

 The Roman Olszewski Racewalks

Ont. U20 & Open Men’s & Women’s 10km Walk Champs.

 Sunday, May 26, 2024 Start: 9:15 am.

 **Hanlan’s Point, Toronto Islands**

**Events and Awards:**

• 3 K –non judged • 5 K Open - Judge

• 10 K Ontario Junior & Open Championships

• 20 K Open (Time Limit: 2:10:00)

**Age Graded 10km:** All athletes entered in the 10k and 20k are automatically entered in the 10k age graded event at no charge.

**Awards: Medals to first three finishers in each event**.

Late Entries: Thursday, May 23, 2024 by 2:00pm. Payment must be made by E-Transfer.

#  How to get to the race site

*You must go to the Toronto Island Ferry Docks****. Make sure to take the Hanlan’s Point Ferry***. Attached is a map which shows the meeting place on Hanlan’s Point. You will find signposts directing you to the registration desk, which is within easy walking distance of the Hanlan’s Point Ferry Dock – 15 minute walk. **Special Note for competitors: You should take the 7:15 or 7:45am ferry to ensure that you arrive early enough to pick up race package and warm up. Please check ferry schedule close to race date in case schedule changes.**

# Ferry Information

To obtain the Hanlan’s Point Ferry schedule: 416.392.8193

Or www.toronto.ca/parks/island/index.htm

# Description of Race Day and Course

When you leave the Hanlan’s Point Ferry, continue due south. Please follow the “Ontario Racewalkers” signs.

Bib Number pick-up at the Start/Finish Line.

The course is a 2.0 km very flat loop course, close by the water’s edge.

 Public washrooms & showers are available on race site. Light lunch/refreshments will be provided while waiting for results.

 For further information please contact:

 Lily Whalen at 416-243-5413, email: staffordwhalen@rogers.com

 Contact on Race Day: Stafford’s Cell # 647-292-5413 .

 **The Roman Olszewski Racewalks**

**Ontario U20 & Open Men’s & Women’s 10km Walk Championships**

**Sunday, May 26, 2024 Hanlan’s Point, Toronto Island**

**All races start at 9:15am**

**To Register: You must go to** [**www.athleticsontario.ca**](http://www.athleticsontario.ca) **click on “Events”.**

**Fees**: $35

**Special Note**: 20k Athletes wishing to compete in the Provincial 10k Championships must enter both events and pay $35 for the first event and $10 for the second event.

Note: Athletes entering the Ontario 10k Champs. must be registered with Athletics Ontario Or their provincial/state assoc. no later than 11:59 pm, Sunday, May 19, 2024.

PAYMENT METHOD: Online when registering.

For further information please contact: Lily Whalen (lilywhalen@rogers.com or call 416-243-5413.

**Accommodation: There are many hotels within walking distance of the Island Ferry Docks.**.

 We recommend the Chestnut Residence, 89 Chestnut St., Toronto (416)977-0707. Walking distance to Ferry dock.

# Release, Waiver and Indemnity

In consideration of the acceptance of my application to participate as an entrant in the 5 K & 3K non-champs. race, the 20 K race and the 10 K Ontario Open or Junior Championship races, I, for myself, my heirs, executors, administrators, successors and assigns hereby waive and forever discharge the City of Toronto, Athletics Ontario, the Canadian Masters Athletic Association, The Ontario Racewalkers Assoc. and their officers, directors, employees and agents of and form all claims, demands, damages, costs, expenses, actions and causes to action, whether in law or in equity, in respect to death, injury, loss or damage to my person or property however caused, arising to or to arise by reason of my participation in the said event, whether as a spectator or participant in the said event, whether as a spectator contributed to or occasioned by the negligence of the aforesaid. I further hereby undertake to hold and save harmless and agree to indemnify all of the aforesaid from or against any and all liability incurred by any or all of them arising as a result of, or in any way connected with, my participating in the 3 K, 5 K, 10 K Ontario U20 and Open championship and 20k.

 In submitting this entry, I acknowledge that I have understood and agree to the above waiver. I warrant that I am physically fit to participate in the event and agree to abandon the race if so requested by the appointed medical officer.

 Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Parent/Guardian’s signature if under 18)

 Print Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_