



**Royal Canadian Legion
District E
Track and Field Championships**

LOCATION: ST. THERESA'S HIGH SCHOOL,
(MIDLAND – MAP ATTACHED)
DATE: SATURDAY, JUNE 18th, 2016
REGISTRATION: 8:30 AM
OPENING CEREMONIES: 9:00 AM
FIRST EVENT: 9:30 AM

OPEN TO EVERYONE

Age Divisions

17 years and under (as of Dec. 31, 2016)
15 years and under (as of Dec. 31, 2016)
13 years and under (as of Dec. 31, 2016)

For further information contact
Jim REID 705-687-8133
705-794-5439 (Cell)

District Commander
Bob LADOUCEUR

Meet Director
Cliff DEFREITAS
705-725-1477
meetchief.district.e@gmail.com

Entries Director
Mary Ann BROWNE
entries.district.e@gmail.com
705-725-1477

District Track & Field Chairman
Jim REID
#705-687-8133 (Res)
#705-794-5439 (Cell)

MEET INFORMATION

Facility:

- Rubberized 6 lane oval, 8 lane straight away track, 6 mm spikes allowed
- There will be starting blocks, but you are encouraged to bring your own if you have them
- Washrooms are available
- Refreshments are available
- First aid will be provided
- Everyone is to come self-contained for lunch. Cafeteria will not be open.

Entries:

- Entries are to be done on Trackie.ca
- Athletes can enter a maximum of 3 events
- \$10.00 per 1st event and \$5.00 per second and third event, \$20.00 per Heptathlon
- Make cheques payable to “District E Track and Field”
- No post entries, no phone or faxed entries accepted
- **COMPLETED WAIVER AND PHOTOGRAPHY RELEASE FORM MUST BE SUBMITTED AT THE REGISTRATION DESK BY EACH INDIVIDUAL ATHLETE PRIOR TO COMPETITION**

Packages:

- Club/School packages may be picked up at the registration table inside the cafeteria. Packages, for which payment has not been received, will not be released until the payment, for all entries submitted, has been received.

Entries Director

Mary Ann BROWNE

entries.district.e@gmail.com

705-725-1477

Provincial Meet: Timmins – July 8th and 9th, 2016

Eligibility for entry to the Provincial meet will be based on performance at the District E Meet and by Legion Provincial Standards. The Provincial team will be selected upon completion of the District E Meet. Athletes will be notified by telephone. Information packages for the Provincial Meet can be picked up the day of the District Meet.

Rules: Athletics Ontario rule apply

Seeding:

- Athletes will be assigned lanes according to seed times. Please seed athletes properly. Do not embarrass your athletes.

Heats/Finals:

- The 100 metre event has been scheduled with heats and finals. If there are 13 or more athletes, we will run heats and finals. If there are less than 13 athletes, we will run a timed final only. In a timed final all top seeds will be in the same heat. They will run slowest to fastest heats.

Field Events:

- Track events take precedence over field schedules. If the timing of a field event and track event conflict, the athlete must check in at both events, notify both officials of the conflict, and be ready to run the track event on time. The athlete will be able to return to the field event upon completion of the race with the following two exceptions:
 - 1) If the completion has progressed to the final six competitors then the event is closed
 - 2) In high jump, or pole vault, the competitor must jump at the current height. The bar may not be lowered.

Jumps/Throws:

- Each athlete will be allowed 3 jumps/throws for the following events: long jump, triple jump, shot put and javelin. The top 6 will advance to have an additional 3 more attempts.

High Jump

Pole Vault:

- Athletes will be allowed 3 trials at each height and will be unable to progress to the next height unless a successful jump is made. Ties will be decided upon by the least number of misses.

**THE ROYAL CANADIAN LEGION
TRACK AND FIELD PROGRAM
PARENTAL-GUARDIAN CONSENT/PERSONAL HEALTH RECORD FORM**
(Select one or all three by indicating with an "X")

District Provincial National

(PLEASE PRINT)

NAME OF _____ FEMALE / MALE: _____

ADDRESS: _____

CITY: _____ PR _____ POSTAL CODE: _____

PHONE: (____) _____

DATE OF BIRTH: Day _____ Month _____ Year _____

EMAIL ADDRESS: _____

PROVINCIAL HEALTH CARD NO./EXPIRYDATE: _____

DATE OF LAST COMPLETE MEDICAL CHECKUP: _____

If not available at the above address and phone number during the event(s), please provide the address and phone number where a parent or legal guardian may be reached.

PARENT OR LEGAL GUARDIAN: _____

ADDRESS: _____

_____ PHONE: (____) _____

The parent or legal guardian is assuming full responsibility for the applicant's health being such that athletic activities will in no way aggravate any conditions present. It is assumed that the parent will know their child's condition or seek competent advice before completing the form. If for any reason the athlete's medical status changes after this form has been assigned and your consent should be withdrawn or changed, the parent/guardian is obligated to notify their Royal Canadian Legion - Provincial Command (905-841-7999) or Dominion Command in Ottawa at (613-591-3335).

List any illness or disability, including allergies, which might affect the applicant's ability to perform at this event.

Clearly indicate all medications that the applicant must use during the event period. These must be clearly marked and handed to the nurse upon arrival. (Name of medication, condition for which it is prescribed, and dosage).

I hereby, for myself, my heirs, executors and administrators, release and forever discharge The Royal Canadian Legion, its agents, servants, representatives, successors and assignee and other bodies, corporate firms associations or person connected with the competitors of any and from any and all rights, claims, demands and actions whatsoever that I may have for any and all loss, damage to my equipment or injury sustained by me during the said competition. I also give consent for the free use of my name and/or picture in any broadcast, telecast or other account of the above event. I attest and verify that I am physically fit. I further provide my consent for the provision of emergency medical treatment, if necessary.

SIGNATURE OF ATHLETE: _____ DATE: _____

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

**THE ROYAL CANADIAN LEGION
TRACK AND FIELD PROGRAM
PARENTAL-GUARDIAN CONSENT/PERSONAL HEALTH RECORD FORM**
(Select one or all three by indicating with an "X")

District Provincial National

A variety of therapeutic services may be provided for the athletes attending a Legion District, Provincial and/or National Track and Field Competition. The therapists may be student therapists that are completing clinical hours as part of their educational program. The athletes may wish to receive treatment before their events to limber up their muscles or following their event to cool down and prevent lactic acid build up in their limbs. The student therapists will be supervised by registered therapists at all times and the treatment will be performed through clothing or directly on skin on areas already exposed (i.e. legs, arms, etc.).

ALL athletes under the age of 18 must have a parent or legal guardian sign the consent form before any of the therapeutic services are performed.

In order for an athlete to be eligible for these services, the following form must be completed, signed and provided to the Legion Provincial Command, which the athlete is representing:

First/Family Name of Athlete: _____ Female/Male: _____

Phone Number:(_____)_____

Do you have any condition(s) that we should be aware of: e.g. diabetes, cancer, phlebitis or high blood pressure? Yes No

Are you taking any medications? Yes No

If yes, please inform your student therapist and/or supervisor as certain conditions may make it inadvisable to receive certain types of treatment.

Please indicate on the list below, which forms of treatment you will/will not allow your child to undergo:

	WILL ALLOW (✓)	WILL NOT ALLOW (✓)
First Aid Treatment	<input type="checkbox"/>	<input type="checkbox"/>
Cryotherapy (ice)	<input type="checkbox"/>	<input type="checkbox"/>
Heat Therapy	<input type="checkbox"/>	<input type="checkbox"/>
Massage Therapy	<input type="checkbox"/>	<input type="checkbox"/>
Physiotherapy	<input type="checkbox"/>	<input type="checkbox"/>
Athlete Injury Taping	<input type="checkbox"/>	<input type="checkbox"/>
Acupuncture	<input type="checkbox"/>	<input type="checkbox"/>

Signature of Parent/Guardian: _____ **Date:** _____
(I give my consent for my child to be treated by a student therapist)

Signature of Athlete: _____ **Date:** _____
(I consent to having a student therapist provide treatment)

PLEASE BRING A COPY OF THE COMPLETED FORMS TO THE TREATMENT AREA AND GIVE TO THE SUPERVISOR IN CHARGE.



**ROYAL CANADIAN LEGION
ONTARIO PROVINCIAL COMMAND**

I, the undersigned, grant to The Royal Canadian Legion, Ontario Provincial Command permission to use images of me photographed at the 2016 Track and Field Championships for purposes of display, ceremonies, publication and digital representation and other purposes in relation to the promotion of The Royal Canadian Legion and/or the Legion Provincial Track and Field Championships. I also give consent for the free use of my name and/or picture in any broadcast, telecast or other account of the above event.

Name of Athlete (please print)

Signature of Athlete

Name of Parent/Guardian (please print)

Signature of Parent/Guardian

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

Royal Canadian Legion District E Track and Field Championships, Midland, Ontario June 18, 2016

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

**Athletics Ontario
Royal Canadian Legion District E
Cliff Defreitas
Mary Ann Browne
South Simcoe Dufferin Track and Field Club
St. Theresa's Catholic High School
County of Simcoe, City of Midland**

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 or my participation in the said event, whether as a spectator, participant, competition 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 of 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

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

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

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

DISTRICT E - OUTDOOR CHAMPIONSHIP EVENT SCHEDULE

Track Events ** Steeplechase is offered at this meet**

Order of all races is G13, G15, G17, B13, B15, B17 except hurdles
(This will allow us to combine age groups without disrupting the order of competition. Also, make sure your athlete checks to see if ages will be combined. For example in the 1500m we often combine the G13 and G15 into one race.) **Please be present by at least 8:30 am in order to register and receive your number**

Time	Event	
9:30am	1500m/2000m Steeplechase	Final
10:00am	Sprint Hurdles <i>(order is G13, B13, G15, G17, Hep Girls, B15, B17, Hep Boys)</i>	Timed Finals
10:30am	1200m/1500m	Timed Finals
11:10am	100m (Less than 8 will run final)	Heats/Finals
12:00pm	300m(U13 and 15) / 400m(U17)	Timed Finals
12:30pm	100m	Finals (if necessary)
LUNCH BREAK		
1:30pm	Intermediate Hurdles (200mh/ 400mh) <i>(order is G13, B13, G15, G17, B15, B17)</i>	Timed Finals
2:00pm	200m (includes Heptathlon 200m)	Timed Finals
2:45pm	800m	Timed Finals
3:15pm	2000m/3000m	Timed Finals
4:00pm	Heptathlon 800m	

This is a rolling schedule for the track events... We will run ahead of schedule if we are able. For example if the Sprint hurdles are done at 10:15 the 1200m/1500m will start at 10:15. Arrive at the track in plenty of time so as not to miss your event.

Field Events (Jumps) **Pole Vault is offered at this meet**

All athletes will get 6 attempts in the long and triple jumps unless there are more than 8 entries in an age group in which case only the top 8 athletes after their first 3 jumps will get an additional 3 jumps. In the high jump the athlete can continue until they have 3 consecutive misses.

Time	Long Jump	Triple Jump	High Jump	Pole Vault
9:00				All girls and boys
10:00am	All girls		All boys	
11:30am	All boys		All girls	
1:00pm		All girls		
1:45pm		All boys		

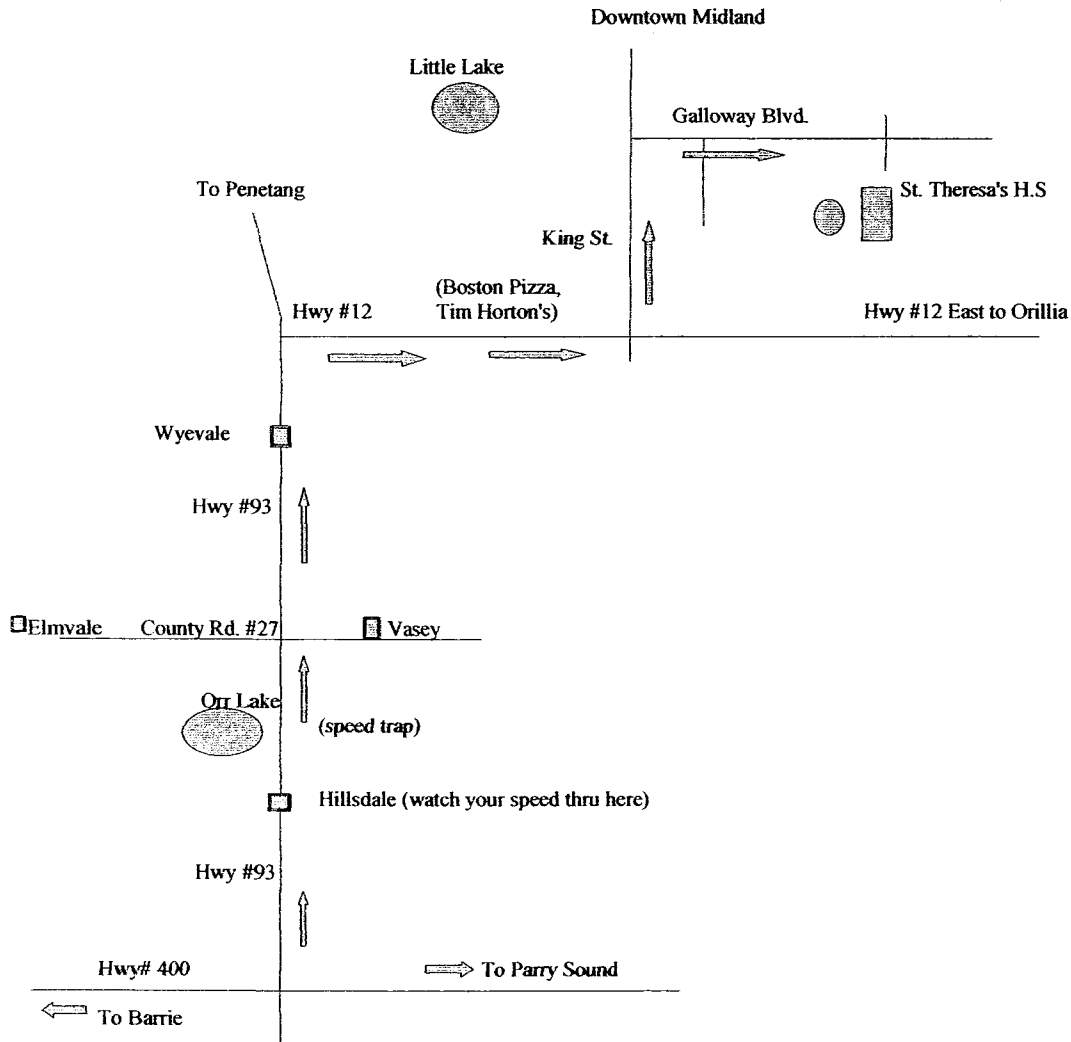
Field Events (Throws) ** Discus is offered at this meet**

Time	Javelin	Shot Put	Discus
10:00am	All girls	All boys	
11:00am			All girls
12:00pm	All boys	All girls	
1:00pm			All boys

Heptathlon

10:00am	Sprint Hurdles
10:30am	Shot Put
11:30pm	High Jump
12:00pm	Javelin
2:00pm	200 m (1 st 200m heat)
2:30pm	Long Jump
4:00pm	800 m

Directions to St. Theresa's High School Midland, Ontario



St. Theresa's High School
347 Galloway Blvd.
Midland, Ontario