



**Mississauga Olympians  
Track & Field Athletic Association**

## Indoor Track and Field Meet

**Date:** Saturday, February 18th, 2017

**Time:** 9:30 a.m.

**Sanctioned By:** Minor Track Association (Ontario)

**Competition Director:** Carla Warwick

**Entries Chairperson:** Suzanne Leroux

**Place:** Toronto Track & Field Centre, York University 231 Ian MacDonald Boulevard Toronto, Ontario, Canada M3J 3L9

**Facilities:** Chevron surface on 5-lane 200m banked oval and 8-lane sprint straight; Chevron surface on all field approaches with a concrete throwing circle. Change room facilities and showers are available on site

**Peewees:** Athletes born in 2011-Younger  
60m (time finals), LJ (3 jumps only)

**Mites:** Athletes born in 2009-2010  
60m, 60m Hurdles, 200m, 400m, 800m, Long Jump, Shot Put

**Tykes:** Athletes born in 2007-2008  
60 m, 60m Hurdles, 200m, 400m, 800m, 1200m, Long Jump, High Jump, Shot Put, 4x200m

**Atoms:** Athletes born in 2005-2006  
60 m, 60m Hurdles, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put, 4x200m

**MTA Sir:** Athletes born in 2003-2004  
60 m, 60m Hurdles, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put, 4x200m

**Notes:**

1. Athletes may enter in three individual events, of which no more than two may be track events (relay not included)
2. Track events will run girls first, then boys for each age category, starting at the youngest age categories and working our way up through to senior
3. Waiver forms must be filled-out and submitted by each athlete or a blanket waiver by coach with power of attorney (list all athletes). Athletes without signed waiver forms will not be allowed to compete. NOTE: supply on event day.
4. Events with less than five athletes may be combined with another age group.
5. Starting blocks for Atom and MTA Sr. only.

**General Rules:**

Track events take precedence over field schedules. If the timing of a field and track event conflict, the athlete must check in at both events, notify both officials of the conflict and be ready to run when the race is started. The athlete will be able to return to the field event.

**FIELD EVENTS**

High Jump

Each competitor receives 3 trials at each height  
A tie will be broken by the second best jump.

Long Jump

Less than 10 competitors each competitor gets 3 jumps top 8 gets 2 more  
More than 10 each competitor gets 2 jumps top 8 gets 2 more  
Seniors Jump from the line.

Throws

Less than 10 competitors each competitor gets 3 throws top 8 gets 2 more  
More than 10 each competitor gets 2 throws top 8 gets 2 more

**TRACK EVENTS**

Sprints/ Hurdles 50-100m

One Heat: Straight Final  
Two Heats or more: 1st in each heat plus next fastest times advance to final.

**Awards:** Medals will be awarded for the first three places in all events with ribbons for 4<sup>th</sup>-6<sup>th</sup>.

**Entry Fees:** Individual events: \$10.00 per event Relays: \$25.00.

All fees payable by cash, money orders or club cheques.

Make cheques payable to: Mississauga Olympians Track & Field Club

**Deadline: Wednesday Midnight, February 15th, 2017**

**ENTRIES WILL NOT BE ACCEPTED ON RACE DAY**

Entries can be made by:

Excel Spreadsheet –Emailed to: Suzanne Leroux [suzanneleroux@rogers.com](mailto:suzanneleroux@rogers.com) or

Online via [www.trackiereg.com](http://www.trackiereg.com)

2017 Mississauga Olympians  
 Indoor Track and Field Meet  
 Saturday February 18th, 2017

**This is a running schedule and may be advanced or delayed as required**

Track		Field		LJ		SP	HJ
9:30	1200/1500m Time Finals			MTA Sr. Boys		Mite Boys	Atom Girls
				MTA Sr. Girls			
	60m Heats			Tyke Girls		Mite Girls	Atom Boys
				Tyke Boys			
	400m Time Finals			Pee Wee Boys		Tyke Boys	Tyke Girls
				Pee Wee Girls			
	60m Finals					Tyke Girls	Tyke Boys
12:30				Lunch Break			
1:30	60m Hurdle Finals			Atom Boys		Atom Girls	Sr. Girls
				Atom Girls			
						Atom Boys	Sr. Boys
				Mite Girls			
	800m Time Finals			Mite Boys		MTA Sr. Boys	
	200m Time Finals					MTA Sr. Girls	
	4x200m Relay						



# MINOR TRACK ASSOCIATION

## 2017 Mississauga Olympians Indoor Track and Field Meet

**THIS WAIVER FORM MUST BE SUBMITTED BY EACH ATHLETE ENTERED or  
BLANKET WAIVER BY COACH WITH POWER OF ATTORNEY - (list all athletes)**

**SANCTIONED & REQUIRED BY:  
MINOR TRACK ASSOCIATION (of Ontario)**

In consideration of the acceptance of my application and permission to participate as an entrant of competitor  
in the 2017 Mississauga Olympians Indoor Track and Field Meet  
Scheduled for Saturday, February 18<sup>th</sup> 2017.

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

- The Minor Track Association (of Ontario)
- Mississauga Olympians Track & Field Club and/or any of its Directors, Coaches or Volunteers
- City of Toronto
- Toronto Track & Field Centre

And all other association, sanctioning bodies and sponsoring companies, and all their respective agents,  
officials, servants, representatives, and assigns OF AND FROM ALL claims, demands, damage costs,  
expense actions, and causes of action, whether in law or equity, in respect to 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 a spectator, participant, competitor, or otherwise; whether prior to, during or subsequent to  
the event AND NOTWITHSTANDING that the same may be 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 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 AGREE to the  
above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

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Print Name

Date

Signature of Athlete

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Print Name

Date

Signature of Parent or Guardian  
(If under 18 years)