



Ontario Junior & Senior Men's & Senior Women's 10000m Track Championships &

RCLDS Meet #1 (Incorporating non-championship 800m and 1500m)

- Date: Sunday May 5, 2013
- Location: TD Waterhouse Stadium, University of Western Ontario, London, ON
- Sanctioned by: Athletics Ontario
- Host Club: London Runner Distance Club
- Competition Directors: Steve Weiler Phone: (519) 777-6096 Email: steveweiler@hotmail.com
- Entries Chairperson: Steve Weiler Phone: (519) 777-6096 Email: steveweiler@hotmail.com
- Age Categories Junior (JM) born in 1994 or later
Senior (SW/SM) open
- Entry Deadline:** **3:00 pm, Monday, April 29, 2013** for Championship 10,000m entries
Wednesday, May 1, 2013 for non-championship events.
- 3:00 pm, Monday, April 29, 2013** is also the deadline for Athletics Ontario registration for any athletes who will be running in the 10,000m event – the Championship section.
- Championship Fees:** **\$25.00 per event** (Ontario Championship 10,000m)
- Non-Championship Fees:: Non-registered athletes may participate in the 10,000m for a fee of **\$26.50**, but they are NOT eligible for medals or Quest for Gold Athlete Assistance Programme points, club championship points nor will their performances be recognized by AO or AC.
- 800m/1500m: \$15.00 for AO members; \$16.50 for non-members
- 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.
- Payment: Payment of entry fees may be made by personal or certified cheque, money order or cash. If paying by cheque, please make payable to: London Runner, 207 Dundas St., London, ON N6A 1G4. You may pay on the day of the meet but please note that bib numbers will not be released until payment is completed.
- Post Entries: Entries in championship events received after the entry deadline will be accepted at the discretion of the meet organizers and only if it does not cause a disruption of the conduct of the meet. These entries will be subject to a \$50.00 per event entry fee if accepted. To be eligible for post entry, athletes must have been registered with Athletics Ontario by the registration deadline of 3:00 pm, Thursday, May 2, 2013 or have paid a late registration fee as per paragraph 2, under "Eligibility", below.



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- Eligibility:** In Championship events, athletes residing in Ontario must be registered and their clubs affiliated for 2013 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 2013 with their provincial or state associations.
- Entry Confirmations:** As entries are processed, the performance lists will be made available on line at www.londonrunner.ca or www.athleticsontario.ca. Please check on line to confirm your entries following the entry deadline.
- Awards:** Gold, Silver, and Bronze medals will be awarded to the first three finishers in each Championship event. Duplicate medals will be awarded to non-Ontario athletes finishing in the top three. No awards are given in the non-championship events.
- Team Prizing:** Team awards will be given to the winning Athletics Canada-registered club in a team competition. Clubs can enter up to 4 AC-registered athletes - 2 males and 2 females, with the top three scorers counting towards the team score. The team scorers must be declared in advance or confirmed during registration at the meet. Points will be awarded to the top 8 open male and top 8 open female finishers as follows: 1st - 10 points, 2nd - 8, 3rd - 6, 4th - 5, 5th - 4, 6th - 3, 7th - 2, 8th - 1. Only the top 4 declared scorers for each team will figure in the scoring, if there is a 4th declared finisher for a team he/she does not score but does block out the points for his/her final scoring position.
- 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 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. Cost \$25.00 to be returned if the protest is upheld.
- Rules:** The rules of the IAAF/AC will be applied with regard to refreshments in the 10,000m. Entrants must agree to withdraw from race if so requested by the person designated as the medical officer.



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Tentative Schedule: 6:30 pm 800m
 7:00 pm 1500m
 7:40 pm Senior Women's 10,000m, Junior & Senior Men's 10,000m
 8:30 pm Men's 1500m HP section

National Qualifier: The top 5 finishers without standard in each of SW and SM 10,000m Championships are eligible to enter the National Senior Championships in Moncton on June 20-23. To reserve their top 5 positions in the Ontario branch list they must declare their intention to enter the Nationals to Roman Olszewski roman.otfa@cogeco.ca no later than Monday May 13. After that date other nominees will be considered until all available positions are filled.

ENTRY FORM & WAIVER

Send to: steveweiler@hotmail.com

Athlete's Name: _____ Sex: _____

Year of Birth: _____ Age on Day of Race: _____ e-mail address: _____

AO/AC/USATF (2013) No. _____ Club: _____

Championship Event: JrM 10,000m ____ Sr. Men 10,000m ____ Sr. Women 10,000 ____

Non-Championship Events: Men's 10,000m ____ Women's 10,000m ____

 Women's 800m ____ Men's 800m ____

 Women's 1500m ____ Men's 1500m ____

Entry Fee \$ _____ Seed Time _____



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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

2013 AO 10000m Track Championships & RCLDS Meet #1 on May 5, 2013

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

Athletics Ontario London Runner Distance Club TD Waterhouse Stadium Runners Choice London
Athletics Ontario Officials Steve Weiler City of London

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

Canadian Anti-Doping Program (CADP)

Athletics Canada has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to all individuals, whether in the role of athletes or athlete support personnel, who are registered for and participate in this event. By signing below, I acknowledge that I am aware that the CADP applies to me and that I am subject to the CADP. Completion of an online education course may be required as part of my registration of this event. By participating in this event, I consent to the application of the CADP to me. For further information, please visit the Athlete Zone on the CCES website www.cces.ca/athletezone.

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