



# **Brockville Legion Track and Field Club**

**Presents**

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

**Sunday October 29, 2023**

**Memorial Park  
100 Magedoma Blvd  
Brockville ON K6V7J5**

**Technical Package**

## Registration

- Entry Deadline:** 11:59pm, Wednesday , October 25<sup>th</sup>, 2023
- Fees:** \$10 per athlete  
School/Club maxes: \$70 max per age/division,  
\$300 max per team total.  
Please make sure to register as a group to have the registration maximums applied.
- Late Entries:** **11:59pm, Thursday, October 26<sup>th</sup>, 2023**
- Fees:** **All ages: \$15**
- Age Categories:** **Offered age groups:**
- U8 Born in 2016 or after
  - U10 Born in 2014 or after
  - U12 Born in 2012 or after
  - U14 Born in 2010 or after
  - Open - Masters :
  - U16-Open Born in 2009 or before and Masters Born on Oct 29th, 1993 or before
- Eligibility:** Athletes may be entered by school team or club team. Parents are welcome to bring school athletes to this event and pick up bibs for their son/daughter with signed waiver. Those that are not affiliated with a school or club may be entered as “unattached”.
- Method and Payment:** Trackie Online: <http://www.trackie.com/event/LGXC2023>  
**All payments are made via Trackie with on-line payment. 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. 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:**
- 9:00 am U8/U10 Girls \* results separate
  - 9:15 am U8/U10 Boys \* results separate
  - 9:30 – U12 Girls
  - 10:00 – U12 Boys
  - 10:30 – U14 Girls
  - 11:00– U14 Boys
  - 11:30 - U16-Open and Masters Women
  - 12:00 – U16–Open and Masters Men
- The schedule is subject to minor adjustments. . A final schedule will be posted by Oct 28<sup>st</sup> at 8pm 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:** Shirts will be awarded to the first three finishers in each event.

**Spectators/Coaches:** Spectators and coaches are welcome along the course route to cheer and support the athletes. Athletes warming up, coaches and spectators are asked to stay clear of the course when races are going on.

## Technical Details

### Event distances:

U8, U10: 1000m	Same distances may be run together depending on numbers (U8/U10, U12/U14)
U12, U14: 2000m	
U16-Masters: 5000m	

**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	Janet Wynands/Laura Sivers

**Results:** Results will be posted by Sunday Oct 29<sup>rd</sup> 2023 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

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

**7<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  
City of Brockville

Brockville Legion Track and Field  
Club

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

---

Date	Print Name	Signature of Parent or Guardian or Power 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 2023 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.

---

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

---

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

Clubs with Power of Attorney:

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

**6<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.

---

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.

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