



INTERNATIONAL YOUTH MEET OF CHAMPIONS

2016 INFORMATION PACKAGE

Date December 9, 10 and 11, 2016

Sanctioned by Athletics Ontario and Minor Track Association

Hosted by Suzanne Leroux and Project Athletics

Location Toronto Track and Field Centre
York University, Toronto

Facility 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 – bring own lock and towel.

Maximum spike length - 5 mm (9mm for High Jump)

**Entries chairperson
and meet director** Suzanne Leroux
416-733-2962
suzanneleroux@rogers.com

Age categories	TYKE	born in	2006-2007
	ATOM	born in	2005
	BANTAM	born in	2003-2004
	MIDGET	born in	2001-2002
	YOUTH	born in	1999-2000
	JUNIOR	born in	1997-1998

Entry deadline **Monday, December 5, 2016, 11:59pm**

Fees: \$10.00 per individual event
\$30.00 per relay team

Late deadline **Wednesday, December 7, 2016, 11:59pm**

Fees: \$15.00 per individual event
\$40.00 per relay team

NO ENTRIES WILL BE ACCEPTED AFTER DECEMBER 7, 2016.

Fees Payment of entry fees may be made by cheque or money order or cash. Payment by credit or debit cards may also be used but only on Trackie. If paying by cheque or money order, make it payable to International Youth Meet of Champions. No post-dated cheques will be accepted. You may pay on the day of the meet but please note that bib numbers will not be released until payment is completed.

Waiver Each 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 forms must be submitted at the registration desk the day of the competition.

Electronic Entries by Three options

1. Hy-Tek Team Manager or Hy-Tek Team Manager Lite
For the events file, go to the Events Calendar at athleticsontario.ca.
2. EXCEL Spreadsheet
For individual and relay forms, go to the Events Calendar at athleticsontario.ca.
Follow the directions at the top of each form.
3. TRACKIE on line <http://www.trackie.com/online-registration/event.php?id=6801>

No telephone entries. NO REFUNDS.

As entries are processed, a performance list will be made available online on the Athletics Ontario website. Please check on line to confirm your entries following the December 5th entry deadline.

Entry confirmations

Eligibility USATF or AC membership is not mandatory to compete.
However national records may only be set by registered members.

In events that are run as timed sections, all entries without a valid seed time will be put into the slow section.

Athletes may compete in different age categories in different events. For example, a Midget may enter the Midget long jump and Youth triple jump but not the Midget long jump and Youth long jump.

Entry errors If an athlete has been entered in the wrong event or age group and a club's representative wishes to have the athlete switched to another event, or age category, they must make the request a minimum of two hours prior to the listed starting time of the event.
If an athlete has been entered in an age category for which they are too old, the Meet Director reserves the right to move the athlete to the correct age category without notification to the club.

Standards There are no official standards for this meet.
However, coaches are asked not to embarrass their athletes by submitting false information.
Mixing of age groups will not be accepted – an athlete must compete in only his/her age category.
However, an athlete may move up an age group if the event is not offered at his/her age category.

Lane/Heat/Section assignments Lanes, heats and sections will be assigned according to the rules of the IAAF/AO.

Scratches All coaches or club administrators are asked to make initial scratches at the check-in table upon their arrival. Additional scratches will be accepted throughout the competition. It is to the benefit of all athletes for all scratches to be reported at least 45 minutes prior to the event. This will allow for full and competitive sections, saving time and allowing athletes the opportunity to compete in full events.

Sweat suit rule Due to the anticipated number of entries and the desire to stay on schedule, all athletes will be expected to be ready to start when they are called onto the track – i.e. all sweat suits and tights must be off when called. Athletes who are not prepared to start will be charged with a false start. Please convey this information to the athletes.

Awards and Scoring Scoring shall be 10 points for 1st, 8 pts for 2nd, 6 pts for 3rd, 4 pts for 4th, 2 pts for 5th and 1 point for 6th.
The top club will receive the meet trophy.
INTERNATIONAL YOUTH MEET medals (Gold, Silver, Bronze) will also be presented to the first 3 finishers in individual events and relays.

Starting Blocks Official blocks will be supplied by meet management. However, any starting block complying with IAAF rules may be used.

Implements All implements, except vault poles, will be provided by the meet management. No personal implements will be allowed. Relay teams may use their own batons to warm up, but meet management will provide all competition batons.

NO street shoes on track surface.

NO electronic devices are allowed in the competition area.

Off Limits The track and field areas are off limits to all non-competitors at all times. Only coaches, officials and meet volunteers will be permitted into the field house. All others must go to the spectator viewing area. Meet organizers will provide passes for coaches of athletes entered in the meet.

Sportsmanship Proper conduct extends to all athletes on and off the field during the meet and to parents, friends and coaches especially at the meet site.

Protests All protests must be made as outlined in IAAF rule 146. In all cases, protests or appeals shall be filed within 30 minutes of the official announcement or release of the results. If no protest or appeal is received within 30 minutes of the official announcement or release of the results, the result as released will stand. If a protest or appeal changes a result, 30 minutes will be allowed following the announcement or release of the decision for further appeals to be brought forward. The Jury of Appeal is the final authority on all issues.

Cost: \$25.00 to be returned only if the protest is upheld.

Concessions There is food service on site.

Registration/Check-In At the track centre itself: Friday - 5:00 p.m. on
Saturday - 8:00 a.m. on
Sunday - 8:00 a.m. on

Special meet rules

1. In all running events, girls will precede boys, from youngest to oldest age division, except hurdles.
2. For events run in sections on a time basis – 200m and longer – the fastest section shall run last.
3. Seeding marks must have been achieved during 2016. Seeding will be done according to IAAF rules.
4. Shot put, long jump and triple jump: all competitors will have 3 attempts with the top 8 receiving 3 additional attempts. All 6 attempts will count in the final outcome of the event.
5. The metric system will be used for all measurements.

Accommodations Suggestions:

HOLIDAY INN EXPRESS 30 Norfinch Drive 416-665-3500	TRAVELODGE INN 50 Norfinch Drive 416-663-9500
COMFORT INN 66 Norfinch Drive 416-736-4700	SUPER 8 MOTEL 3400 Steeles Avenue West 905-760-2120

All are less than a 10 minute drive to the track centre.

Please check with your travel agent for numerous other choices.

You should always ask for the 'sports' rate; mention the meet.

How to get to the Toronto T&F Centre

Due to subway construction, the parking lot adjacent to the west end of the Toronto Track and Field Centre is closed. Therefore follow the instructions below to the new location.

1. Follow Highway 401 to Highway 400 North.
2. Follow Highway 400 North to the Steeles Avenue exit.
3. Go East (left) on Steeles, past Jane Street and the University Northwest Gate to the next set of lights.
4. Turn right on Founders Road
5. Take immediate first left entrance to parking lot.
6. Follow the pathway to the main doors of the Track Centre.

Starting Heights (m)

Unless all competitors agree to a higher height, starting heights will not exceed the following:

	TG	TB	AG	AB	BG	BB	MG	MB	YG	YB	JW	JM
High Jump	0.91	1.10	1.25	1.30	1.35	1.45	1.43	1.55	1.50	1.65	1.50	1.65
Pole Vault								3.00	2.00	3.50	2.00	3.50

Specifications for throwing events (kg)

	TG	TB	AG	AB	BG	BB	MG	MB	YG	YB	JW	JM
	2.00	2.00	2.73	2.73	3.00	3.00	3.00	4.00	3.00	5.00	4.00	6.00

Specifications for hurdling events

EVENT	DISTANCE	#	HEIGHT(m)	to 1st hurdle	between
Bantam Girls	60m	5	0.762	12.00m	7.50m
Bantam Boys	60m	5	0.762	12.00m	7.50m
Midget Girls	60m	5	0.762	12.00m	8.00m
Midget Boys	60m	5	0.840	13.00m	8.50m
Youth Girls	60m	5	0.762	13.00m	8.50m
Youth Boys	60m	5	0.914	13.72m	9.14m
Junior Women	60m	5	0.840	13.00m	8.50m
Junior Men	60m	5	0.990	13.72m	9.14m

Event limits

Tykes and Atoms = 5 events including relays
 Bantam, Midgets, Youths and Juniors = 6 events including relays.

INTERNATIONAL YOUTH MEET OF CHAMPIONS

EVENTS

	TG	TB	AG	AB	BG	BB	MG	MB	YG	YB	JW	JM
60m	X	X	X	X	X	X	X	X	X	X	X	X
150m	X	X	X	X	X	X						
200m							X	X	X	X	X	X
300m	X	X	X	X	X	X						
400m							X	X	X	X	X	X
800m	X	X	X	X	X	X	X	X	X	X	X	X
1200m	X	X	X	X	X	X						
1500m							X	X	X	X	X	X
2000m					X	X	X	X				
3000m									X	X	X	X
60mH					X	X	X	X	X	X	X	X
1500 Walk					X	X					X	X
High Jump	X	X	X	X	X	X	X	X	X	X	X	X
Pole Vault							X	X			X	X
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X
Triple Jump					X	X	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X	X	X	X	X	X	X
4x200 Relay	X	X	X	X	X	X	X	X	X	X	X	X
Sprint Medley Relay			X	X	X	X	X	X	X	X	X	X

2016 SCHEDULE

This schedule is based on entries received from previous championships. The "Final" schedule will be prepared after the deadline. The official meet schedule will be posted daily at the meet facility.

Where it is indicated that "Heats, Semis or Finals" or "Heats or Finals" will be conducted, ONE OF THESE ROUNDS WILL DEFINITELY BE RUN AT THAT TIME. These should not be confused with rounds that will be conducted "if necessary".

TIME	TRACK	TIME	FIELD	AGE GROUP
Friday	December 9, 2016			
07:00 PM	4 x 200m Relay Finals	07:00 PM	Pole Vault Long Jump Shot Put	MG / JW TG TB
08:00 PM	800m Finals	08:00 PM	Pole Vault Shot Put Long Jump	MB / JM TG MB

Saturday	December 10, 2016			
09:00 AM	1200 m / 1500m Finals	9:00 AM	Shot Put High Jump Long Jump	AG TG BB
		09:45 AM	High Jump	TB
		10:00 AM	Shot Put	BB
10:30 AM	60m (Heats, Semis or Finals)	10:30 AM	High Jump Long Jump	AG YB / JM
		11:00 AM	Shot Put	BG
		11:15 AM	High Jump	AB
LUNCH BREAK				
01:00 PM	300m / 400m Finals	01:00 PM	Shot Put High Jump Long Jump	AB YB / JM AG
		02:00 PM	Shot Put Triple Jump	MG BB / MB
		02:30 PM	High Jump Long Jump	YG / JW BG
03:00 PM	60m (Semis or Finals)	03:00 PM	Shot Put Triple Jump	MB MG
03:30 PM	1500m Walk Finals BG / JW 1500m Walk Finals BB / JM	03:30 PM	High Jump	BG
		03:45 PM	Long Jump	TB
04:00 PM	Sprint Medley Relay Finals (400m,200m,200m,800m)	04:00 PM	Shot Put	YG / JW
		04:45 PM	Triple Jump	YB / JM
05:00 PM	60m Finals (if necessary)	05:00 PM	Shot Put	YB / JM

Sunday December 11, 2016

10:00 AM	60m Hurdles (Semis or Finals) order: BG-BB-MG-YG-JW-MB-YB-JM	10:00 AM	High Jump Long Jump (pit 1) Triple Jump (pit 2)	MG YG / JW BG
10:45 AM	2000m / 3000m Finals	11:00AM	High Jump Long Jump	BB AB
11:30 AM	60m Hurdles Finals (if necessary)			

LUNCH BREAK* OFFICIALS / COACHES QUADRATHLON*

01:30 PM	150m / 200m Finals	01:00 PM	High Jump Long Jump (pit 1) Triple Jump (pit 2)	MB MG YG / JW
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Notes: Registrations for the * OFFICIALS/COACHES QUADRATHLON* will only be on Sunday, December 11. Quadrathlon will include 60m, 400m, Shot Put and Long Jump.

Relay declaration forms will be available on the day of the event.



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 International Youth Meet of Champions

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

Athletics Ontario
Minor Track Association of Ontario
Project Athletics
City of Toronto
Toronto Track & Field Centre
Suzanne Leroux

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. I WARRANT that I am physically fit to participate in this event.

_____	_____	_____
Date	Print Name	Signature (If under 18, parent or guardian or Power of Attorney to sign below.)

_____	_____	_____
Date	Print Name	Signature of Legal Guardian