



# 2012 Ontario Indoor Bantam - Midget - Junior Championships

Date:	Saturday March 3 - Sunday March 4, 2012		
Location:	Toronto Track & Field Centre (York University, Toronto)		
Sanctioned by:	Athletics Ontario		
Hosted by:	Athletics Ontario & York University Track Club		
Competition Directors:	Colin Inglis Colleen Dotson	Tel: 416-736-2100 x44669 Tel: 416-736-2100 x20119	<a href="mailto:cinglis@yorku.ca">cinglis@yorku.ca</a> <a href="mailto:colleenr@yorku.ca">colleenr@yorku.ca</a>
Entries Chairperson:	Suzanne Leroux	Tel: 416-733-2962	<a href="mailto:suzanneleroux@rogers.com">suzanneleroux@rogers.com</a>
Age Categories:	Bantam (BG, BB) Midget (MG, MB) Junior (JW, JM)	born in 1999 or later born in 1997 or later born in 1993 or later	
<b>Entry Deadline:</b>	<b>3:00 pm, Monday, February 27, 2012</b>		
<b>Entry Fees:</b>	<b>\$18.00 per event</b>		
Electronic Entries by:	Two options		
	1. Hy-Tek Team Manager or Hy-Tek Team Manager Lite For instructions and the events file, go to the Events Calendar at <a href="http://athleticsontario.ca">athleticsontario.ca</a> . For assistance, contact Suzanne at 416-733-2962 or <a href="mailto:suzanneleroux@rogers.com">suzanneleroux@rogers.com</a> .		
	2. EXCEL Spreadsheet For the individual entry form, go to the Events Calendar at <a href="http://athleticsontario.ca">athleticsontario.ca</a> . Follow the directions at the top of the form.		
	No entries are to be dropped off at the Athletics Ontario (AO) office. No telephone entries. No faxed entries. NO REFUNDS.		
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 should be made in advance and received by the Entry Deadline. Mastercard or Visa may also be used for payment; please include the name on the card, the number and the expiry date and provide them with your entries. If paying by cheque please make payable to: Athletics Ontario, 3 Concorde Gate, Suite 211, Toronto, ON M3C 3N7.		
Post Entries:	Entries 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, Monday, February 27, 2012.  
Any entrant accepted shall not be placed in either of the two fastest sections in the 150m, 200m, 300m and 400m events.

**Entry Confirmations:** As entries are processed, the performance lists will be made available on line on the Athletics Ontario website at [www.athleticsontario.ca](http://www.athleticsontario.ca). Please check on line to confirm your entries following the entry deadline.

**Eligibility:** In Championship events, athletes residing in Ontario must be registered and their clubs affiliated for 2012 with Athletics Ontario by the Entry Deadline.

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 2012 with their provincial or state associations.

**Guests from other Provinces/States:**

Please note that Athletics Ontario rules require that in the 60m sprints and hurdles there must be a minimum of 4 athletes from Ontario included in the final or fastest timed final. Any out-of-province athletes excluded from the final will be included in a second timed final to consist of the next fastest group of runners.

**Schedule:** After entries are closed the tentative schedule will be replaced by a revised "Final" schedule. Once released, the start times in the final schedule will not be advanced without the consent of all entrants in the affected event(s). The final schedule will be posted, along with performance lists, on line at: [www.athleticsontario.ca](http://www.athleticsontario.ca) by Friday, March 2.

**Check-in Procedure:** **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 enough time for traffic delays, etc. Picking up bib numbers does not constitute a check-in!**

**Lane & Heat Assignments:**

Lanes, Heats and Sections will be assigned according to the rules of the IAAF / AO. Lane 1 will be vacant for all sections of the Junior 200m event. Following the check-in period, a list of heat and lane assignments will be posted at the start area for each event.

**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.



## Indoor Club Championships Scoring

The top 6 Ontario athletes in each event and category will earn points for their clubs as follows: 1st – 7 points, 2nd – 5, 3rd – 4, 4th – 3, 5th – 2, 6th – 1.

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

### Facility Rules & Regulations:

Maximum spike length is 5mm (9mm for High Jump). Spiked shoes will be checked 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 track surface.

NO electronic devices are allowed in the competition area

**Off Limits:** 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. Blocks are compulsory for Junior athletes entered in sprint or hurdle races.

**Start Rule modified for Bantams:** Effective January 1, 2012, 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 the disqualification of the athlete making a false start.

In open races or in races involving other AO age groups, the current IAAF false start rule shall apply to all competitors, regardless of age group.

**Sweatsuit Rule:** To help the meet stay on schedule athletes must have removed their sweatsuits, leggings, etc. and be ready to run by the time they are called to the start line. Please convey this information to the athletes.

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

**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. The cost of \$25.00 to be returned if the protest is upheld.



Events:	Bantam:	60m, 150m, 800m, 1200m, 2000m, 60mHurdles, 800m Walk High Jump, Long Jump, Shot Put
	Midget:	60m, 200m, 300m, 800m, 1200m, 2000m, 60mHurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Throw
	Junior:	60m, 200m, 400m, 800m, 1500m, 3000m, 60mHurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Throw

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

	BG	BB	MG	MB	JW	JM
High Jump	1.25	1.30	1.35	1.48	1.48	1.83
Pole Vault			1.80	2.50	2.20	3.20

Specifications for Hurdling Events:

EVENT	DISTANCE	#	HEIGHT(m)	To 1st 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
Junior Women	60m	5	0.840	13.00m	8.50m
Junior Men	60m	5	0.990	13.72m	9.14m

Seed Performances: The seed performances must have been achieved indoors during the current season in AO-sanctioned or approved competitions. Seed performances will be taken automatically from the AO or AC Rankings database. Athletes without seed times will be placed in slower sections. Coaches and athletes are advised to take note of the above and plan accordingly.

Note: Notwithstanding the differences in start rules, performances achieved in races in MTA and high school competitions will be accepted for seeding purposes. In exceptional cases, athletes who have not had an opportunity to achieve a seed performance in a track event may request special consideration. Valid reasons for special consideration include injury or concentration in a different event. Applications must be forwarded to: Seed Committee, c/o Roman Olszewski at [roman.otfa@cogeco.ca](mailto:roman.otfa@cogeco.ca) by the Entry Deadline.

For both Championship and Prep meets, performances from similar events will be accepted and will be converted:

<u>Championship Event</u>	<u>Acceptable Alternatives for Seed Purposes</u>
60m	50m indoors
150m	200m indoors
200m	150m or 300m indoors
300m	200m or 400m indoors
400m	300m or 600m indoors
800m	600m or 1000m indoors
1200m	1000m or 1500m indoors
1500m	1200m or 2000m indoors
2000m	1500m or 3000m indoors
3000m	2000m indoors
60m H	50m Hurdles



## Specifications for Throwing Events:

	BG	BB	MG	MB	JW	JM
Shot Put	3.00kg	3.00kg	3.00kg	4.00kg	4.00kg	6.00kg
Weight Throw			5.45kg	9.072kg	9.072kg	11.338kg

Spectator Admission Fees: \$3.00 per day per person (12 and under FREE)

## How to get to the Toronto Track &amp; Field Centre:

Due to subway construction, the parking lot adjacent to the west end of the Toronto Track and Field Centre will be closed as of January 4, 2011. Therefore, follow the instructions below to the new location.

1. Follow Highway 401 to Highway 400 North.
2. Follow Highway 400 North and (take) the Steeles Avenue exit.
3. Go East (left) on Steeles, past Jane Street and the University's Northwest Gate Rd to the next set of lights.
4. Turn right on Founders Road
5. Immediate first left entrance to parking lot.
6. Follow the pathway to the main doors of the Track Centre. (located to the west of this parking lot by walking along Ian MacDonald Blvd)

Accommodations: Athletics Ontario strongly recommends: (Make sure to ask for the Athletics Ontario rate)



HOLIDAY INN TORONTO YORKDALE  
3450 Dufferin St., Toronto, ON M6A 2V1  
Tel: (416) 789-5161 [www.hiyorkdale.com](http://www.hiyorkdale.com)  
Rate: \$109.95

For group bookings of 10 or more rooms, please contact:  
Angel Chan, 416-785-6802 [angel.chan@hiyorkdale.com](mailto:angel.chan@hiyorkdale.com)  
Bedroom Release Date: February 10, 2012



COMFORT INN NORTH YORK  
66 Norfinch Drive. North York, ON M3N 1X1  
Tel: (416) 736-4700 [www.hotelsnorthyork.com](http://www.hotelsnorthyork.com)  
Rate: \$89.99 includes continental breakfast

For group bookings of 5 or more rooms please contact:  
Julie Chadwick, Sales Manager, Westmont Hospitality Group,  
416 665 8830 Toll Free: 1 866 259 3501 Email: [julie.chadwick@whg.com](mailto:julie.chadwick@whg.com)



**2012 ONTARIO BANTAM / MIDGET / JUNIOR CHAMPIONSHIPS**

TENTATIVE SCHEDULE OF EVENTS - MARCH 3 - 4, 2012

TIME	TRACK	CATEGORY	TIME	FIELD	CATEGORY
<b>SATURDAY, MARCH 3, 2012</b>					
11:00	800m Walk	BG-BB	11:00	LJ	BB-MB
11:15	60m Heats	BG-BB-MG-MB-JW-JM	11:00	HJ	BG-MG
12:00	1200m	BG-BB-MG-MB	12:40	HJ	BB-MB
BREAK			12:45	LJ	JM
1:10	60m Semi-Finals	BG-BB-MG-MB-JW-JM			
1:45	1500m	JW	2:00	HJ	JW
2:10	1500m	JM	2:15	LJ	BG-MG
3:10	60m Finals	BG-BB-MG-MB-JW-JM			
3:30	300m	MG-MB	4:00	HJ	JM
4:05	400m	JW	4:15	LJ	JW
4:35	400m	JM			
<b>SUNDAY, MARCH 4, 2012</b>					
9 a.m.	2000m	BG-BB-MG-MB	9 a.m.	TJ	MB
9:25	3000m	JW	9:30	SP	BG-MG
9:50	3000m	JM	9:30	PV	MG-JW
10:40	60mH Heats	BG-BB-MG-MB-JW-JM	10:00	TJ	MG
11:20	800m	BG-BB-MG-MB	10:30	SP	JW
LUNCH BREAK					
1:00	60mH Finals	JM-MB-JW-MG-BB-BG	1:00	TJ	JW
1:25	800m	JW	1:15	SP	BB-MB
1:50	800m	JM	1:30	PV	JM
2:25	150m	BG-BB	2:00	SP	JM
2:45	200m	MG-MB	2:15	TJ	JM
3:25	200m	JW	3:45	WT	MG-JW
4:10	200m	JM	3:45	WT	MB-JM

Notes: **Sections will be run SLOW to FAST.**

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.

In the 60m and 60m Hurdles, the events will be run in the following order in all rounds regardless of whether a check-in is required or not: BG-BB-MG-MB-JW-JM



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

2012 ONTARIO INDOOR BANTAM MIDGET JUNIOR CHAMPIONSHIPS

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

Athletics Ontario  
Athletics Ontario Officials  
City of Toronto  
Toronto Track & Field Centre  
York University Track Club  
Colin Inglis  
Colleen Dotson  
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 or my participation in the said event, whether as a spectator, participant, competition 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.

\_\_\_\_\_  
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