



MISSISSAUGA OLYMPIANS TRACK & FIELD CLUB PRESENTS MO TRACK SPRING TUNE UP

Date: Saturday, May 26th, 2018

Time: 9:30 a.m.

Meet Director: Carla Warwick 905-997-2713 carla@mississaugaolympians.com

Place: Courtney Park Athletic Fields. (St. Marcellinus Secondary School), 730 Courtneypark Dr. W., Mississauga

Facilities: All-weather Impermeable Rubber IAAF 400 Meter Standard 8 Lane Track, suitable for pin spikes (6-mm max). Washrooms on site, snacks & drinks will be sold on site.

Age Categories

Midget (MG/MB) U15 & U16 born in 2003/2004

Youth (YG/YB) U17 & U18 born in 2002/2001

Junior (JW/JM) U19 & U20 born in 1999/2000

Waiver

Each 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 forms must be submitted at the registration desk the day of the competition.

Awards

Medals (Gold, Silver, and Bronze) will also be presented to the first 3 finishers in individual events and relays.

Starting Blocks

Starting Blocks will be supplied by meet management.

Infield

The infield area can be used for warm up by athletes. Only athletes, coaches, officials and meet volunteers will be permitted in this area. All others must go to the spectator seating area or may stand on the outside of the east and west side of the track.

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 or appeals shall be filed within 30 minutes of the official announcement or release of the results. If no protest or appeal is received within 30 minutes of the official announcement or release of the results, the result as released will stand. If a protest or appeal changes a result, 30 minutes will be allowed following the announcement or release of the decision for further appeals to be brought forward.

The Jury of Appeal is the final authority on all issues.

Cost: \$25.00 to be returned only if the protest is upheld.

Check-In

Saturday 9:30 a.m.

Meet Rules

- In all running events, girls will precede boys, from youngest to oldest age division
- For events run in sections on a time basis – 200m and longer – the fastest section shall run last.
- Seeding marks must have been achieved during 2017-18. Seeding will be done according to IAAF rules.
- Shot put and long jump: all competitors will have 3 attempts with the top 8 receiving 3 additional attempts. All 6 attempts will count in the final outcome of the event.
- The metric system will be used for all measurements.

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

EVENTS

	MG	MB	YG	YB	JW	JM
100m	X	X	X	X	X	X
200m	X	X	X	X	X	X
300m	X	X				
400m			X	X	X	X
800m	X	X	X	X	X	X
2000	X	X				
3000			X	X	X	X
Long Jump	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X
4x100	X	X	X	X	X	X

Specifications for Throwing Events:

	MG	MB	YG	YB	JG	JB
Shot	3.00kg	4.00kg	3.00kg	5.00kg	4.00kg	6.00kg

Deadline: Wednesday Midnight, May 3rd, 2018**ENTRIES WILL NOT BE ACCEPTED ON RACE DAY**

Email Entries to: Suzanne Leroux
 suzanneleroux@rogers.com

Via Excel Form or
 Register through Trackie

Directions

From Hamilton

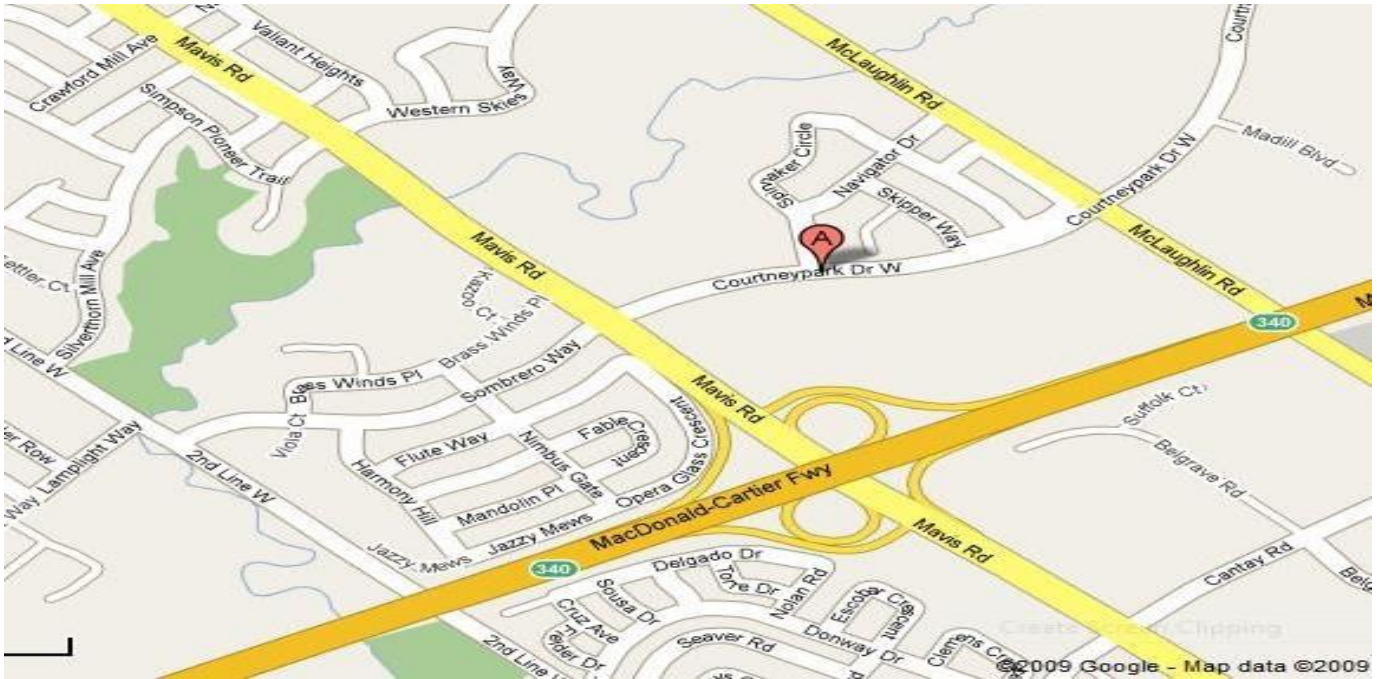
Take the QEW East to Toronto. Take HWY-403 E ramp toward TORONTO. Merge onto PROVINCIAL ROUTE 403 E. Take the MAVIS RD./CENTRE VIEW DR. exit. Take the MAVIS ROAD ramp. Turn LEFT onto MAVIS RD. Turn RIGHT onto COURTNEYPARK DR W.

From London

Take HWY-401 East to Toronto. Take the MAVIS ROAD exit, EXIT 340. Turn LEFT onto MAVIS RD. Turn RIGHT onto COURTNEYPARK DR W.

From Ajax

Take HWY-401 west, toward London. Take the MAVIS ROAD exit, EXIT 340. Turn RIGHT onto MAVIS RD. Turn RIGHT onto COURTNEYPARK DR W.



Meet Schedule

Saturday May 26th, 2018

9:30 AM	2000/3000 Finals	9:30 AM	Shot Put Long Jump Long Jump	MG YG YB
10:15 AM	100m (Heats)	10:15 AM	Shot Put	MB
		10:45 AM	Long Jump Long Jump	JG JB
11:30 AM	300m/400m	11:30 AM	Shot Put	YG
LUNCH BREAK				
01:30 PM	100m Finals	01:30 PM	Shot Put Long Jump Long Jump	YB OW OM
02:00 PM	800M Finals	02:15 PM	Shot Put	JG
		02:45 PM	Long Jump Long Jump	MG MB
03:00 PM	200m (Finals)	03:00 PM	Shot Put	JB
		03:45 PM		
04:00 PM	4 X 100m Relay Finals	04:30 PM		

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

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:
Mississauga Olympians Spring Tune Up
Saturday May 26th 2018

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

- Athletics Ontario
- Athletics Ontario Officials
- Mississauga Olympians Track & Field Club and/or any of its Directors, coaches and volunteers
- City of Mississauga
- Dufferin-Peel Catholic District Board of Education
- Carla Warwick

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
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If under 18 years, a Parent or Guardian or Power of Attorney is to sign below.

Date	Print Name	Signature of Parent or Guardian Or Power of Attorney
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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
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If under 18 years, a Parent or Guardian or Power of Attorney is to sign below.
