Print Name Signature of Power of Attorney

Please list out the names of all athletes below that your clubs have power of attorney.

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| --- | --- |
| 1. | 11. |
| 2. | 12. |
| 3. | 13. |
| 4. | 14. |
| 5. | 15. |
| 6. | 16. |
| 7. | 17. |
| 8. | 18. |
| 9. | 19. |
| 10. | 20. |