



Ontario National Junior and Senior Qualifier Meet &  
 Ontario Combined Events, Relay and Junior Women's 5000m Championships &  
 Canadian Junior Women's Heptathlon and Junior Men's Decathlon Championships



Athletics Ontario

Date: Saturday June 12 - Sunday June 13, 2010

Location: Toronto Track & Field Centre (York University, Toronto)

Sanctioned by: Athletics Ontario

Competition Director: Sue Wise                      Tel: 416-558-9679                      Email: [suewise@yorku.ca](mailto:suewise@yorku.ca)

Entries Chairperson: Suzanne Leroux                      Tel: 416-733-2962                      Email: [suzanneleroux@rogers.com](mailto:suzanneleroux@rogers.com)

Age Categories:                      Bantam (BG, BB)                      born in 1997 or after  
    Midget (MG, MB)                      born in 1995 or after  
    Youth (YG, YB)                      born in 1993 or after  
    Junior (JW, JM)                      born in 1991 or after  
    Senior (SW, SM) or Open (OW, OM)                      born in any year

Entry Deadline: 3:00 pm, Monday, June 7, 2010

Championship Fees: Ontario Championships:

Decathlon	\$28.00
Octathlon	\$23.00
Heptathlon	\$23.00
Tetrathlon	\$18.00
Junior Women 5000m	\$18.00
Relays	\$28.00 per relay team
Canadian Junior Combined Events	\$50.00

(for Ontario Junior athletes, this fee includes entry into the Ontario Junior Combined Events Championships; entry into the Ontario Championships is automatic)

Non-Championship Event Fees:	Before the Deadline	After the Deadline*
AO- registered (or AC/USATF)	\$8.00 per event	\$15.00 per event
Not registered with AO	\$15.00 per event	\$25.00 per event
* where accepted. See note below under "Post Entries"		

Relay Events: All relay teams and team members must be entered by 3:00 pm on Monday June 7, 2010. However, the names of the team runners on each team and the running order need not be provided until the day of the meet.



Entries by: Hy-Tek Team Manager, Hy-Tek Team Manager Lite or \* EXCEL Spreadsheet format

Only the forms available at [www.athleticsontario.ca](http://www.athleticsontario.ca) will be accepted:

1) Individual Entry Form and 2) Relay Form

Follow the directions on the top of each form.

For instructions, the events file and "On-Line registration", please go to the Events Calendar at [www.athleticsontario.ca](http://www.athleticsontario.ca) . For assistance, please contact Suzanne Leroux at 416-733-2962 or [suzanneleroux@rogers.com](mailto:suzanneleroux@rogers.com).

No entries are to be dropped off at the Athletics Ontario (AO) office.

No telephone entries please. No faxed entries. NO REFUNDS

Combined Events Entrants:

Entrants in all Combined Events must send in seed performances for all their events so that they may be placed in the appropriate sections or groups during the competition. Please send seed performances in a separate email to: Roman Olszewski [roman.otfa@cogeco.ca](mailto:roman.otfa@cogeco.ca)

Coaches from outside of Ontario:

Please send: name, Branch, Club Information to: Roman Olszewski at [roman.otfa@cogeco.ca](mailto:roman.otfa@cogeco.ca) so that a pass can be arranged.

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. 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. 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 non-championship events received after June 7 will be accepted at the discretion of the entries chairperson and only if there is space.

Athletes who intend on entering non-championship events on the day of the competition must complete their entry(ies) no later than 90 minutes prior to the revised start time of the event(s). If events are full, entries received after June 7 will not be accepted on the day. The revised schedule will be posted on the web on June 10 and will note any events that are closed for further details.

Entries in Canadian or Ontario championship events received after the entry deadline will be accepted at the discretion of the competition director and only if it does not cause a disruption in the conduct of the meet. These entries will be subject to a \$50.00 per event entry fee for Ontario Championships and \$120 for Canadian Championships if accepted by the competition director. To be eligible for post entry, athletes must have been registered with the provincial branch by the registration deadline of 3:00 pm, Monday, June 7, 2010.

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 Ontario Championship events, athletes residing in Ontario must be registered and their clubs affiliated for 2010 with Athletics Ontario by the Entry Deadline of 3:00 pm on Monday, June 7.

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 2010 with their provincial or state associations.

In Canadian Championship events, the following athletes are eligible to compete:

- i) Canadian Citizens who are Athletics Canada members and in the case of athletes who have dual Canadian Citizenship with another country, have not competed in the National Championship of that country during the previous competitive season.
- ii) a) Canadian Permanent residents (Landed Immigrants) who are Athletics Canada members and full-time residents of Canada;  
 b) non-Canadian residents who are claiming refugee status and foreign athletes who are temporary residents of Canada due to business, study or family reasons, providing that they are Athletics Canada members and have been resident in Canada for at least six months prior to the date of the Championships, and are in compliance with IAAF Rule 4.3.  
 c) foreign athletes who have been invited and, at the discretion of the National Team Manager, have had their applications accepted.

Athletes listed under ii) above are not eligible to be declared Canadian Champions and receive a medal or financial recognition.

When entering, athletes must declare their citizenship status by sending a separate memo to Roman Olszewski at [roman.otfa@cogeco.ca](mailto:roman.otfa@cogeco.ca)

In non-championship events both registered and non-registered athletes are welcome. Non-registered athletes must declare themselves as such when entering and must pay the higher fee. Athletes who are unregistered and fail to declare as such will have their results voided.

Note: Athletes entered in non-championship events who are not registered with AO (but who have paid entry fees on the basis of being registered) must pay the late entry fees for non-registered athletes in order to compete.

**Entry Standards:** National Junior Championships : Heptathlon: 4000 pts Decathlon: 5500 pts  
 (to be achieved between May, 2009 and June 7, 2010)

There are no entry performance standards for any other events.

**Qualifying for Entry Into National Junior and Senior Championships Without Standard**

**Juniors:** The following athletes may enter the National Championships without having achieved the entry standard:

- Top 3 Junior athletes without standard (in each event) from Ontario at this qualifier meet,
- Top 3 high school athletes (AO Junior age) in Senior events at the OFSAA championships

If there are no nominees from participants in the National Qualifier meets by June 25 other AO-registered nominees may be considered.

Seniors: The Top 5 Open (Junior and Senior combined) athletes without standard (in each event) from Ontario at this qualifier meet may enter

- 1) preliminaries\* in those track events expected to have semi-final rounds or
- 2) the final of final-only track events
- 3) all field events

at the National Senior Championships.

\* Starting this year, only athletes who have attained the entry standard will have automatic access to the semi-final in the track events which will include these qualifying rounds (100m – 1500m, including hurdles).

Athletes who enter the National Senior Championships without having attained the entry standard will be required to compete in preliminary rounds on days 1 and 2 of the National Championships in an attempt to qualify for vacant positions in the semi-final rounds in track events and finals in field events. At least one “vacancy” is guaranteed in each event.

The National Qualifier for the Senior Men’s and Women’s 10,000m is during the Ontario Championships in London on May 15.

### **Important Notes for both Junior and Senior Athletes vying for National Qualifier Top 3/Top 5 positions:**

Only athletes registered for 2010 with AO in the competitive category on the day of competition are eligible for nomination as entries into the Nationals without standard.

It is the responsibility of the athlete to identify which athlete finishing ahead of him/her has already met the entry standard. Juniors are counted as Seniors if the specifications are the same as for the senior events. Athletes who wish to enter the Nationals without standard must declare their intention to do so by signing a special form at the National Qualifier meet. The final date for declaration is Tuesday, June 15 for Juniors and Tuesday, June 22 for Seniors. The positions will be filled in the order of finish at the National Qualifier. Standbys will be considered should athletes in the top 3 or 5 subsequently make standards or withdraw. After the dates mentioned above any other athletes without standard may be considered on a first-come-first-served basis in events in which there are openings until the passing of the entry deadlines for the two national meets. New nominations should be sent to Roman Olszewski at [roman.otfa@cogeco.ca](mailto:roman.otfa@cogeco.ca).

Schedule: The schedule is subject to change based on entries received. Along with performance lists, a revised FINAL schedule will be posted, on line at: [www.athleticsontario.ca](http://www.athleticsontario.ca) by June 11.

**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 the event.**

Lane & Heat Assignments: Lanes, Heats and Sections will be assigned according to the rules of the IAAF/AO.

Following the check-in period, a list of heat and lane assignments will be posted on the wall near the finish line area.

**Special Relay Rules:** AO-affiliated clubs (or clubs affiliated with other AC or USATF branches) only may enter the Relay Championships. Composite or school/university teams are ineligible.

Clubs must enter teams in the appropriate age category (i.e., may not move up). Example - a team made up of 4 Midgets must enter the Midget category and may not move up to the Youth category. An athlete may compete in different age groups in different relay events only. For example, an athlete may compete in the midget boys' 4x200m and the junior men's 4x400m but the same athlete may not compete in the midget boys' 4x200m and the junior men's 4x200m.

Relay Declaration forms will be available at the registration area or competition director's table. Completed declaration forms, with names of the runners in running order, must be turned in to the meet organizers no later than 45 minutes

prior to the published or announced start time for the respective events. Only athletes whose names were included on the list of potential relay runners sent to the Entries Chairperson by 3:00 pm on Monday June 7 are eligible.

**Relay Uniform Policy:** In Provincial Championship events the four athletes on the team must wear identical\* club tops.

\* small design differences and slight differences in placement of letters, etc. may be permitted at the discretion of the check-in marshals and on track officials.

**Awards:** Gold, Silver and Bronze medals will be awarded to the first three finishers in each Ontario Championship event. Medals will be awarded to the four members of the top 3 clubs in each relay event. Duplicate medals will be awarded to non-Ontario athletes finishing in the top three (with the exception of entrants in the Canadian Junior Heptathlon or Decathlon Championship unless they entered the Ontario Championship as well). No awards are given in the non-championship events.

Canadian Gold, Silver and Bronze medals will be awarded to the first three eligible finishers in the Canadian Junior Heptathlon and Decathlon Championships. (See section under Eligibility).

#### Outdoor Club Championships Scoring

The top 8 Ontario athletes in each event and category will earn points for their clubs as follows: 1st – 10 points, 2nd – 8, 3rd – 6, 4th – 5, 5th – 4, 6th – 3, 7th – 2, 8th – 1.

Scoring for the relay teams is the same except that no club may score more than one team per event, nor may it block out other clubs from scoring points.

**Facility:** All-weather polyurethane surface on 8-lane track and on all field event approaches. Concrete throwing circles. Change room facilities and showers are available.  
- bring your own lock and towel.

#### Facility Rules & Regulations:

Maximum spike length is 9 mm for javelin and high jump; 6 mm for all other events. Spiked shoes will be checked for spike length.

Only AO-registered coaches and officials and meet volunteers will be permitted onto the competition areas. All others must go to the spectator viewing area. Meet organizers will provide passes for AO registered coaches.

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.
- Note: Athletes of Junior age and up are required by IAAF rules to use starting blocks in events of 400m and under. Athletes entered in Junior events must use starting blocks, regardless of age.
- Implements** A limited number of 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. Cost \$25.00 to be returned if the protest is upheld.

<b>Championship Events:</b>	<u>Individual Events:</u>	
	5,000m	JW
	Decathlon	JM, SM (including Canadian Junior Men's Decathlon)
	Heptathlon	YG, JW, SW (including Canadian Junior Women's Heptathlon)
	Octathlon	YB
	Tetrathlon	MB, BG, BB
	<u>Relays:</u>	
	4 x 200m - Bantam, Midget, Youth, Junior, Senior	Women & Men
	4 x 400m - Youth, Junior, Senior	Women & Men
	Sprint Medley - Bantam, Midget, Youth, Junior, Senior (400-200-200-800m)	Women & Men

<b>Non-Championships Events:</b>	80m	BG, BB	High Jump	OW, OM
	100m	OW, OM	Pole Vault	OW, OM
	200m	OW, OM	Long Jump	OW, OM
	300m	MG, MB	Triple Jump	OW, OM
	400m	OW, OM	Shot Put	JW, OW, JM, OM
	800m	OW, OM	Discus	JW, OW, JM, OM
	1200m	BG, BB, MG, MB	Hammer	JW, OW, JM, OM
	1500m	OW, OM	Javelin	JW, OW, JM, OM
	3000m	JW		
	5000m	JW, OW, OM		
	100m Hurdles	OW		
	110m Hurdles	OM		
	200m Hurdles	BG, BB, MG, MB		
	300m Hurdles	YG, YB		
	400m Hurdles	OW, OM		
	1500m Steeplechase	MG, MB		
	2000m Steeplechase	YG, JW		
	3000m Steeplechase	OW, OM		
	3000m Walk	OW, OM		

Combined Events:	Bantam and Midget Girls Tetrathlon:	80mH, HJ, SP, 200m
	Youth, Junior, Senior Women's Heptathlon:	D1: 100mH, HJ, SP, 200m D2: LJ, JT, 800m
	Bantam Boys Tetrathlon	80mH, SP, HJ, 200m
	Midget Boys Tetrathlon	100mH, SP, HJ, 200m
	Youth Boys Octathlon	D1: 100m, LJ, SP, 400m D2: 110mH, HJ, JT, 1000m
	Junior, Senior Men's Decathlon	D1: 100m, LJ, SP, HJ, 400m D2: 110mH, DT, PV, JT, 1500m

**Number of Trials:** In the horizontal jumps and throws, due to time limitations, only the top four seniors and top four juniors, after the first three rounds will automatically receive an additional three trials. Any other athletes to a maximum of eight per age category (Junior and Senior), who achieve the Ontario Standard Plan Level 4 performance (see below) in the first three rounds, will also receive the extra trials.

The standards are as follows:

	LJ	TJ	SP	DT	HT	JT
JW	5.06	10.16	10.40(4kg)	35.36(1kg)	38.64(4kg)	35.76(600g)
SW	5.41	10.74	11.50(4kg)	38.91(1kg)	42.28(4kg)	38.62(600g)
JM	6.49	13.28	14.42(6kg)	43.77(1.75kg)	48.81(6kg)	47.62 (800g)
SM	6.90	13.85	14.50(7.26kg)	45.98(2kg)	48.21(7.26kg)	54.05(800g)

Specifications for Hurdling Events:

Age Group	Distance	No.	Height(m)	To 1st Hurdle	Between Hurdles
BG, BB	80mH	8	0.762	12.00m	7.50m
MG	80mH	8	0.762	12.00m	8.00m
MB	100mH	10	0.840	13.00m	8.50m
YG	100mH	10	0.762	13.00m	8.50m
JW,OW	100mH	10	0.840	13.00m	8.50m
YB	110mH	10	0.914	13.72m	9.14m
JM	110mH	10	0.990	13.72m	9.14m
OM	110mH	10	1.067	13.72m	9.14m
BG, BB	200mH	5	0.762	20.00m	35.00m
MG, MB	200mH	5	0.762	20.00m	35.00m
YG	300mH	7	0.762	50.00m	35.00m
YB	300mH	7	0.840	50.00m	35.00m
OW	400mH	10	0.762	45.00m	35.00m
OM	400mH	10	0.914	45.00m	35.00m

Specifications for Throwing Events:

	JW	SW	JM	SM
Shot Put	4.00kg	4.00kg	6.00kg	7.257kg
Discus	1.00kg	1.00kg	1.75kg	2.00kg
Hammer	4.00kg	4.00kg	6.00kg	7.257kg
Javelin	600g	600g	800g	800g



**Admission into Toronto Track & Field Centre:**

Please be aware that a \$3 per day admission fee will be charged to spectators over the age of 12. Competing athletes will be allowed to enter the facility with their athlete numbers. Meet Officials, AO-registered coaches and accredited media will be provided with admission passes at the gate.

**How to get to the Toronto Track & Field Centre:**

1. Follow Highway 401 East to Highway 400 North.
2. Follow Highway 400 North to the Steeles Avenue exit.
3. Go East (left) on Steeles, past Jane Street and turn right at the York University Northwest Gate entrance, just past Pioneer Village.
4. Immediate first left entrance to parking lot is adjacent to track.

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



HOLIDAY INN EXPRESS NORTH YORK  
30 Norfinch Drive  
Toronto, ON M3N 1X1  
Tel: (416) 665-3500  
Fax: (416) 665-0807  
[www.hiexpress.com/yyz-northyork](http://www.hiexpress.com/yyz-northyork)



BY CHOICE HOTELS

COMFORT INN NORTH YORK  
66 Norfinch Drive  
North York, ON M3N 1X1  
Tel: (416) 736-4700  
Fax: (416) 736-4842  
[www.choicehotels.ca/cn283](http://www.choicehotels.ca/cn283)

For individual reservations please contact your hotel of choice at the above listed numbers.  
For group bookings of 5 or more rooms please email [north\\_yorkcluster@whg.com](mailto:north_yorkcluster@whg.com) for more details.

**Reminder to entrants in Canadian Junior Combined Events Championships:**

1. Send citizenship status
2. Send seed performances in all events
3. Send accompanying coach's (if from outside of Ontario) Name, Club and Branch for accreditation

To: Roman Olszewski [roman.otfa@cogeco.ca](mailto:roman.otfa@cogeco.ca) at time of entry



Ontario National Junior and Senior Qualifier Meet &  
Ontario Combined Events, Relay and Junior Women's 5000m Championships &  
Canadian Junior Women's Heptathlon and Junior Men's Decathlon Championships

**TRACK EVENTS - DAY 1 – Saturday, June 12, 2010 - TENTATIVE SCHEDULE**

9:45 am	<b>Octathlon/Decathlon 100m</b>	<b>YB/JM/SM</b>	
10:20	<b>Heptathlon 100m Hurdles</b>	<b>JW</b>	<b>(84cm – 13/8.5m)</b>
	<b>Heptathlon 100m Hurdles</b>	<b>SW</b>	<b>(84cm – 13/8.5m)</b>
10:35	<b>Tetrathlon 100m Hurdles</b>	<b>MB</b>	<b>(84cm – 13/8.5m)</b>
	<b>Heptathlon 100m Hurdles</b>	<b>YG</b>	<b>(76cm – 13/8.5m)</b>
10:50	<b>Tetrathlon 80m Hurdles</b>	<b>MG</b>	<b>(76cm – 12/8m)</b>
	<b>Tetrathlon 80m Hurdles</b>	<b>BG</b>	<b>(76cm – 12/7.5m)</b>
	<b>Tetrathlon 80m Hurdles</b>	<b>BB</b>	<b>(76cm – 12/7.5m)</b>
11:05	<b>400m</b>	<b>OW</b>	<b>Timed Sections Fast to slow</b>
	<b>400m</b>	<b>OM</b>	<b>Timed Sections Fast to slow</b>
<b>Lunch Break</b>			
12:30 pm	<b>100m Hurdles</b>	<b>OW</b>	<b>(84cm – 13/8.5m)</b>
	<b>110m Hurdles</b>	<b>JM</b>	<b>(99cm – 13.72/9.14m)</b>
	<b>110m Hurdles</b>	<b>SM</b>	<b>(107cm – 13.72/9.14m)</b>
12:55	<b>1500m</b>	<b>OW</b>	<b>Timed Sections Fast to slow</b>
	<b>1500m</b>	<b>OM</b>	<b>Timed Sections Fast to slow</b>
	<b>1200m</b>	<b>BG/MG</b>	<b>Timed Sections</b>
	<b>1200m</b>	<b>BB/MB</b>	<b>Timed Sections</b>
2:20	<b>300m</b>	<b>MB/MG</b>	<b>Timed sections</b>
2:30	<b>100m</b>	<b>OW</b>	<b>Heats</b>
	<b>100m</b>	<b>OM</b>	<b>Heats</b>
	<b>80m</b>	<b>BG/BB</b>	<b>Timed Sections</b>
3:40	<b>4x400m Relay</b>	<b>YG/JW/SW</b>	
	<b>4x400m Relay</b>	<b>YB/JM/SM</b>	
4:10	<b>Tetrathlon/Heptathlon 200m</b>	<b>BG/MG/YG/JW/SW</b>	
	<b>Tetrathlon 200m</b>	<b>MB</b>	
<b>Track Break</b>			
4:55	<b>Octathlon/Decathlon 400m</b>	<b>YB/JM/SM</b>	
5:05	<b>100m</b>	<b>OW</b>	<b>Finals (2 timed finals)</b>
	<b>100m</b>	<b>OM</b>	<b>Finals (2 timed finals)</b>
5:30	<b>3000m Walk</b>	<b>OW/OM</b>	
6:00	<b>Sprint Medley Relay</b>	<b>BG/MG/YG/JW/SW</b>	
	<b>Sprint medley Relay</b>	<b>BB/MB/YB/JM/SM</b>	
7:00	<b>5000m</b>	<b>OM</b>	
	<b>5000m</b>	<b>JW/OW</b>	

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**TRACK EVENTS - DAY 2 – Sunday, June 13, 2010 - TENTATIVE SCHEDULE**

9:15	3000m	JW	
9:40	Decathlon 110m Hurdles	SM	(107cm – 13.72/9.14m)
	Decathlon 110m Hurdles	JM	(99cm – 13.72/9.14m)
	Octathlon 110m Hurdles	YB	(91cm – 13.72/9.14m)
10:10	3000m Steeplechase	OM	91cm
	3000m Steeplechase	OW	76cm
	2000m Steeplechase	YG, JW	76cm
	1500m Steeplechase (No waterjump) Boys and Girls		76cm
11:00	200m	OW Timed Sections, Fast to slow	
	200m	OM Timed Sections, Fast to slow	
11:45	800m	OW Timed Sections, Fast to slow	
	800m	OM Timed Sections, Fast to slow	
12:30 pm	Lunch Break		
1:30	400m Hurdles	OW	76cm
	200m Hurdles	BG/BB/MG/MB 76cm	
	300m Hurdles	YG	76cm
	300m Hurdles	YB	84cm
	400m Hurdles	OM	91cm
2:15	Heptathlon 800m	YG/JW/SW	
2:30	Octathlon 1000m	YB	
3:00	4x200m	BG/MG/YG/JW/SW	
	4x200m	BB/MB/YB/JM/SM	
4:00	Decathlon 1500m	JM/SM	

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**FIELD EVENTS - DAY 1 - Saturday June 12, 2010 - TENTATIVE SCHEDULE**

10:00 am	Javelin	OW	
11:00	Octathlon/Decathlon Long Jump	YB/JM/SM	
12:00 noon	Tetrathlon/Heptathlon High Jump Tetrathlon Shot Put	BG/MG/YG/JW/SW BB/MB	2 pits
12:30	Discus	OM	
1:30	Octathlon/Decathlon Shot Put Tetrathlon High Jump Long Jump	BB/MB OW	YB/JM/SM
2:30	Tetrathlon/Heptathlon Shot Put	BG/MG/YG/JW/SW	
3:00	Octathlon/Decathlon High Jump	JM/SM	2 pits
3:30	Javelin	OM	
4:00	Long Jump	OM	
4:45	Pole Vault	OM	
5:00	Hammer	OW	
6:30	Hammer	OM	

**FIELD EVENTS - DAY 2 - Sunday June 13, 2010 - TENTATIVE SCHEDULE**

9:00 am	Discus	OW	
9:15	High Jump	OM	
10:00	Heptathlon Long Jump	YG/JW/SW	
10:30	Decathlon Discus	JM/SM	
11:00	Octathlon High Jump	YB	
11:30	Triple Jump	OW	
12:00	Decathlon Pole Vault Heptathlon Javelin	JM/SM YG/JW/SW	
1:00	Octathlon Javelin	YB	
1:30	Shot Put	OM	
2:00	Triple Jump Pole Vault	OM OW	
2:30	Decathlon Javelin Shot Put	JM/SM OW	

SANCTIONED AND REQUIRED BY:

ATHLETICS ONTARIO

RELEASE, WAIVER AND INDEMNITY

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IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

2010 ONTARIO NATIONAL QUALIFIER & ONTARIO RELAY CHAMPIONSHIPS, JW 5000m CHAMPIONSHIPS & ONTARIO COMBINED EVENTS CHAMPIONSHIPS & CANADIAN JUNIOR COMBINED EVENTS CHAMPIONSHIPS

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

Athletics Ontario  
Athletics Canada  
Athletics Ontario Officials  
City of Toronto  
Toronto Track & Field Centre  
Sue Wise  
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