



VVAC Winter Season Opener - January 7th, 2024

Variety Village Athletic Club

www.varietyonario.ca

Location: Variety Village, 3701 Danforth Avenue, Toronto, ON M1N 2G2

Facility: 5-Lane, 200m Beynon BSS 1000 Hobart Surface
Pin Spikes may be worn (6mm)

Changing rooms and showers and lockers are available for use. If you plan on using a locker you will need to bring your own lock. Variety Village is not responsible for items left in lockers.

Sanctioned by: Athletics Ontario

Meet Director: Jamal J. Miller; jmiller@varietyonario.ca

Registration: On Line Registration is via Trackie.com
Packages will be available in the Facility Lobby on Meet Day

Entries Deadline: **Tuesday, January 2th, 2024 (through trackie)**

Events: 50m, 50mH, 200m, 400m, 800m, 1500m, 3000m, 4x200m, 4x400m

Age Categories: Open & Masters

Entry Fees: \$20.00 (CDN) per event
\$30.00(CDN) for relays

Results/Heat Sheets: Will be posted at the Facility

Waiver: Must be completed online with registration.

Meet Start Time: Facility access: 8:00am, First event start time: 9:00am

Key Points:

- Teams are to set up on Court 2 Spectators are allowed but must always remain on Courts and/or behind the Curtains.
- Athletes are permitted to Warmup on courts 1 and 3 (absolutely no spikes allowed on courts). Areas of the track not in use for competition at the time can be used for Warmup.
- Athletes will report to start area of their events where they will be placed in heats prior to their races.
- Athletes will leave the competition area immediately after your race and proceed to designated team and viewing area.
- There will be no food or drink permitted on the track area

Tentative Schedule of Events (final schedule to be sent out by Friday January 5th, 2024)

Sunday January 7th, 2024

9:00am	4x200m	Women followed by Men
	1500m	Women followed by Men
	50m Hurdle	Timed Final Women
	50m Hurdle	Timed Final Men
	50m Heats	Women (Top 8 Times to a 2 section Final)
	50m Heats	Men (Top 8 Times to a 2 section Final)
	400m	Women followed by Men
	50m Final	(2 Section) Women
	50m Final	(2 Section) Men
	800m	Women followed by Men
	200m	Women followed by Men
	3000m	Women followed by Men
	4x400m	Women then Men

ALL TIMED SECTIONS WILL BE RUN FROM SLOW TO FAST

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

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

**Athletics Ontario
Athletics Ontario Officials
VARIETY VILLAGE
JAMAL J. MILLER
KATIE WATKINS**

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 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 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

Canadian Anti-Doping Program (CADP)

Athletics Canada has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to all individuals, whether in the role of athletes or athlete support personnel, who are registered for and participate in this event. By signing below, I acknowledge that I am aware that the CADP applies to me and that I am subject to the CADP. Completion of an online education course may be required as part of my registration of this event. By participating in this event, I consent to the application of the CADP to me. For further information, please visit the Athlete Zone on the CCES website www.cces.ca/athletezone.

Date:

Print Name

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