



**2009 ONTARIO JUNIOR CHAMPIONSHIPS,
COMBINED EVENTS & SELECTED RELAY CHAMPIONSHIPS
&
NATIONAL JUNIOR AND SENIOR QUALIFIER MEET**

2009 ATHLETICS ONTARIO CHAMPIONSHIP EVENT

Date: June 13-14, 2009
 Sanctioned By: Athletics Ontario
 Hosted By: London-Western TFC & St. Thomas Legion TFC
 Location: TD Waterhouse Stadium, University of Western Ontario
 Meet Directors: Vickie Croley (Field Events) vcroley@uwo.ca
 Harry Stantsos (Track Events) hstantsos@sympatico.ca
 Entries Chairperson: Suzanne Leroux suzanneleroux@rogers.com

Entry Deadlines And Fees:

Deadline for all events and potential relay runners' lists: **Sunday, June 7 – 11:59 p.m.**

	AO/AC/USATF-REG'D	NON-REGISTERED
Individual Junior Championship Events	\$18.00	not applicable
Decathlon	\$25.00	n/a
Octathlon	\$20.00	n/a
Heptathlon	\$20.00	n/a
Tetrathlon	\$18.00	n/a
Non-Championship events	\$8.00 per event	\$15.00 per event

Relay Championships Entry Deadline: on the day

Relays	\$28.00 per team (pay on day)	not applicable
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(Note: to encourage club participation in the relay events, advance entries will not be required. Relay entries in the form of team declarations, along with fees, may be submitted on the day of the race. Please note, however, that a list of all possible runners must still be forwarded to the Entries Chairperson by **Sunday June 7, 11:59 p.m.** This is required in order to verify AO registrations and to allow the assignment of competitors' numbers. All athletes entered in the relays must be registered with AO in a competitive category by **June 7**. Relay teams must consist of athletes from the same affiliated club and must produce signed waivers. Relay Declaration Forms will be available at the registration desk. They must be turned in to the meet directors room a minimum of 45 minutes prior to the scheduled start of the event).

ENTRIES received after June 7 will be accepted at the discretion of the meet organizers. These late entries, acceptance of which will be subject to time available to run the event, will be assessed a \$25 per non-Championship event or \$50 per Championship event entry fee. Athletes entered in non-Championship events and planning to run in a relay event must be registered by June 7.



Electronic Entries: The Entries Chairperson will ONLY be accepting entries electronically by Hy-Tek Team Manager or Hy-Tek Team Manager Lite. For instructions and the events file, please go to the Events Calendar at www.athleticsontario.ca. For assistance, please contact Suzanne Leroux at 416-733-2962 or suzanneleroux@rogers.com.

Entry confirmations: As entries are processed, a performance list will be made available online at: www.athleticsontario.ca. Please check on line to confirm your entries following the meet deadline.

Payment: Mastercard or Visa may be used for payment; please include the name on the card, the number and the expiry date.

If paying by cheque, please make it payable to: "St. Thomas Legion TFC". Athletes' bib numbers will only be released after presentation of cheque at the meet registration area.

Age Categories:	Bantam:	born 1996 or after	BB=Bantam Boys	BG=Bantam Girls
	Midget:	born 1994 or after	MB=Midget Boys	MG=Midget Girls
	Youth:	born 1992 or after	YB=Youth Boys	YG=Youth Girls
	Junior:	born 1990 or after	JM=Junior Men	JW=Junior Women
	Senior:	open	SM=Senior Men	SW=Senior Women
			OM=Open Men	OW=Open Women

Championship Events:

Junior Men's and Women's: 100m, 200m, 400m, 800m, 1500m, 400m Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin

Junior Women's: 3000m, 100m Hurdles, 2000m S/C, Heptathlon

Junior Men's: 5000m, 110m Hurdles, 3000m Steeplechase, Decathlon

Bantam, Midget, Youth, Junior, Senior Men's & Women's 4x200m

Bantam, Midget, Youth Boys and Girls 4x400m Relay

Junior and Senior/Open Men's and Women's 4x800m Relay

Youth Boys Octathlon

Senior Men's Decathlon

Youth Girls Heptathlon

Midget and Bantam Boys and Girls Tetrathlon

Nat'l Qualifier Events (& Open Competition):

Junior/Senior/Open Men's & Women's: 100m, 200m, 400m, 800m, 1500m, 100/110m Hurdles, 400m Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin

Junior Women's 3000m

Junior Men's/Senior Men's and Senior Women's 5000m

Junior Women's 2000m Steeplechase

Junior Men's, Senior Men's and Senior Women's 3000m Steeplechase

Junior/Senior Women's Heptathlon

Junior/Senior Men's Decathlon

The National Qualifier for the Senior Men's and Women's 10,000m is during the Ontario Championships in London on May 9.

Other Events:

Youth Boys: 110mH at 0.914m, 400mH at 0.840m, 2000m Steeplechase at 0.914m

Youth Girls: 100m Hurdles at 0.762m



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

Qualifying For Entry Into National Championships Without Standard

(conditional on Athletics Canada criteria remaining unchanged from previous years)

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 5 Senior 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.
- In the Senior Men's Decathlon and Senior Women's Heptathlon:
 - Top two eligible finishers without standard from the National Capital Combined Events Competition in Ottawa on May 16-17
 - Top two eligible finishers without standard from this qualifier meet
 - One additional wild card. Selection will be based on performance at either of the two qualifier meets in Ontario.

Only athletes registered for 2009 with the AO in the competitive category on the day of competition are eligible for nomination as entries into the Nationals without standard.

Important: 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 (including wild card nominations) must declare their intention to do so by signing a special form at the qualifier competition. The final date for declaration is Monday June 15, for Senior Events and Monday June 22, for Juniors (contact Roman Olszewski). Thereafter, other athletes without standard may be considered until the respective entry deadline in events in which there are openings.

Eligibility: With the exception of events specifically included for Youth-, Midget- and Bantam-aged athletes, athletes younger than Junior age must have met the entry standards shown elsewhere in the entry kit in order to enter either the Junior Championship or a Senior/Open non-championship event.

Athletes residing in Ontario and competing in the Championship Events (Junior, all Combined Events, all Relays) must be registered (competitive category) and their clubs affiliated for 2009 with the AO by Sunday June 7, 11:59 pm. Athletes not so registered will be denied entry in the championship event. Athletes registered as "Unattached" or considered "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 shown on the entry form as representing that province/club. Non-registered athletes may enter non-championship events only.



Athletes temporarily 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.

In non-championship senior/open events and special age class events both registered and non-registered athletes are welcome. Athletes of junior age or under who are not registered with AO may enter a non-championship senior event. 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.

- Relays:** Clubs must enter teams in the appropriate age category. Example: a team made up of four Midgets must enter the Midget category while a team made up of three Midgets and one Junior would enter the Junior category. **All members of a team must be members of the same club.** See also section under "Entry Deadlines and Fees".
- Entry Declarations:** Although there will be no formal entry declaration/check-in at this meet, we ask that all scratches in track events be reported as soon as possible. This will help us reduce the number of empty lanes and the possibility of running late. A special sheet on which scratches can be marked will be included in each club envelope. See the note under "Entry Deadline and Fees" above regarding entries and team declarations for the relay events.
- Check-in Procedures:** Athletes should check in at the start line (or announced designated area) no sooner than 30 minutes prior to the start of the event but no later than 10 minutes prior to the start.
- Athletes in field events should report to their competition areas at least 30 minutes prior to the event start for warm-ups. Field event athletes reporting after the first trial has begun will not be permitted to enter the competition.
- Waiver:** Every participant is required to sign the waiver form attached. For athletes under the age of 18, a parent's, guardian's or power of attorney's signature must appear on the waiver. The waiver forms must be submitted at the registration desk the day of the competition.

INFORMATION FOR SPECTATORS AND COACHES

Please be aware that a \$5 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. AO-registered coaches, AO-registered club administrators, meet officials and accredited media will be provided with admission passes at the gate.

- Facility:** All-weather synthetic surface on 8-lane and mondo on all field event approaches. Concrete throwing circles. Change rooms and small lockers are available; bring your own lock.
- Facility Rules & Regulations:** Possession or use of video or cassette recorders, radios, CD, radio transmitters, mobile phone or similar devices are not permitted in the competition area.
- Spike Length:** Maximum Spike Length: 9 mm for javelin and high jump; 6 mm for all other events



Implements: All implements, except pole vault poles, will be provided by the meet management. Personal throwing implements will be permitted provided they meet specifications. They will be included in the implement pool.

Starting Blocks: Official Starting blocks will be supplied by the meet organizers. However, any starting blocks complying with IAAF rules may be used. Note: Athletes of Junior age and up and all athletes entered in the Junior Championships are required by IAAF rules to use starting blocks in events of 400m and under.

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 using official protest forms that may be picked up from the results room. Protests must be filed with the referee within 30 minutes of the posting of the results. Cost: \$25.00 to be returned if the protest is upheld by the referee or not considered frivolous. The decision of the referee may be appealed to the Jury of Appeal.

Accommodations: Athletics Ontario recommends University of Western Ontario, Conference Services: (See attached information sheet)

How to get to TD Waterhouse Stadium, The University of Western Ontario (From the 401):

Take the Highbury St. North exit,	Follow about 7 km to Oxford St. (past Dundas St.);
Turn left on Oxford St.,	Follow about 4 km to Richmond St. (past Adelaide St.);
Turn right on Richmond St.,	Follow about 2 km to University Dr.;
Turn left into the university gates at the lights,	Follow across the bridge;
Turn left at the lights onto Lambton Dr.,	Follow around the corner to the stop sign;
Turn left onto Huron Dr.,	Follow to the bend in the road;
Enter the Huron Flats parking lot,	The Stadium building is at the back of this parking lot.

2009 Ontario Outdoor Junior Championships - Seed Performance Standards

This applies to Junior athletes wishing to be placed in a faster section in one of the events below. Seed times equal to or better than performances listed below must be documented and must have been achieved outdoors during 2009 and submitted to vcroley@uwo.ca.

	400m	800m	1500m	3/5000m	400mH
JW	60.50	2:24.00	5:00.00	10:50:00	68.00 47.50(300mH)
JM	50.50	2:00.00	4:10.00	17:00.00 9:45.00(3k)	60.00 42.50(300mH)

Please email the following information to the meet organizers:

- Event,
- Athlete Name,
- Exact Time Achieved,
- Name of Competition,
- Date of Competition,
- Location.

In all of the track events at these Championships and Qualifier it is expected that actual recent performances or very accurate estimates be provided. The meet organizers, in conjunction with the AO Technical Delegate for the meet, will amend seed performances if they are not convinced of their accuracy.



Entry standards for athletes of Youth (U18) or Midget (U16) Age

Required for entry into Ontario Junior Championship events or Senior/Open Non-Championship Events. Standards may have been achieved at any time leading up to the meet entry deadline.

	Girls	Boys
100m	13.23	11.42
200m	27.68	23.60
400m	63.14	53.90
800m	2:28.00	2:05.00
1500m	5:00.00	4:19.00
3000m	11:00.00	9:25.00
5000m	-	16:20.00
100mH	17.00 (0.840m or 0.762m) or 13.40 for 80mH	
110mH	-	17.00 (0.990m or 0.914m)
400mH	70.00 or 50.00 for 300mH	61.50 or 44.50 for 300mH
2000mSC	8:30.00 or 5:35.00 for 1500mSC	
3000mSC	-	10:40.00 or 6:38.00 for 2000mSC
HJ	1.50	1.82
PV	3.00	3.60
LJ	4.70	6.10
TJ	9.80	12.30
SP	9.30 for 4.0kg or 10.80 for 3.0kg	12.00 for 6.0kg or 13.21 for 5.443kg or 14.40 for 5.0kg
DT	30.00	33.00 (1.75kg) or 35.85 for 1.61kg or 38.50 for 1.50kg
HT	31.00	35.00 (6.0kg) or 42.00 for 5.0kg
JT	31.00	41.00 (800g) or 46.00 for 700g

Note: Youth- or Midget-aged athletes entering the Junior Championships or a Senior/Open non-championship event must use the throwing implement specified for either the Junior or Senior group.



**2009 ONTARIO JUNIOR CHAMPIONSHIPS
COMBINED EVENTS & SELECTED RELAY CHAMPIONSHIPS &
NATIONAL QUALIFIER MEET - TENTATIVE SCHEDULE**

DAY 1 - SATURDAY JUNE 13, 2009

TRACK EVENTS

11:30	Octathlon/Decathlon 100m	YB/JM/SM	
11:45	Tetrathlon 100m Hurdles	MB	(0.840m)
	Heptathlon 100m Hurdles	JW/SW	(0.840m)
	Heptathlon 100m Hurdles	YG	(0.762m)
	Tetrathlon 80m Hurdles	MG	(0.762m)
	Tetrathlon 80m Hurdles	BG	(0.762m)
	Tetrathlon 80m Hurdles	BB	(0.762m)

1:00	400m	JW	Heats
	400m	JM	Heats
	400m	SW/OW	Timed Sections
	400m	SM/OM	Timed Sections

OFFICIALS' BREAK

2:15	100m Hurdles	SW/OW	Timed Sections	(0.840m)
	100m Hurdles	JW	Heats	(0.840m)
	100m Hurdles	YG	Timed Sections	(0.762m)
	110m Hurdles	YB	Timed Sections	(0.916m)
	110m Hurdles	JM	Heats	(0.990m)
	110m Hurdles	SM/OM	Timed Sections	(1.067m)

3:00	1500m	JW	Timed Sections
	1500m	JM	Timed Sections
	1500m	SW/OW	Timed Sections
	1500m	SM/OM	Timed Sections

4:10	110m Hurdles	JM	Final	(0.990m)
	100m Hurdles	JW	Final	(0.840m)

4:20	100m	JW	Heats
	100m	JM	Heats
	100m	SW/OW	Heats
	100m	SM/OM	Heats

5:15	4x400m Relay	BG/MG/YG	Timed Sections
	4x400m Relay	BB/MB/YB	Timed Sections

DINNER BREAK

6:30	100m	JW	Finals
	100m	JM	Finals
	100m	SW/OW	Finals
	100m	SM/OM	Finals

6:50	400m	JW	Finals
	400m	JM	Finals

7:00	5000m	SM/OM
	5000m	JM
	5000m	SW/OW

TBA	Octathlon/Decathlon 400m	YB/JM/SM
	Tetrathlon/Heptathlon 200m	BG/MG/YG/JW/SW
	Tetrathlon 200m	BB/MB

Schedule notes:

- Sections will be run SLOW to FAST
- The schedule is subject to modification based on number of entries received. A final schedule will be posted prior to the commencement of each day's activities.



**2009 ONTARIO JUNIOR CHAMPIONSHIPS
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NATIONAL QUALIFIER MEET - TENTATIVE SCHEDULE**

DAY 1 - SATURDAY JUNE 13, 2009

FIELD EVENTS

Note: All field events to include Junior Championship and Senior Non-Championship sections

11:30 Javelin Women (600g)
Pole Vault Women

12:15 Octathlon/Decathlon Long Jump YB/JM/SM

12:45 Tetrathlon Shot Put BB/MB
Tetrathlon/Heptathlon High Jump BG/MG/YG/JW/SW

1:45 Octathlon/Decathlon Shot Put YB/JM/SM

2:00 Javelin Men (800g)
Long Jump Women

2:45 Tetrathlon/Decathlon High Jump BB/MB/JM/SM
Tetrathlon/Heptathlon Shot Put BG/MG/YG/JW/SW

3:00 Pole Vault Men

3:30 Long Jump Men

4:00 Hammer Women (4kg)

DINNER BREAK

6:30 Hammer Men (JM: 6kg; SM: 7.26kg)

Schedule notes:

- The schedule is subject to modification, based on number of entries received.
- A final schedule will be posted prior to the commencement of each day's activities.



**2009 ONTARIO JUNIOR CHAMPIONSHIPS
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DAY 2 - SUNDAY JUNE 14, 2009

TRACK EVENTS

9:30	3000m	JW		
10:00	Octathlon 110m Hurdles	YB		(0.914m)
	Decathlon 110m Hurdles	JM		(0.990m)
	Decathlon 110m Hurdles	SM		(1.067m)
10:20	800m	JW	Timed Sections	
	800m	JM	Timed Sections	
	800m	SW/OW	Timed Sections	
	800m	SM/OM	Timed Sections	
11:30	200m	JW	Heats	
	200m	JM	Heats	

LUNCH BREAK

1:00	400m Hurdles	JW	Timed Sections	(0.762m)
	400m Hurdles	SW/OW	Timed Sections	(0.762m)
	400m Hurdles	YB	Timed Sections	(0.840m)
	400m Hurdles	JM	Timed Sections	(0.914m)
	400m Hurdles	SM/OM	Timed Sections	
1:40	200m	SW/OW	Timed Sections	
	200m	SM/OM	Timed Sections	
	200m	JW	Finals	
	200m	JM	Finals	
2:25	3000m Steeplechase	JM/SM/OM	Timed Sections	(0.914m)
	2000m Steeplechase	YB	Timed Sections	(0.914m)
	2000m Steeplechase	JW	Timed Sections	(0.762m)
	3000m Steeplechase	SW/OW	Timed Sections	(0.762m)
TBA	Heptathlon 800m	JW/SW		
3:15	4X800m	JW/SW	Timed Sections	
	4X800m	JM/SM	Timed Sections	
3:40	4X200m Relay	BG/MG/YG/JW/SW	Timed Sections	
	4X200m Relay	BB/MB/YB/JM/SM	Timed Sections	
TBA	Decathlon 1500m	JM/SM		
	Octathlon 1000m	YB		

Schedule notes:

- Sections will be run SLOW to FAST
- The schedule is subject to modification based on number of entries received. A final schedule will be posted prior to the commencement of each day's activities.



**2009 ONTARIO JUNIOR CHAMPIONSHIPS
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DAY 2 - SUNDAY JUNE 14, 2009

FIELD EVENTS

Note: All field events to include Junior Championship and Senior Non-Championship sections

9:15	Discus High Jump	Women Men	(1kg)
10:00	Shot Put Heptathlon Long Jump	Men YG/JW/SW	(JM: 6kg; SM: 7.26kg)
11:00	Decathlon Discus Triple Jump	JM/SM Men	
11:30	Octathlon High Jump	YB	
12:00	Heptathlon Javelin	YG/JW/SW	
12:15	Decathlon Pole Vault	JM/SM	
2:00	High Jump Shot Put Triple Jump	Women Women Women	(4kg)
2:15	Decathlon Javelin Octathlon Javelin	JM/SM YB	
3:00	Discus	Men	(JM: 1.75kg; SM: 2kg)

Schedule notes:

- The schedule is subject to modification, based on number of entries received.
- A final schedule will be posted prior to the commencement of each day's activities.



Please submit this form at the Registration Desk.

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

2009 Ontario Junior Championships and National Qualifier Meet, June 13-14, 2009
Including: Ontario Championships in Combined Events and 4x200m, 4x400m and 4x800m Relay

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

Athletics Ontario
London-Western TFC
St. Thomas Legion TFC
Ontario Officials Council
City of London
TD Waterhouse Stadium
Vickie Croley
Harry Stantsos
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 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.

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



Conference Services

Athletics Ontario Junior Track & Field Championships, Combined Events Championships, National Qualifier

Conference Services is pleased to offer accommodation in Essex Hall for the upcoming *Athletics Ontario Junior Track & Field Championships, Combined Events Championships, National Qualifier* due to take place **June 13th – 14th, 2009** at a rate of **\$40.00/person/night**. The rate includes accommodation, parking and breakfast the following morning. Participants will enjoy our well maintained, modern, air-conditioned accommodations and facilities.

Essex Hall is located on the corner of Sarnia Western Roads, directly above TD Waterhouse Stadium. Essex Hall is a suite-style residence. Each furnished suite features four single, lockable bedrooms; two bathrooms, a common area as well as kitchenette with stove top, microwave and refrigerator. Barrier-free access and some specially designed suites. Each suite has its own heat/air-conditioning unit. Telephone equipped with complimentary local service. Upon check-in, the rooms are made up with bed linen and supplied with towels, drinking glass and soap. Cleaning of the residence public areas is also provided by University staff. Essex Hall features a mini computer lab to send and receive emails on a complimentary basis.

Western, approximately a 10 minute drive from down town London, is a community within itself offering a wide range of amenities and services, boasting exceptional event facilities and friendly staff. Recently, our retreat-like campus was recognized with the “Communities in Bloom” award, the top acknowledgement for a nation-wide beautification competition.

Feel free to visit our website at www.meetatwestern.ca to learn more about the amenities and services available to you on campus, such as, recreation, convenience store, computer store and much more! For information about Western’s Book Store please visit <http://www.bookstore.uwo.ca/index.html>. For information about Western, please visit <http://www.uwo.ca/>. Tourism London offers suggestions on their website for recreation, activities and places to dine at <http://www.londontourism.ca/>.

For more information or to book accommodations, please contact Conference Services, *The University of Western Ontario, Room 150, Lambton Hall, 1421 Western Road, London, Ontario N6G 4W4, Phone: (519) 661-3545, Fax: (519) 850-2353 or email us at conference.services@uwo.ca, www.meetatwestern.ca.*

We look forward to your visit.