



2014 AO Cross Country Championships (Including Ontario Masters Cross Country Championships)

- Date: Sunday November 16, 2014
- Location: Firemen's Park, 2377 Dorchester Rd., Niagara Falls, ON L2J 4L5
- Sanctioned by: Athletics Ontario
- Hosted by: Niagara Olympic Club and Athletics Ontario
- Competition Directors: Sharon Stewart Email: Sharon.noc@outlook.com
- Entries Chairperson: Alex Acs Email: alexander.acs@dsbn.org
- Age Categories:
- | | |
|----------------|--------------------------------------|
| Bantam (BG/BB) | born in 2001 or after |
| Midget (MG/MB) | born in 1999 or 2000 |
| Youth (YG/YB) | born in 1997 or 1998 |
| Junior (JW/JM) | born in 1995 or 1996 |
| Senior (SW/SM) | born in 1993 or earlier |
| Masters (MAS) | 30 years of age or over on race date |
- Entry Deadline: **3:00 pm, Monday, November 10, 2014**
- Entry Fees: \$25.00 per person
- Entry Method:** TRACKIE on line <http://www.trackie.com/online-registration/event.php?id=1429>
- 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: Via Trackie with on-line payment OR Entries via Trackie with advance payment by cheque., No Cash or credit payments accepted
Cheque payable to Athletics Ontario,
3 Concorde Gate, Suite 211, Toronto, ON M3C 3N7
- Post Entries: Entries in Ontario Championship events received after the entry deadline will be accepted at the discretion of Athletics Ontario and only if it does not cause a disruption to the conduct of the meet. The entry will be subject to a \$50 entry fee if accepted. To be eligible for the post entry, athletes must have been registered with the provincial branch by the time of the entry. See Paragraph 3, below, under "Eligibility".
- Entry Confirmations: As entries are processed, the start lists will be made available on line on the Athletics Ontario website at www.athleticsontario.ca. Please check on line to confirm your entries following the entry deadline.
- Schedule: The schedule is subject to minor adjustments. If there are changes to this schedule, a revised FINAL schedule will be posted, on line at: www.athleticsontario.ca by November 14.



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- Eligibility:** There are no entry standards for this meet
- Athletes residing in Ontario must be registered and their clubs affiliated for 2014 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 2014 with their provincial or state associations.
- Team Declaration:** Teams need not be declared unless a Club intends to enter more than one team in a Category. In this case, the names of the runners on each team must be emailed to Roman Olszewski roman.otfa@cogeco.ca no later than 3:00 pm, Friday November 14. With the exception of consolidation to a single team, clubs may not alter the declared teams after Friday, 3:00 pm. All declared teams will be eligible for awards. Only AO (or other provincial or state) affiliated club teams shall be eligible to enter the team competition.
- Ontario Masters Championship (30+ years of age):**
- For specific information on Masters eligibility, scoring, awards, etc. for the Ontario Masters Athletics 5km Championship race, please check www.ontariomasters.ca or contact Doug Smith at: douglasj.smith@sympatico.ca
- Registration:** Saturday November 15 – 12:00 pm to 4:00 pm
Sunday November 16 – 8:00 am to 2:00 pm
- Results:** Results will be posted on www.athleticsontario.ca at the conclusion of the meet.
- Individuals:** AO Championship medals will be awarded to the first three Ontario registered athletes. Duplicate medals will be awarded to athletes from outside Ontario who place in the top three.
- Teams:** AO Championship medals will be awarded to the first four finishers on each of the first three teams from Ontario in each AO category (Bantam to Senior).
- Additional medals will be available to all non-scoring runners on any of the top three teams. To be eligible, the runner(s) must complete the race. Additional medals may be purchased at the meet for a cost of \$5.00 each. Team coaches or managers should arrange to obtain the medal(s) prior to awarding.
- Team Scoring:** In each race, all entries will be counted, including out-of-province athletes, extra runners, etc. In each category except Masters, the first four finishers from each team will score points. A tie is resolved in favour of the team whose last scoring member finishes nearer the first place. See note above on Team Declarations.



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Ontario Cross Country Overall Club Championships:

An overall club champion will be determined based on results from each of the individual and team categories (including Masters events). The top 8 individual and team finishers from Ontario will score 10, 8, 6, 5, 4, 3, 2, 1 points in each of the 12 races. More than one team per club may score in each division, but see "Team Declaration" above. The team that accumulates the greatest number of points wins and will receive an AO Championship Banner and will take possession of the AO Club Championship Trophy until the conclusion of the cross country season.

Masters Race Results:

OMA Championship medals will be awarded to the first three in each five year age group from 30-34 up to 86-90. OMA Gold medals will be awarded to all members of the first teams in each category. This race concludes a series of six races to determine the Ontario Team Masters Club Champion for awarding of the Jim Breslin Cup.

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.

Facilities:

Portable toilets will be available. Teams are encouraged to bring their own shelter.

Parking:

Parking on site is limited. Teams arriving by bus should email the competition director to reserve a parking space.

Food:

Food and refreshments will be available on site.

T-shirts:

Available on race day.

First Aid:

Medical personal will be on-site.

Race Location:

Fireman's Park

Directions:

Follow QEW East to Mountain Rd/Regional Rd 101 in Niagara Falls. Take exit 34 from QEW. Follow Mountain Rd/Regional Rd 101 to Dorchester Rd. The park is at the intersection of Mountain Rd and Dorchester Rd.

Host Hotels:

Please see attached document at:

<http://athleticsontario.ca/ao-cross-country-championships/>



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Race Schedule:

Please check-in with the clerk at the course at least 10 minutes prior to the race.

A Final Schedule will be posted on www.athleticsontario.ca by noon on Friday November 14.

<u>Start Time</u>	<u>Age Group</u>	<u>Distance</u>
9:45 am	Bantam Girls	2000m
10:00 am	Bantam Boys	2000m
10:15 am	Midget Girls	3000m
10:45 am	Midget Boys	4000m
11:15 am	Youth Girls	4000m
11:45 am	Youth Boys	6000m
12:30 pm	Masters	5000m

Awards BG, BB, MG, MB, YG, YB, Masters

1:10 pm	Junior Women	5000m
1:50 pm	Senior Women	6000m
2:30 pm	Junior Men	8000m
3:15 pm	Senior Men	10000m

Awards JW, JM, SW, SM, Overall Team Championship

Awards will be presented near the finish line.

Course Map:

Will be available on: www.nocrunners.com

Course Description:

The course is comprised of 3k, 2k and 1k loops. The course is relatively flat, grass parkland with the 1k loop on a wide groomed trail.



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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

2014 AO Cross Country Championships, November 16, 2014

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

Athletics Ontario
Athletics Ontario Officials

Ontario Masters Athletics
Doug Smith

Niagara Olympic Club
Sharon Stewart

City of Niagara Falls
Stamford Centre Volunteer
Firemen's Association

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