



**Mississauga Olympians
Track & Field Athletic Association**

Presents The Indoor Championships Prep-Meet

Date: Saturday, March 26th, 2016

Time: 9:30 a.m.

Sanctioned By: Minor Track Association (Ontario)

Place: Toronto Track and Field Centre York University, Toronto

Competition Director: Carla Warwick

Entries Chairperson: Suzanne Leroux

Facilities: Chevron surface on 5-lane 200m banked oval and 8-lane sprint straight and on all field approaches. Concrete throwing circle. Change room facilities and showers are available. Maximum spike length - 5 mm.

Peewees: Athletes born in 2010-Younger
60m (time finals), 150m (time finals)

Mites: Athletes born in 2008-2009
60m, 60m Hurdles, 200m, 400m, 800m, Long Jump, Shot Put

Tykes: Athletes born in 2006-2007
60 m, 60m Hurdles, 200m, 400m, 800m, 1200m, Long Jump, High Jump, Shot Put, 4x200m

Atoms: Athletes born in 2004-2005
60 m, 60m Hurdles, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, High Jump, Shot Put, 4x200m

MTA Sir: Athletes born in 2002-2003
60 m, 60m Hurdles, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump High Jump, Shot Put, 4x200m

Notes:

1. Athletes may enter in three individual events, of which no more than two may be track events (relay not included)
2. Age classification as of January 1, 2016.
3. Waiver forms must be filled-out and submitted by each athlete or a blanket waiver by coach with power of attorney (list all athletes). Athletes without signed waiver forms will not be allowed to compete. NOTE: supply on event day.
4. Events with less than five athletes may be combined with another age group.
5. Starting blocks for Atom and MTA Sr. only.

General Rules:

Track events take precedence over field schedules. If the timing of a field and track event conflict, the athlete must check in at both events, notify both officials of the conflict and be ready to run when the race is started. The athlete will be able to return to the field event.

FIELD EVENTS

High Jump

Each competitor receives 3 trials at each height
A tie will be broken by the second best jump.

Long Jump

Less than 10 competitors each competitor gets 3 jumps top 6 gets 3 more
More than 10 each competitor gets 3 jumps top 6 gets 2 more
Seniors Jump from the line.

Throws

Less than 10 competitors each competitor gets 3 throws top 6 gets 3 more
More than 10 each competitor gets 3 throws top 6 gets 2 more

TRACK EVENTS

Sprints/ Hurdles 50-100m

One Heat: Straight Final
Two Heats or more: 1st in each heat plus next fastest times advance to final.

Awards: Medals will be awarded for the first three places in all events with ribbons for 4th-8th.

Entry Fees: Individual events: \$10.00 per event Relays: \$25.00.

All fees payable by cash, money orders or club cheques.

Make cheques payable to: Mississauga Olympians Track & Field Club

Deadline: Wednesday Midnight, March 23th, 2016
ENTRIES WILL NOT BE ACCEPTED ON RACE DAY

Email Entries to: Suzanne Leroux
suzanneleroux@rogers.com

Via Excel Form or
Register through Trackie

2016 Indoor Championship Prep-Meet
Saturday March 26th, 2016

This is a running schedule and may be advanced or delayed as required

Track		Field		LJ/TJ		SP	HJ
9:30	1200/1500m Time Finals			MTA Sr. Boys		Mite Boys	Atom Girls
				MTA Sr. Girls			
	60m Heats			Tyke Girls		Mite Girls	Atom Boys
				Tyke Boys			
	400m Time Finals			Atom/Sr. Triple Jump Boys		Tyke Boys	Tyke Girls
				Atom/Sr. Triple Jump Girls			
	60m Finals					Tyke Girls	Tyke Boys
12:30				Lunch Break			
1:30	60m Hurdle Finals			Atom Boys		Atom Girls	Sr. Girls
				Atom Girls			
						Atom Boys	Sr. Boys
				Mite Girls			
	800m Time Finals			Mite Boys		MTA Sr. Boys	
	200m Time Finals					MTA Sr. Girls	
	4x200m Relay						

2016 Indoor Championship Prep-Meet

**THIS WAIVER FORM MUST BE SUBMITTED BY EACH ATHLETE ENTERED or
BLANKET WAIVER BY COACH WITH POWER OF ATTORNEY - (list all athletes)
SANCTIONED & REQUIRED BY:
ATHLECTICS ONTARIO, MINOR TRACK ASSOCIATION (of Ontario)**

In consideration of the acceptance of my application and permission to participate as an entrant of competitor
in the 2016 Mississauga Olympians Indoor Track and Field Meet
Scheduled for Saturday, March 26th 2016.

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

- The Minor Track Association (of Ontario)
- Mississauga Olympians Track & Field Club and/or any of its Directors, Coaches or Volunteers
- City of Toronto
- Toronto Track & Field Centre

And all other association, sanctioning bodies and sponsoring companies, and all their respective agents,
officials, servants, representatives, and assigns OF AND FROM ALL claims, demands, damage costs,
expense actions, and causes of action, whether in law or equity, in respect to 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 a spectator, participant, competitor, or otherwise; whether prior to, during or subsequent to
the event AND NOTWITHSTANDING that the same may be the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the
aforesaid from 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 AGREE to the
above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

Print Name

Date

Signature of Athlete

Print Name

Date

Signature of Parent or Guardian
(If under 18 years)