



**2016 District B Legion Track and Field Meet**  
**Saturday, June 18, 2016**  
**Hosted by the Niagara Olympic Track & Field Club**  
[www.nocrunners.com](http://www.nocrunners.com)

**Location:** Niagara Olympic Track and Field Complex  
78 Louth St., St. Catharines, ON

**Sanctioned by:** Athletics Ontario Approved

**Hosted by:** Niagara Olympic Track and Field Club

**Age groups:** **Midget Boys & Girls** 15 and under as of December 31, 2016 – Born 2001 or later  
**Youth Boys & Girls** 17 and under as of December 31, 2016 – Born 1999 or later

**Meet Director:** Sharon Stewart Email: [sharon.noc@outlook.com](mailto:sharon.noc@outlook.com)

**Entries Chairperson:** Steven Fife Email: [steven.fife@dsbn.org](mailto:steven.fife@dsbn.org)

**District B Legion Contact:** Kiryn Crook Email: [track.dist.b@gmail.com](mailto:track.dist.b@gmail.com)

**Entry Deadline:** Monday, June 13<sup>th</sup> @ 3:00 PM  
Entries received after this date will be accepted at the discretion of the meet director.

**Entry Fee:** **\$10.00 per athlete per event.**  
Athletes may compete independently of a school or club affiliation.

**Entries online:** [www.trackie.ca](http://www.trackie.ca)

**Waiver:** A completed waiver and photography release form must be submitted at the registration table.

**Entry Confirmations:** As entries are processed, the performance lists are available on line on Trackie.

**Schedule:** Please see attached schedule. The Schedule is subject to change based on entries received. Along with performance lists, a FINAL schedule will be posted, on line at: [www.athleticsontario.ca](http://www.athleticsontario.ca)

**Package:** Club packages may be picked up at the registration table at the track site. Packages, for which payment has not been received, will not be released until the payment, for all entries submitted, has been received.

**Check-in Procedure:**

- Athletes entered in track events are to check in at the Start Line 15 minutes before the scheduled start time for the event.
- Athletes entered in field events must check-in at their event site 15 minutes before the scheduled start time for the event.
- Lanes & Heat Assignments: Lanes, Heats, and Sections will be assigned according to the rules of the IAAF/AO.

**Awards:** Medals will be awarded to the first three finishers in each event.

**Facility:** All-weather 8 lane rubberized surface. Maximum spike length 7 mm. Spike shoes will be checked for spike length. Concrete throwing circles.

**Concession:** on site

**Facility Rules:** Only coaches and officials and meet volunteers will be permitted onto the competition areas. All others must go to the spectator viewing area. Meet organizers will provide passes for coaches. No electronics are allowed in the competition area.

**Start Rule:** IAAF rule 162. No fault starts allowed.

**Implements:** Personal implements will be allowed and once checked-in, will be entered into the competition equipment pool.

**Protests:** All protest 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 appeal to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The protest fee is \$50.00 will be returned if the protest is upheld.

**Directions:** Niagara Olympic Club, 78 Louth St., St. Catharines, ON L2S 4A1

**Directions from QEW Highway (Toronto or US):**

1. Take the QEW to Exit 49 (406 Port Colbourne/Welland/Thorold)
2. Follow the 406 for approximately 3 km and take the 4th Avenue Louth (Fourth Ave) Exit
3. Take ramp right
4. Turn Left on Louth (2nd set of lights)
5. Follow Louth for approximately 3 km to destination on the left, #78, also sign posted as "West Park".

**Directions from Hwy406 South:**

1. Follow Hwy406 to County Road-89/Glendale Ave
2. Turn left on Glendale
3. Follow Glendale for approximately 3 km
4. Turn left on Pelham Road
5. Follow Pelham Road for approximately .5 km
6. Turn right at Louth Street Follow Louth for approximately .5 km to destination on the right, #78, also signposted as "West Park".

**Parking:** DSBN Academy parking lot, 130 Louth St.

## **District Track and Field Meet Regulations**

There is no limit to the number of events allowed per athlete at this meet, but there is a maximum of three (3) allowed at the provincial meet. For selection purposes, the **FIRST THREE** events contested by an athlete will be the only events considered for the selection process. It is recommended that those athletes, interested in being considered for the multiple events, compete in the key elements of those events (hurdles, high jump, shot put.....)  
Coaches should be prepared to indicate, on meet day, whether a selected athlete plans to attend.

Athletes who reside outside of the District B boundaries are welcome to compete however inclusion to the Provincial meet must be pre-approved by **BOTH** District Chairs.

District B Boundaries <http://on.legion.ca/districts?Dist=District%20B>

Provincial List <http://on.legion.ca/home>

**Provincial Meet:** RCL Ontario Outdoor Track and Field Championships  
Date: July 8-9, 2016  
Location: Timmins, Ontario

**Results:** via Kiryn Crook – [track.dist.b@gmail.com](mailto:track.dist.b@gmail.com)

### **Provincial Team Selection**

Immediately after the last event, the provincial team will be selected using the following criteria:

- Initial top ten (10) in points from each age group M & F.
- Review with Coaches availability of said Top 10.
- District Chairman to identify any other Athletes to meet the District B team numbers.



**This form must be handed in at registration.**

**SANCTIONED AND REQUIRED BY:  
THE ROYAL CANADIAN LEGION – DISTRICT B  
RELEASE, WAIVER AND INDEMNITY**

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in

**The 2016 ROYAL CANADIAN LEGION District B Outdoor CHAMPIONSHIPS**

I, for myself, my heirs, executors, administrators, successors and assigns

HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

**The Royal Canadian Legion – District B  
Niagara Olympic Track and Field Club  
Niagara Olympic Track and Field Complex, St. Catharines**

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 of the aforesaid from and against any and all liability incurred by any or all of those 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.

**(Please print carefully)**

\_\_\_\_\_  
Date    Print Name    Signature

(Parent or guardian or Power of Attorney to sign below.)

\_\_\_\_\_  
Date    Print Name    Signature of Legal Guardian

Athlete's Date of Birth: \_\_\_\_\_

Athlete's Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

## Photography Release

Please hand in this form at registration.



### 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 District B 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