Brockville Legion Track and Field Club

Presents

9th Annual Leeds and Grenville Youth Cross Country Championships

Sunday October 26, 2025

Memorial Park
100 Magedoma Blvd
Brockville ON K6V7J5

Technical Package

Registration

Entry Deadline:	11:59pm, Friday, October 24th, 2024
Fees:	$10 per athlete
Late Entries:	5:00 pm, Saturday, October 25th, 2024
Fees:	All ages: $15
Age Categories:	**Offered age groups:** U10 Born in 2015 or after U12 Born in 2013 or 2014 U14 Born in 2011 or 2012
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/LGXC2025 **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 - U10 Girls 9:15 - U10 Boys 9:30 – U12 Girls 10:00 – U12 Boys 10:30 – U14 Girls 11:00– U14 Boys The schedule is subject to minor adjustments. . A final schedule will be posted by Oct 25st at noon 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:

U10: 1000m
U12, U14: 2000m

Same distances may be run together depending on numbers (U10, U12/U14)

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 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, 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

9th 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 2025 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:

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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.

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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.

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