



**Presents**

**2017 Indoor Relay Championships  
& Prep #1**

**January 14, 2017**

**Toronto, Ontario**

**Technical Package**

## Table of Contents

General Information .....	3
Location.....	3
Directions .....	3
Parking .....	3
Via TTC .....	3
Floor Plan .....	4
Host Organizer .....	5
Organizing Committee .....	5
Food .....	5
Hotels .....	5
Facility .....	6
Starting Blocks.....	6
Facility Regulations .....	6
Results.....	6
Photos .....	6
First Aid .....	7
Map to Hospital.....	8
Registration.....	9
Entry Deadline.....	9
Age Categories .....	9
Eligibility.....	9
Fees .....	9
Method and Payment .....	10
Late.....	10
Confirmation .....	10
Waiver .....	10
Competition Details .....	11
Schedule.....	11
Check-In Procedure.....	12
Awards .....	12
Technical Details .....	12
Events Offered .....	12
Implements .....	12
Specifications for Hurdling Events .....	13
Specifications for Throwing Events.....	13
Shot Put.....	13
Weight Throw .....	13
Land & Heat Assignment.....	13
Scoring.....	12
Seed Times .....	13
Start Rule for Bantams .....	14
Protests .....	14

## General Information

Location: Toronto Track and Field Centre  
231 Ian MacDonald Blvd  
M3J 1P3  
Ph# (416) 392-2812

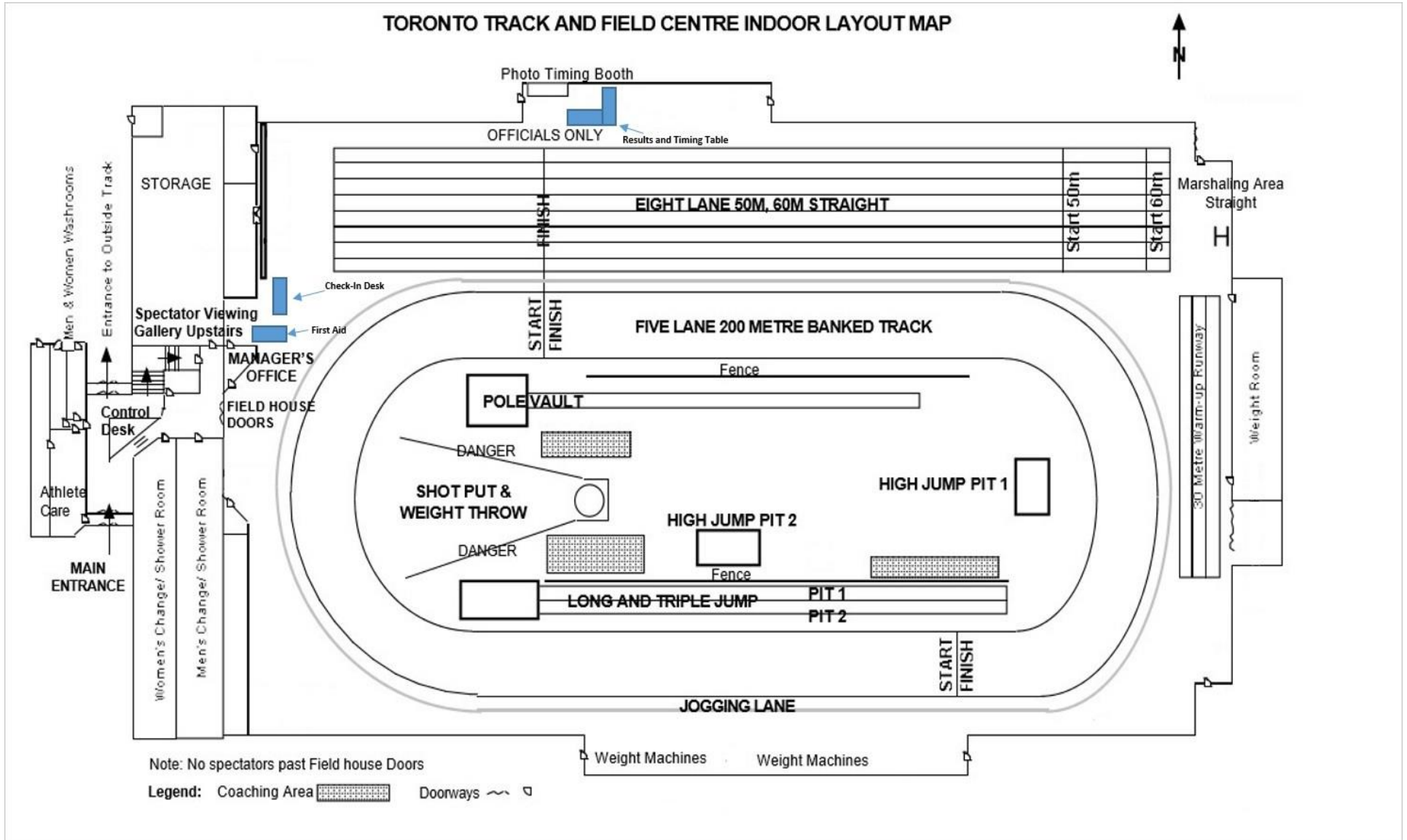


**Directions:** Take the 401 into the city of Toronto and take exit 359 to merge onto ON-400 N toward Barrie. Take the Steeles Avenue W. exit, and head East. The university will be on the right hand side (South side) of the road. Turn into Founders Road towards the roundabout and make another right onto Ian MacDonald Boulevard. The Toronto Track and Field Centre will be the first building on the right hand side (North side) of Ian MacDonald Boulevard.

**Parking:** There is parking available on the east side of Founders Road as you turn into the York University campus from Steeles Ave W. Parking here is \$5/day on weekends.

**Via TTC:** Both the 106 and 196 leaves Downsview Station towards York University. Alternatively, the 60 comes from both directions along Steeles Ave W., which is directly north of the Toronto Track and Field Centre.

Floor Plan:



## Host Organizer



## Organizing Committee

Meet Director	Sue Wise	<a href="mailto:suewise@athleticsontario.ca">suewise@athleticsontario.ca</a>
Officials/Volunteer Coordinator	Anthony Biggar	<a href="mailto:anthonybiggar@athleticsontario.ca">anthonybiggar@athleticsontario.ca</a>
Registration Coordinator	Mehrunnisa Kharodia	<a href="mailto:mehrunnisa@athleticsontario.ca">mehrunnisa@athleticsontario.ca</a>
Technical Director	Randolph Fajardo	<a href="mailto:randolphfajardo@athleticsontario.ca">randolphfajardo@athleticsontario.ca</a>
Facility Manager	Maria-Julia Di Corpo	<a href="mailto:mdicorp@toronto.ca">mdicorp@toronto.ca</a>

**Food:** Food and refreshments will be available for purchase on site for cash only.

## Hotels

### **Courtyard Toronto Vaughn**

150 Interchange Way  
Concord, On  
L4K 5P7  
(905) 660-9938



Each room is non-smoking and consists of 2 double bed and can hold up to 4 people.

Price: \$119 for Friday January 13, 2017.

Includes: Free WiFi and parking

Notes: Ensure to ask for Athletics Ontario rooms. Last day to book rooms will be on January

### **Extended Stay Canada**

3600 Steeles Ave W  
Vaughn, On  
L4L 8P5  
1-800-804-3724



Each room is non-smoking and consists of 2 double bed and can hold up to 4 people.

Price: \$119 for Friday January 13, 2017.

Includes: Free WiFi and parking

Notes: Ensure to ask for Athletics Ontario rooms. Last day to book rooms will be on January

**Best Western Plus Toronto North York Hotel & Suites**

50 Norfinch Drive  
North York, On  
M3N 1X1  
(416) 663-9500



Each room is non-smoking and consists of 2 double bed and can hold up to 4 people.

For Friday January 13, 2017.

Includes: Free WiFi and parking

Notes: Ensure to ask for Athletics Ontario rooms. Last day to book rooms will be on January

**Facility:**

- Synthetic surface on a 5-lane 200m banked oval and 8-lane sprint straight and field approaches.
- Concrete throwing circle.
- Change room facilities and showers are available.
- Bring your own lock and towel

Please refer back to page 4 for the floor plan.

All competition and official working areas are off limits to non-competitors at all times.

**Starting Blocks:**

Official blocks will be supplied by meet management. However, any starting block complying with IAAF rules may be used. With the exception of events specifically identified as age-class events, starting blocks will be required by all athletes.

**Facility Regulations:**

Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length.

Only coaches, officials and meet volunteers will be permitted into the fieldhouse. All others must go to the spectator viewing area. Meet organizers will provide passes for AO coaches registered by the meet entry deadline.

NO street shoes on the track surface.

NO electronic devices are allowed in the competition area.

**Results:**

Results will be posted on Monday January 16, 2017 by 10am EST

Please follow this link for the meet results.

<http://athleticsontario.ca/2017-events/ao-indoor-relay-championships-and-prep-1/>

**Photos:**

Photos captured by the Athletics Ontario team will be posted on the Athletics Ontario social media sites (Facebook, Twitter, Instagram, etc.) 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:

Medical Personnel will be on-site.

The closest hospital is as follows (Refer to page 8 for the map):

North York General Hospital  
555 Finch Ave W.  
Toronto, Ontario  
M2R 1N5  
(416) 633-9420

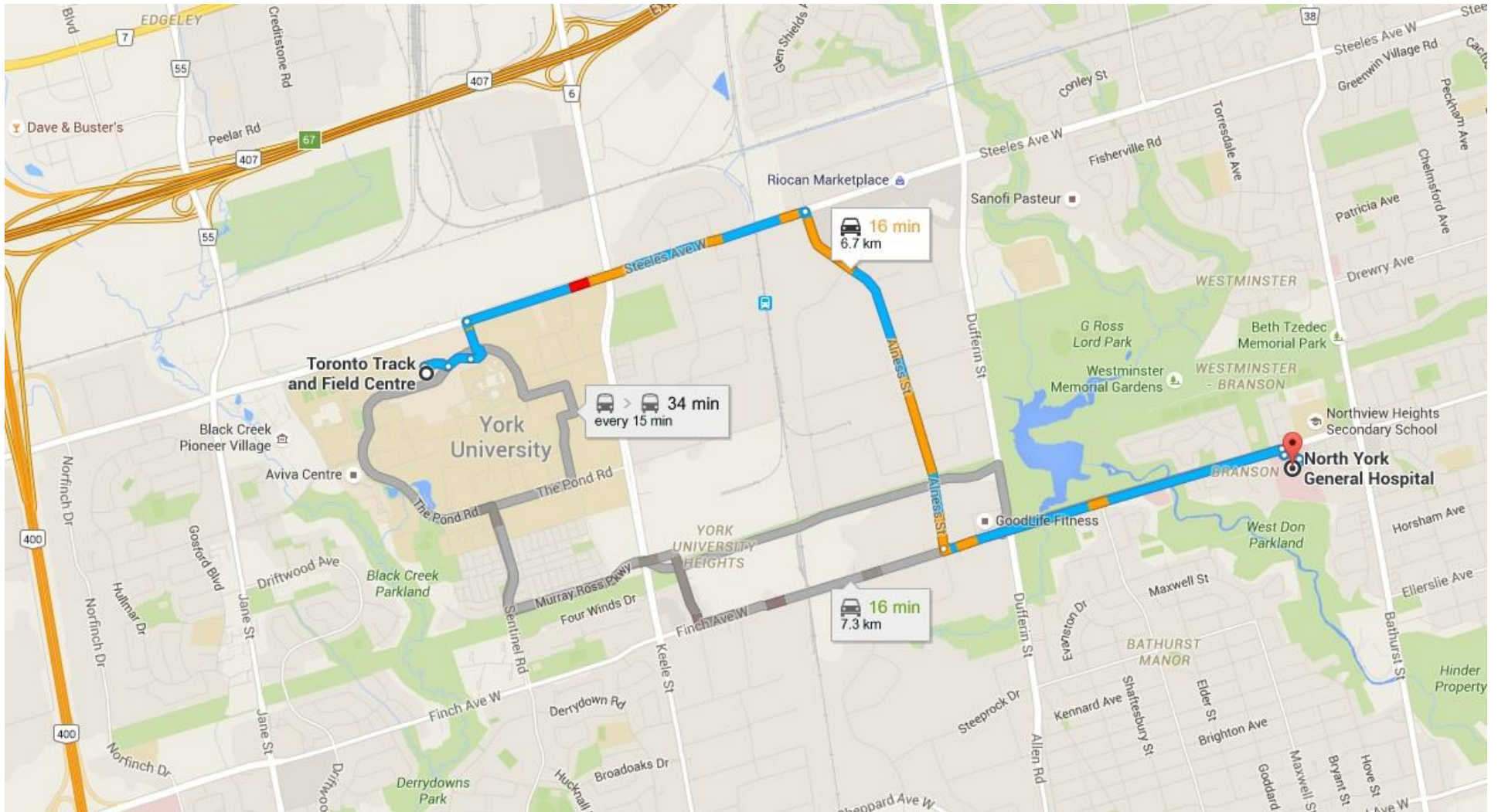
Directions from the Toronto Track and Field Centre to Toronto General Hospital

From: Toronto Track and Field Centre  
231 Ian MacDonald Blvd.  
Toronto, Ontario  
M3J 1P3

- |   |        |
|---|--------|
| 1. Head east on Ian MacDonald Blvd.                                   | 0.15km |
| 2. At the roundabout, take the 3 <sup>rd</sup> exit onto Founders Rd. | 0.28km |
| 3. Turn right onto Steeles Ave W.                                     | 2.0km  |
| 4. Turn right onto Alness St.   | 2.1km  |
| 5. Turn left onto Finch Ave W.  | 2.0km  |
| 6. Turn right onto Virgilwood Dr.                                     | 0.34km |

North York General Hospital  
555 Finch Ave W.  
M2R 1N5  
(416) 633-9420

# Map to Hospital





## Registration

Entry Deadline: 11:59pm, Monday, January 9, 2017

Age Categories:	Bantam (BG/BB)	U13 & U14	born in 2004 or later
	Midget (MG/MB)	U15 & U16	born in 2002 or 2003
	Youth (YG/YB)	U17 & U18	born in 2000 or 2001
	Junior (JW/JM)	U19 & U20	born in 1998 or 1999
	Senior (SW/SM)	20 & Over	born in 1997 or earlier

Eligibility: There are no entry standards for this meet.

Athletes residing in Ontario must be registered and their clubs affiliated for 2017 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:	<b>Championship Members Only</b>	<b>Non-Championship Members Only</b>
	<b>Before Deadline:</b> \$25 per event	\$10 per event
	<b>After Deadline:</b> \$50 per event	\$20 per event
	<b>Championship Non-Member</b>	<b>Non-Championship Non-Member</b>
	<b>Before Deadline:</b> No Entry Allowed	\$15 per event
	<b>After Deadline:</b> No Entry Allowed	\$30 per event

Athletes in non-championships may pay \$15 (AO members) or \$25 (Non-AO members) for unlimited entries into the available events. Unlimited entries for non-championship events after the entry deadline. Normal late fees apply for all events (championship or non-championship) beginning January 3.

\*All fees include HST and Trackie fees.

HST# 10400235RT

Method and Payment: Trackie Online: <https://www.trackie.com/online-registration/event/ao-indoor-relay-championships-prep-meet-1/6881/#.WDyfePkrKUK>  
No entries are to be dropped off at the Athletics Ontario (AO) office.  
No telephone entries. No faxed entries. NO REFUNDS.

All payments are made via Trackie with on-line payment.

Late: Entries will be accepted after the entry deadline of Monday January 9 at 3:00pm EST but fees will be increased as stated above (\$50 per entry for Championship Events and \$20 or \$30 for Non-Championship events)/ The deadline for late entries will be Thursday January 12 at 11:59pm. To be eligible for post entry, athletes must have been registered with the provincial branch by the time of the entry. See "Eligibility." Entries 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/2017-events/ao-indoor-relay-championships-and-prep-1/>. 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.

## 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/2017-events/ao-indoor-bmj-championships/> by January 10 at 4:00pm EST.

Track	<b>2017 Indoor Relay Championships and Prep #1</b> <b>Tentative Schedule Saturday January 14, 2017</b> Events on straightaway and oval will be run concurrently. Sections will run from <b>SLOW</b> to <b>FAST</b> <b>Events on the track may run up to 30 minutes ahead of schedule</b>			
Time	Straightaway Event	Oval Event	Round	Age Group
10:00	60m		Prelims	BG – BB – MG – MB – YG – YB – JW – JM – SW – SM
10:45	60m Hurdles		Prelims	SM – JM – YB – JW – SW – MB – YG – MG – BB – BG
11:30		1200m	Timed Final	BG – BB – MG – MB
12:15		4x200m	Timed Final	BG – BB – MG – MB – YG – YB – JW – JM – SW – SM
1:15		150m	Timed Final	BG – BB
		300m	Timed Final	MG – MB
1:45	<b>Track Break</b>			
2:30	60m Hurdles		Finals	BG – BB – MG – YG – MB – SW – JW – YB – JM – SM
2:50	60m		Finals	BG – BB – MG – MB – YG – YB – JW – JM – SW – SM
3:30		4x400m	Timed Final	YG – YB – JW – JM – SW – SM
4:00		3000m All-comers	Timed Final	OW – OM
4:30		4x800	Timed Final	BG – BB – MG – MB – YG – YB – JW – JM – SW – SM
5:00		2000m	Timed Final	BG – BB – MG – MB
5:30		SMR	Timed Final	YG – YB – JW – JM – SW – SM

Field	<b>2017 Indoor Relay Championships and Prep #1</b> <b>Tentative Schedule Saturday January 14, 2017</b>	
Time	Event	Age Group
8:45	Weight Throw	M All Age Groups
10:30	High Jump	BB + MB + YB
11:00	Long Jump	BG + MG + YG
	Pole Vault	W All Age Groups
11:30	Shot Put	M All Age Groups
<b>Lunch</b>		
1:30	High Jump	BG + MG + YG
2:30	Long Jump	BB + MB + YB
	Shot Put	W All Age Groups
3:00	Pole Vault	M All Age Groups
3:30	Triple Jump	Pit 1: MG + YG Pit 2: MB + YB
TBD	Weight Throw	W All Age Groups

## Check-In Procedure:

The standard check-in procedure used at Athletics Ontario Championships will be in use at this meet. Athletes entered in track events must check in at the designated check-in area separately for each event no sooner than 90 minutes and no later than 30 minutes prior to the scheduled or re-scheduled start time of the race.

Athletes entered in field events must check in at their event site before the start of the first trial for any competitor in the event.

Athletes who fail to check-in as required will not be allowed to compete in the event. Please allow extra time for bad weather, traffic problems, etc. Picking up bib numbers does not constitute a check-in.

## Awards:

Gold, Silver, and Bronze medals will be awarded to the first three finishers from Ontario in each championship event.

## Technical Details

### Events Offered:

#### Championship Events

4X200m	BG – BB – MB – MG – YG – YB – JW – JM – SW – SM
4X400m	YG – YB – JW – JM – SW – SM
4X800m	BG – BB – MB – MG – YG – YB – JW – JM – SW – SM
SMR	YG – YB – JW – JM – SW – SM

#### Non-Championship Events

60m	BG – BB – MB – MG – YG – YB – JW – JM – SW – SM
150m	BG – BB
300m	MG – MB
1200m	BG – BB – MB – MG
2000m	BG – BB – MB – MG
3000m	OW – OM
60mH	BG – BB – MB – MG – YG – YB – JW – JM – SW – SM
High Jump	BG – BB – MB – MG – YB – YG
Pole Vault	MB – MG – YG – YB – JW – JM – SW – SM
Long Jump	BG – BB – MB – MG – YB – YG
Triple Jump	MB – MG – YB – YG
Shot Put	BG – BB – MB – MG – YB – YG – JW – JM – SW – SM
Weight Throw	MB – MG – YB – YG – JW – JM – SW – SM

## Implements:

All throwing implements will be provided by the meet management. Personal implements will be allowed and once check in, will be entered into the competition equipment pool.

## Scoring:

Indoor club championship scoring (applies to Combined Events and 1500m Walk only). The top 6 athletes in each events and category will earn point for their clubs as follows: 1<sup>st</sup> – 7 points, 2<sup>nd</sup> – 5 points, 3<sup>rd</sup> – 4 points, 4<sup>th</sup> – 3 points, 5<sup>th</sup> – 2 points, 6<sup>th</sup> – 1 point.

## Specifications for Hurdling Events:

Event	Distance	#	Height(m)	To 1 <sup>st</sup> Hurdle	Between Hurdles
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	9.17m
Junior Women	60m	5	0.840	13.00m	8.50m
Junior Men	60m	5	0.990	13.72m	9.14m
Senior Women	60m	5	0.840	13.00m	8.50m
Senior Men	60m	5	1.067	13.72m	9.14m

## Specifications for Throwing Events:

### Shot Put

BG	BB	MG	MB	YG	YB
3.00kg	3.00kg	3.00kg	4.00kg	3.00kg	5.00kg

### Weight Throw

MG	MB	YG	YB
5.45kg	7.26kg	7.26kg	9.072kg

**Land & Heat Assignment:** Lanes, Heats, and Sections will be assigned according to the rules of IAAF/AO. Lane 1 will be vacant for all sections of the 150m and 200m events.

Following the check-in period, a list of heats and lane assignments will be posted at the start area for each event.

## Seed Times:

Indoor 2016, outdoor 2016 and current indoor season performances achieved in AO-sanctioned or approved competitions will be accepted. Outdoor times will be converted to indoor times (e.g. 0.5s added to outdoor 200m time; 1.1s added to outdoor 400m time). Estimates will not be accepted.

As a guide for coaches who need to decide which performance to submit for seeding purposes, please see the conversion chart below.

Performances from similar events will be accepted and will be converted:

Event	Acceptable Alternatives for Seed Purposes
60m	50m indoors; 100m outdoors
150m	200m indoors; 200m outdoors
200m	150m or 300m indoors; 150m, 200m, or 300m outdoors
300m	200m or 400m indoors or outdoors
400m	300m or 600m indoors or outdoors
800m	600m or 1000m indoors or outdoors
1200m	800m, 1000m, 1500m indoors or outdoors
1500m	800m, 1200m, or 2000m indoors or outdoors
2000m	1500m or 3000m indoors or outdoors
3000m	2000m indoors or outdoors
60mh	50mh indoors or outdoors

Initially if using outdoor performances do the following operations:

<u>Outdoor Event</u>	<u>Convert Outdoor Time to Indoor</u>
150m	add 0.25s to outdoor time
200m	add 0.50s
300m	add 0.80s
400m	add 1.10s
800m	add 2.40s
1200m	add 3.50s
1500m	add 3.90s
2000m	add 4.58s
3000m	add 5.90s

Then do the following calculations:

<u>Convert:</u>	<u>Calculation:</u>
50m to 60m:	50m time x 1.158
100m outdoors to 60m:	100m time x 0.68
150 to 200m:	150m time x 1.369
200m to 150m:	200m time x 0.731
200m to 300m:	200m time x 1.597
300m to 200m:	300m time x 0.6261
300m to 400m:	300m time x 1.404
400m to 300m:	400 time x 0.713
600m to 400m:	600m time in sec. x 0.615
600m to 800m:	600m time in sec. x 1.435
800m to 1200m:	800m time in sec. x 1.645
800m to 1500m:	800m time in sec. x 2.0588
1000m to 800m:	1000m time in sec. x 0.7654
1200m to 1500m:	1200m time in sec. x 1.2747
1500m to 1200m:	1500m time in sec. x 0.7845
1500m to 2000m:	1500m time in sec. x 1.3921
2000m to 1500m:	2000m time in sec. x 0.7183
2000m to 3000m:	2000m time in sec. x 1.5457
3000m to 2000m:	3000m time in sec. x 0.6470

**Start Rule for Bantams:**

In non-combined event competitions staged for Bantams only, one false start will be allowed per race without disqualification of an athlete. Any further false starts shall result in disqualification of the athlete making a false start.

**Protests:**

All Protests 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 appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The cost of \$25.00 will be returned if the protest is upheld or not considered frivolous by the Jury.

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

**Athletics Ontario Relay Championship and Prep Meet #1, January 14, 2017**

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

Athletics Ontario

Athletics Ontario Officials

Toronto Track and Field Centre

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.

---

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
------	------------	---

**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 2017 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.

---

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
------	------------	---