



**Presents**

# **Ontario Cross Country Championships**

**November 13, 2016  
Niagara Falls, Ontario**

**Technical Package**

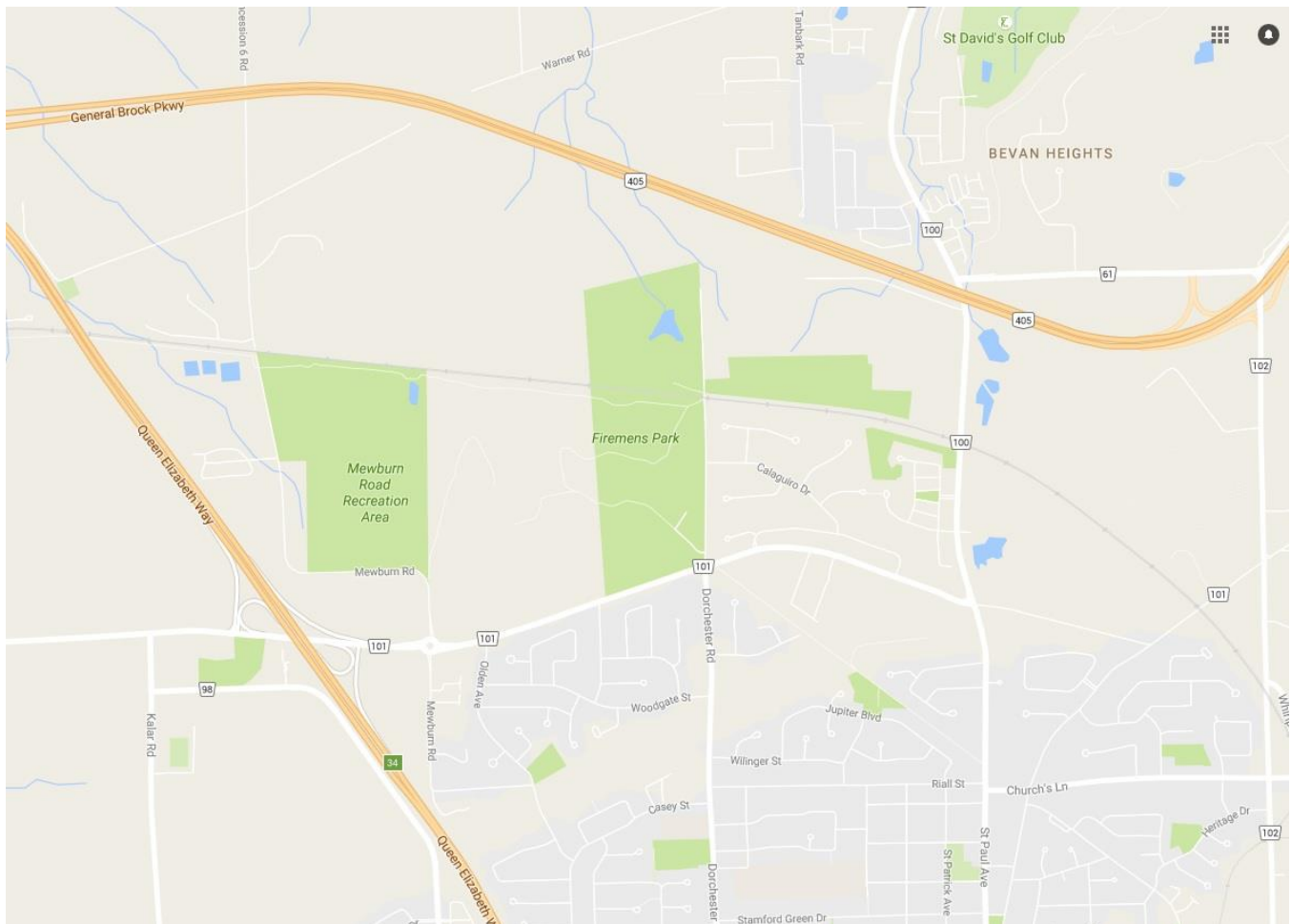
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# General Information

Location:

Fireman's Park  
2275 Dorchester Rd.  
Niagara Falls, ON  
L2E 6S4



Host Organizing Club:

Niagara Olympic Club



Organizing Committee

Meet Director:

Sharon Stewart

Technical Director:

Randolph Fajardo

Officials Coordinator:

Alex Acs

Volunteer Coordinator:

Tracy Goertz

Awards Coordinator:

Brittany Durdin/Kyle Smith

Registration Coordinator:

Roberta Deba

Food:

Concessions will be open during the championships.

Host Hotels:

**TBD**

Facility Rules and Regulations:

Pavilion washrooms will be open for usage. Teams are encouraged to bring their own shelters.

Results:

Results will be posted on November 14, 2016 by 10am EST

Please follow this link for the meet results:

<http://athleticsontario.ca/2016-ao-cross-country-championship/>

Individuals:

AO Championship medals will be awarded to the first three Ontario registered athletes. Duplicate medals will be awarded to athletes from outside Ontario who place in the top three.

Teams:

AO Championship medals will be awarded to the first four finishers on each of the first three teams from Ontario in each AO category (Bantam to Senior).

Additional medals will be available to all non-scoring runners on any of the top three teams. To be eligible, the runner(s) must complete the race. Additional medals may be purchased at the meet for a cost of \$5.00 each. Team coaches or managers should arrange to obtain the medal(s) prior to awarding.

Photos:

Photos captured by the Athletics Ontario team will be posted on the Athletics Ontario social media sites (Facebook and Twitter) during and following the meet. All athletes are given the opportunity to sign a waiver/release form regarding photography.

Facebook page: <https://www.facebook.com/Athletics-Ontario-135196239850966/?fref=ts>

First Aid:

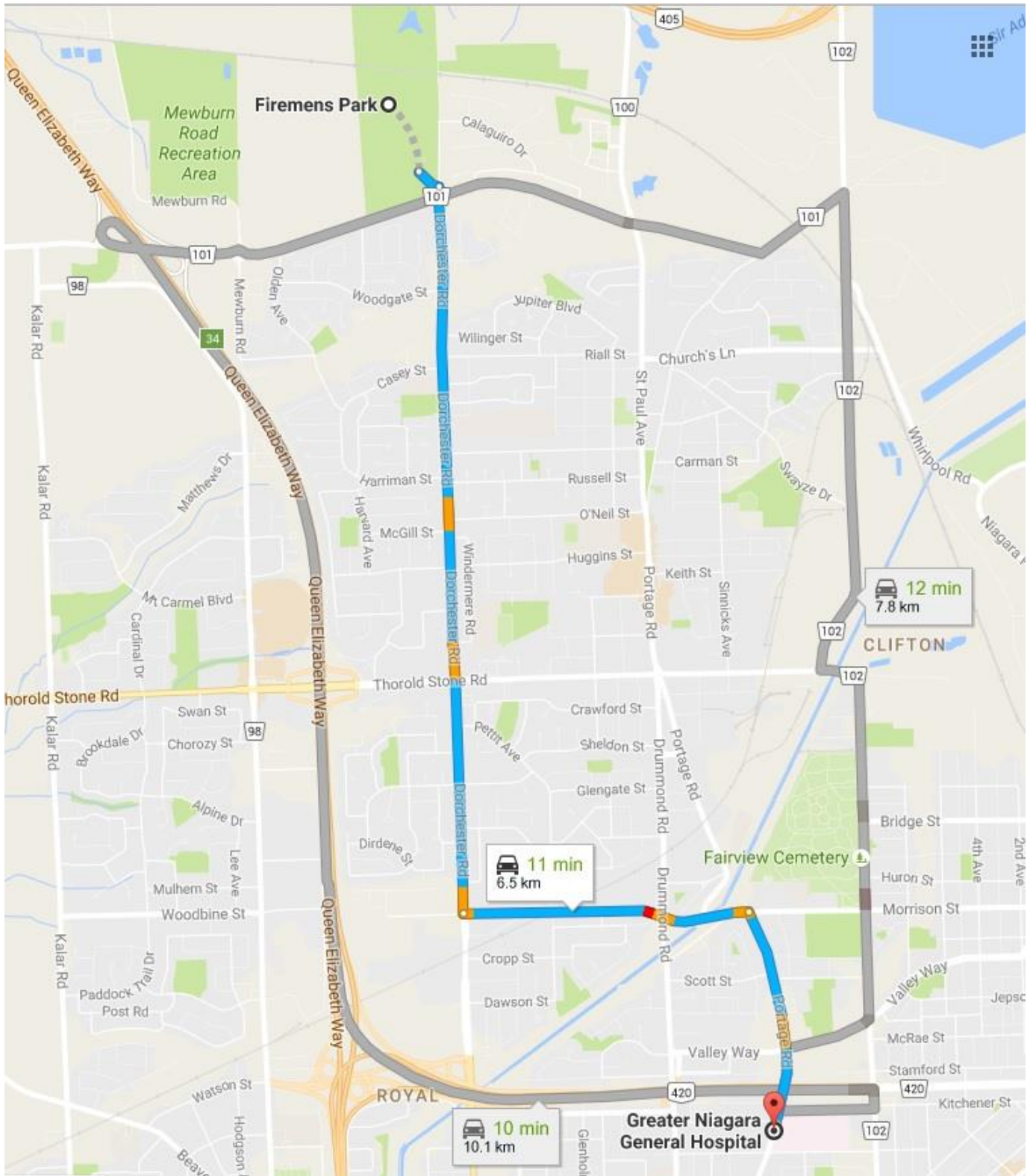
First responders will be available at the championship and stationed by the start/finish line area.

Directions from Fireman’s Park to Greater Niagara General Hospital

From:  
2275 Dorchester Rd.  
Niagara Falls, ON  
L2E 6S4

- |  |        |
|--|--------|
| 1. Head southeast towards Dorchester Rd                | 0.13km |
| 2. Turn right onto Dorchester Rd                       | 3.70km |
| 3. Turn left onto Morrison St                          | 1.50km |
| 4. Turn right onto Portage Rd (signs for Portage Road) | 1.20km |

Greater Niagara General Hospital  
5546 Portage Rd  
Niagara Falls, ON  
L2E 6X2



# Registration

Entry Deadline: **11:59 pm, Monday, November 7, 2016**

Age Categories:

Bantam (BG/BB)	born in 2003/2004
Midget (MG/MB)	born in 2001/2002
Youth (YG/YB)	born in 1999/2000
Junior (JW/JM)	born in 1997/1998
Senior (SW/SM)	open to all

Eligibility: There are no entry standards for this meet.

Athletes residing in Ontario must be registered and their clubs affiliated for 2016 with Athletics Ontario by the Entry Deadline.

**Athletes not registered with Athletics Ontario by the entry deadline will be subject to a \$50 late registration fee, in addition to the regular membership fee, payable to Athletics Ontario prior to picking up their bib number.**

Athletes registered with Athletics Ontario as “Unattached” or “Disassociated” do not require a club affiliation.

Athletes residing in Ontario but representing a club from outside the province must be registered with their association and must be entered by their respective clubs.

Athletes residing outside of Ontario must be registered for 2016 with their provincial or state associations.

Fees:

		Before Deadline	After Deadline
<b>Championship</b>	Individual	\$25.00	\$50.00

\* All fees include HST  
HST# 104002357RT

Method: TRACKIE online: [www.rackieReg.com/2016AOXCCHAMPS](http://www.rackieReg.com/2016AOXCCHAMPS)  
No entries are to be dropped off at the Athletics Ontario (AO) office  
No telephone entries. No faxed entries. NO REFUNDS.

- Payment:** Via Trackie with on-line payment. Please contact Athletics Ontario if another form of payment must be made.
- Late:** Entries will be accepted after the deadline on Monday, November 7<sup>th</sup> 11:59pm EST but fees will be increased as stated above. The deadline for late entries will be Wednesday, November 9<sup>th</sup> at 3:00pm EST. To be eligible for post entry, athletes must have been registered with the provincial branch by the time of the entry. See “Eligibility” from page 11. Entries in Ontario Championship events received after this deadline will be accepted at the discretion of Athletics Ontario and only if it does not cause a disruption to the conduct of the meet.
- Confirmation:** As entries are processed, the start lists will be made available online at the Athletics Ontario website at <http://athleticsontario.ca/2016-ao-cross-country-championship/>. 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.
- For clubs with power of attorney, please list athletes on the waiver form and sign off on the waiver in order to clear your team’s bib pick up.
- To avoid long lineups at registration. Please fill out waiver forms and email them to:
- AO Manager Competitions, Technical Specifications, and Logistics  
Randolph Fajardo      [randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca)
- Bib Pick Up:** Registration will be open to pick up club packages/individual bib numbers on:
- Saturday November 12 - 12:00pm – 4:00pm  
Sunday November 13 – 8:00am – 2:00pm



## Competition Details

### Schedule:

The schedule is subject to minor adjustments. If there are changes to this schedule, a revised FINAL schedule will be posted, online at: <http://athleticsontario.ca/2016-ao-cross-country-championship/> by August 7<sup>th</sup> at 12:00pm EST.

Start Time	Age Group	Distance
9:30 am	Masters	5000m
10:15am	Senior Women	6000m
11:00 am	Senior Men	10000m
11:00am	Awards	Masters, SW, SM
11:45pm	Fast and Female	1000m
12:15 pm	Bantam Girls	2000m
12:30 pm	Bantam Boys	2000m
12:45 pm	Midget Girls	3000m
1:15 pm	Midget Boys	4000m
1:30 pm	Awards	BG, BB, MG, MB
1:45 pm	Youth Girls	4000m
2:15 pm	Youth Boys	6000m
3:00 pm	Junior Women	5000m
3:45 pm	Junior Men	8000m
Awards	YG, YB, JW, JM, Overall Team Championship	

### Check-In Procedure:

**Please check in with the clerk at the course at least 10 minutes prior to the race.**

### Course Description:

This course is comprised of 3k, 2k, and 1k loops. The course is relatively flats, grass parkland.

Is available on the AO Cross Country Event page at:

<http://athleticsontario.ca/2016-ao-cross-country-championship/>

## Technical Details

### Team Declaration:

Teams need not be declared unless a Club intends to enter more than one team in a category. In this case, the names of the runners on each team **MUST** be emailed to Randolph Fajardo: [randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca) no later than 3:00pm, Friday November 11. With the exception of consolidation to a single team. Clubs may not alter the declared teams after Friday, 3:00pm. All declared teams will be eligible for awards. Only AO (or other provincial or state) affiliated club teams shall be eligible to enter the team competition.

### Team Scoring:

In each race, all entries will be counted, including out-of-province athletes, extra runner, etc. In each category, except Masters, the first four finishers from each team will score points. A tie is resolved in favour of the team whose last scoring member finishes near the first place. See note above on Team Decelerations.

### Ontario Masters Championship:

For specific information on Masters Eligibility, scoring, awards, etc. for the Ontario Masters Athletics 5km Championship race, please check [www.ontariomasters.ca](http://www.ontariomasters.ca) or contact Doug Smith at: [douglasj.smith@sympatico.ca](mailto:douglasj.smith@sympatico.ca)

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

**2016 AO Cross Country Championships, November 13, 2016**

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

Athletics Ontario  
Athletics Ontario Officials

Niagara Olympic Club  
Sharon Stewart

Fireman's Park  
Niagara Falls, Ontario

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 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.

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Date	Print Name	Signature
		If under 18 years, Parent or Guardian or Power of Attorney to sign below

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Date	Print Name	Signature of Parent or Guardian or Power of Attorney
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**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 other official channels, and to be used for media purposes including promotional presentations and marketing campaigns. I also authorize any media material created by myself within, or for, Athletics Ontario over the course of the 2016 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.

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Date	Print Name	Signature
		If under 18 years, Parent or Guardian or Power of Attorney to sign below

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