



## 1. RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of our application and the permission to participate as entrants or competitors in the

**CYSA**

**Sunday July 16, 2023**

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

**CYSA**

ALL Board of Directors Members

All Members of the **TRACK and FIELD** Planning Committee

**Oshawa Civic Recreation Complex – City of Oshawa**

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 our persons or property HOWSOEVER CAUSED, arising or to arise by reason of our participation in the said event, whether as a spectator, participant, competition 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.

WE 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, WE ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. WE WARRANT that we are physically fit to participate in this event.



## 2. TRACK INFORMATION

**Date & Time:** Sunday July 16, 2023 from 9:30 a.m. to 6:30 p.m. (Time subject to change)

**Location:** Oshawa Civic Recreation Complex  
99 Thornton Rd. South, Oshawa

**Outdoor Track Facility:** All weather polytan surface on 8-lane track.  
Washroom is available

**Parking:** FREE

**Admission Fee:** \$8.00 - General Admission  
\$5.00 - Children 4 and 5 years of age  
FREE - Children under 3 years of age

*ALL Individuals competing are required to pay admission fee*

## 3. CONTACT INFORMATION

Meet Director: Chantelle  
President: Johnson

Director of Sports: Michelle  
Director of Volunteers: Karlene

### General Information:

[trackandfield@cysa.ca](mailto:trackandfield@cysa.ca)

Meet Director: 647-239-5108

## 4. TEAM PAYMENT & DEADLINE

### Non-Refundable Fee:

Affiliation Participation: **\$350 per affiliation**

Full Payment and affiliation registration form submitted by **June 25, 2023**. A late fee of **\$50 will apply after June 25, 2023**.

Payment indicates your affiliation will be participating in the track meet. Without payment, your affiliation is not considered registered and athlete registration will not be valid.

### Methods of Payment:

- Cheque/Money Order - payable to CYSA
- E-Transfer - email to [treasurer@cysa.ca](mailto:treasurer@cysa.ca)

The cheque should be made payable to: **CYSA**



**C/O** Hadriana Leo  
3583 Sheppard Avenue East  
Suite 216  
Toronto ON M1T 3K8

CYSA Waiver and Package Acknowledgement

- I have read, understood and reviewed the [wavier](#) and [full package](#) in detail.
- I am aware that a photo release notification will be posted at the event
- I agree that I have my vulnerable sector screening to voluntarily work with the athletes

## 5. REGISTRATION & TRACK INSTRUCTIONS

### **Athlete Registration & Deadline:**

All athlete names and event entries are to be submitted online by an Affiliation Representative or Affiliation Coach by **11:59 pm Sunday July 9, 2023.**

#### **Please note:**

- Late entries will **NOT** be accepted.
- Entries will **NOT** be accepted on the day of the meet.
- Unregistered athletes will **NOT** be allowed to compete.
- Registration will **NOT** be permitted without payment.

### **Athlete Registration:**

- Athlete registration online link will be provided once payment is received.
- Athlete registration of events will open on June 25 and close on July 9<sup>th</sup>, 2023.
- Athletes can be entered in multiple events based on their age and gender.
- Enter athletes in events they will participate in. Please do not enter athletes in multiple events, knowing they will not participate
- Only the top 2 athletes from each affiliation will score in an event.
- The athlete's age on **December 31, 2023** is the official age that **must** be used to assign him/her to the age category.
- OPEN for track events means all age groups can participate in that event.
- Be sure to keep a hard copy of your team entries for your personal records. This is helpful to use as a working copy of the athlete's participation for each event.



### Coaches Role and Responsibility

- Submit entries online by **July 9, 2023** by 11:59 p.m. **LATE SUBMISSION WILL NOT BE ACCEPTED.**
- Ensure all participants have been entered with the athlete's full name, birth year, gender and event
- It is the responsibility of the Coach to ensure that all entries per event are correct and complete. If you require assistance, please contact us at [trackandfield@cysa.ca](mailto:trackandfield@cysa.ca) prior to deadline
- Ensure all athletes are informed of rules, and information pertaining to the meet. All athletes are responsible for knowing the starting time of the event(s), for knowing the registration or check-in method utilized at the start (for some or all of the competitors), and for being at the starting line at the appointed time for instructions and the start of the race.
- The event schedule will be posted on the CYSA webpage and will be available on the day of the track meet in the team's package

## **6. GUIDELINES for the day of Track and Field Meet**

### Package Pick up

- The gate is opened at 8:30 am for collection of packages and bib numbers. Package pick up will be located onsite at the registration booth.
- Coaches or delegate **must** pick up and sign for their team package by 9:30 am.
- Packages will only be released based on payment received for all entries submitted.

### Track and Field Facility Rules

- Only coaches, officials and track meet volunteers are permitted onto the competition areas. All others must go to the spectator viewing area (no spectators on the infield).
- Only athletes competing in the event are allowed in competition areas.
- If there are any questions or concerns regarding track rules or results, please discuss with CYSA officials. **Please do not approach or direct questions to the timing officials located at the finish line.**
- All results will be posted for each event
- No coaches or athletes are permitted in the timing tent/room or announcement tower.

### Athletic Attire and Sweat Suit rule

- Athletes are expected to dress appropriately for the event (i.e., appropriate shorts). **This is the responsibility of both coaches and athletes.**
- All athletes will be expected to be ready to start when they are called to the start line.
- All sweat suits and tights must be off when called to the start line.
- Use designated stretching and spectator areas.
- Officials will **NOT** wait for athletes that are not ready.



### Starting Blocks & Spikes

- Blocks and spikes are allowed to be worn for competing. Maximum spike length - 6mm (Blocks will be provided)

### Check-in procedure and Competition Rules

- All events will receive only **two (2) calls** to the marshalling area.
- Athletes must check in at least **15 minutes** prior to the scheduled time of the event and stay in area.
- Event check in will be located at the start line of each track event and at field events.
- Each athlete in an event must report to the check in area immediately after the first call and will be assigned their lane number. **Athletes who do not show up in time for their event will not be able to compete in the event.**
- Bib numbers are provided to every entered/registered athlete. **Every athlete competing shall wear the Bib number on the front of their uniform when competing.**
- Once a Bib number has been assigned to the athlete, no other athlete may use it.

### Start of Race

- When starting, all athletes must be behind the starting line.
- Prior to each running event, the Starter or designee will give instructions to athletes concerning the commands to be used.
- Should the Starter or any Recall Starter not be satisfied that all is ready to proceed after the competitors are on their marks, he/she shall cancel the start and order the competitors to "stand up."
- **Only 1 false start** will be allowed for each race. The athlete who causes a second false start will be disqualified.
- Each athlete shall run and remain in their assigned lanes, cutting into another lane will result in a disqualification (exception of races that require cutting into lanes (e.g., 1500m, 800m, and distance medley relay).
- Kids under 8 will not be disqualified, however coaches shall communicate to their athletes to run in their lanes.
- All questions concerning the start shall be decided by the Starter and/or meet officials.





## **Guidelines for the day of Track and Field Meet (3 of 4):**

### **End of Race**

- The athlete is to stay in their assigned lane, turn around and walk towards the finish line after their race. This is to ensure the bib numbers is picked up by the photo finish.
- **Bib numbers must be worn on the front.**
- To be considered a finisher, a competitor must complete the race.

### **Relay Rules**

- All 4 relay team members must check in at the same time with bib numbers.
- A maximum of 2 relay team members are permitted to run up one age category.
- Athletes 60+ are permitted to run down one age category
- Each affiliation can have up to 2 relay teams (A team and B team) of 4 athletes plus 1 SUB for each relay event. All relays are timed finals.
- All members of the relay team must be wearing the same team colours.
- For each baton exchange, a designated official will ensure that the athletes are correctly placed in their exchange zone.
- The baton must be exchanged within the exchange zones identified on the track. If baton is received before or after the zone, the team will be disqualified. This decision is made by the designated official at the exchange zone.
- Runners, before receiving and/or after handing over the baton, should remain in their respective lanes or maintain position until the lane is clear to avoid obstruction to other athletes.

### **Timing**

- Fully automatic timing, photo finish timing and hand timing will be the methods for each track event. Such times shall be the official times for those events unless the timing officials determines that the equipment is not operating properly.
- Hand times shall be taken by manually operated devices- this method may be used for kids' shuttle relays.

### **Standing and Long Jump**

- The measurement of each jump shall be made immediately after each jump.
- The first contact by any part of the body that touches the sand from the take off line will be measured.
- The jump will not count if the athlete's foot is past the take off line.
- Each athlete will have 3 jump attempts. The best of all his/her jumps will be credited/counted.



**Throwing events**

- The measurement of each throw shall be made immediately after each throw and from the nearest mark made by the fall of the shot put/ball.
- The measurement mark in the landing area, for all attempts, shall be preserved until removal is authorized by the official responsible for the event.
- Each competitor shall have 3 throw attempts using the best throws to be counted.

**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.

**Scoring:** The points are awarded as follows:

March Pass - 80 pts (Required: minimum people to receive points)		
Criteria	Description	Points Range
Uniform	All athletes are uniformed	1 – 40
Originality	Think outside the box- be creative	1 – 10
Full team presence	Did all the athletes participate in March Pass	1 – 20
Sign or Banner	Did the teams have a sign or banner	1 – 10

Track and Field Scoring:								
Event Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Points	10	8	6	5	4	3	2	1

Points for Pastor’s Race:				<i>Each pastor will receive 3 pts for participating.</i>
Event Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	
Points	15	10	5	

**AWARDS:**

- Gold, Silver and Bronze medals will be awarded to the first three overall final events
- An overall trophy will be presented to the winning affiliation.
- Awards must be picked up on the same day at awards table/tent.
- Athlete is responsible for picking up their individual award, and bib numbers must be presented to receive award.
- One person from winning relay teams (top 3) can pick up awards for all members of the relay team.

**8. TRACK EVENT DETAILS**

TRACK EVENTS	AGE CATEGORY	ENTRY STANDARD	Event Details
<b>Middle Distance Events</b>			
1500m	OPEN	Timed Finals	The 1500m race start with the runners spread across the start line they immediately race to the inside of the track (i.e., lane one).
800m	OPEN	Timed Finals	The 800 Meters will be run in lanes until the athletes have passed the nearer edge of the break line at the end of the first turn. The start is staggered so that the distance from the start to finish shall be the same for each competitor. Small markers, such as cones shall be placed on the lane lines immediately before the intersection of the lane lines and the break line.
400m	OPEN	Timed Finals	Athletes shall remain in their assigned lanes throughout the entire race.
<b>Sprint Events</b>			
50m / M/F The line will be marked with tape on the track	4-5	Timed Finals	Runners race for 50m down the home straight of the track. They start from standing position and run in assigned lanes to the finish line.
80m M/F The line will be marked with tape on the track	6-7 Pastors 45+ Pastors - Under 44	Timed Finals	Runners race for 80m down the home straight of the track. They start from standing position and run in assigned lanes to the finish line.
100m M/F	8-9 10-12 13-15 16-18 19-21 22-30 31-40 41-50 51-60	Timed Finals	Runners race for 100m down the home straight of the track. They start from blocks or standing position and run in assigned lanes to the finish line.



# CYSA

Track and Field Meet

SUNDAY, JULY 16, 2023  
**OSHAWA CIVIC FIELDS**  
**TRACKANDFIELD@CYSA.CA**

Other			
400m jogging	60+	Timed Finals	Runs at a relaxed pace.
100m Jogging	60+	Timed Finals	Runs at a relaxed pace.
RELAY EVENTS	AGE CATEGORY	ENTRY STANDARD	Event Details
4 X 50m Shuttle Relay M/F	4-5	No photo timing No more than 2 teams per affiliation, by age and gender category	Each athlete will run 50m in their assigned lane and tag their team mate to run back. This will consist of 4 athletes, running 50 meters each- back and forth.
4X50 Shuttle Relay M/F	60+	No photo timing No more than 2 teams per affiliation, by age and gender category	Each athlete will run 50m in their assigned lane and tag their team mate to run back. This will consist of 4 athletes, running 50 meters each- back and forth.
4 X 80m Shuttle Relay M/F	6-7	No photo timing No more than 2 teams per affiliation, by age and gender category	Each athlete will run 80m in their assigned lane and tag their team mate to run back. This will consist of 4 athletes, running 80 meters each- back and forth.
4 X 100m Relay M/F	8-9 10-12 13-15 16-18 19-21 22-30 31-40 41-50 51-60	Timed Finals No more than 2 teams per affiliation, by age and gender category	4x100m each athlete remains in their assigned lanes for the entire race. A baton will be used.
4x200m Relay 2 male, 2 female	Open	Timed Finals	4x200m each athlete remains in their assigned lanes for the entire race. A baton will be used. <i>* Because this relay can be run in different variations, the instruction of this is relay subject to change on day of track meet.</i>

# CYSA

Track and Field Meet

SUNDAY, JULY 16, 2023  
**OSHAWA CIVIC FIELDS**  
**TRACKANDFIELD@CYSA.CA**

			<i>First runner female          Second runner male          Third runner female          Fourth runner male</i>
<b>Sprint Mixed Medley Relay</b> <b>2 male, 2 female</b> <b>(400m, 200m, 100m,100m)</b>	Open  <i>Team to arrange the running order (i.e., males can run against females)</i>	Timed Finals  No more than 2 teams per affiliation, by age and gender category	Athletes shall remain in their assigned lanes throughout the entire race.  <i>*because this relay can be run in different variations, the instruction of this is relay subject to change on day of track meet.</i>
<b>Distance Medley Relay</b> <b>(800m, 400m, 800m, 400m)</b>	Open  <i>First runner Male            Second runner Female            Third runner Female            Fourth runner Male</i>	Timed Finals  No more than 2 teams per affiliation, by age and gender category	The first runner (800 Meters) shall run in lane until the athlete has passed the nearer edge of the break line at the end of the first turn.  The second, third and fourth runners will not run in assigned lanes (i.e. run in lane 1 or 2 if passing)  <i>*because this relay can be run in different variations, the instruction of this is relay subject to change on day of track meet.</i>
<b>Family 4X100m relay</b>	Open	No time, no scoring	4 family members of any age can participate in this relay. There will be no points for this event.

**FIELD EVENTS**

Event	Age	<b>NOTE:</b>  Track events will take precedence over field events.  Event opens from 10:00 am-2:00pm <b>** ALL FIELD EVENTS END AT 2:00 PM **</b>
Ball Throw M/F	4-5 and 6-7	
Shot Put M/F	OPEN	
Standing Long Jump M/F	6-7 and 8-9	
Running Long Jump M/F	10-12 13-15 16-18 19+ OPEN	



## 9. Track Schedule of Events

TIME	TRACK EVENTS SCHEDULE – JULY 16, 2023 <i>The time below is tentative based on the entries Track events takes precedence over field events</i>
9:00 am	Gates open, coach check in, bid athletes
10:00 am	Opening Ceremonies
	<b>FIELD events – Open 10:00– 2:00 pm</b>
10:45 am	1500m – Open
11:00 am	50m KIDS - M/F (4 – 5)
11:25 am	80m KIDS - M/F (6 – 7)
11:50 am	80 m Senior Jogging Race M/F 60+
12:05 pm	100m M/F 8+
1:00 pm	80m Pastor’s Race (under 44 and 45+)
1:10pm	800m- M/F -Open
<b>1:25pm</b>	<b>TRACK BREAK (30 mins)</b>
2:00pm	400m Jogging/Fast walk Race M/F 60+
2:15pm	4x200m Relay (2 male, 2 female) - Open
2:35 pm	4X 50m Shuttle Relay - M/F (4 – 5) and 60+
3:00 pm	4X 80m Shuttle Relay - M/F (6 – 7)
3:20 pm	Sprint Mixed Medley Relay (400m, 200m, 100m, 100m) – M/F Open
3:45 pm	Distance Medley Relay (800m, 400m, 800m, 400m) m-f-f-m - Open
4:05 pm	4X 100m Relay M/F (all ages from 8+) Family fun relay (no points) - Open
5:30 pm	Closing Ceremonies/Prayer
5:40 pm	Track clean up and departure
6:30 pm	Grounds and Parking area are closed / cleared



## 10. Photo Release Authorization

This is to allow CYSA to use any photos of the registered athletes to promote CYSA events. Coach must submit the completed form(s) at the morning of the track meet after the March Pass. (Please PRINT sheet to add more Athlete (s))

Name of Affiliation: \_\_\_\_\_

Name of Coach: \_\_\_\_\_

Name of Assistant Coach: \_\_\_\_\_

Bib Number: From # \_\_\_\_\_ To #: \_\_\_\_\_

Please make a list below of the athletes **NOT** authorizing CYSA to use their photo. Please hand in the form below before the final relays.

Name of Athlete:

Athlete Bib Number: #

Name of Athlete:

Athlete Bib Number: #

Name of Athlete:

Athlete Bib Number: #

Name of Athlete:

Athlete Bib Number: #

---

### CYSA Waiver and Package Acknowledgement

- I have read, understood and reviewed the wavier and full package in detail.
- I am aware that a photo release notification will be posted at the event and welcome to complete this authorization as a paper copy
- I agree that I have my vulnerable sector screening to voluntarily work with the athletes