



2010 CANADIAN YOUTH CHAMPIONSHIPS

TECHNICAL PACKAGE

Terry Fox Athletic Facility, Ottawa, ON
August 6-7-8, 2010

Sanctioned by: Athletics Canada

Hosted by: The Royal Canadian Legion / Ontario Command / Montgomery Branch #351 Ottawa

Websites: <http://www.ottawalions.com>
<http://www.athletics.ca/Ottawa2010>
http://legion.ca/Sports/2010_Main_e.cfm

UNDER 16 YEARS

A NEW “OPEN ENTRY” AGE GROUP ADDED TO THE NATIONAL YOUTH CHAMPIONSHIPS.

2010 will represent the first year of this added National Championships Age Group – Under16 (U16)! Now athletes born in 1995 and younger may enter the Championships as an “open entry” having achieved the entry standard. These athletes will join the “open entry” U18 Division and over 400 additional athletes funded by the Royal Canadian Legion and representing their provinces and territories in this exciting National Championship. Ottawa is expecting well over 1500 athletes to challenge to be among the best young athletes in Canada. This will be Canada’s largest participation National Championship and building tomorrow’s stars in Canadian Athletics.

Open Entry Athletes in the U16 Division are not required to be a member of a Branch of Athletics Canada (AC) or a Club member if they are a “new athlete”. Athletes may register for the Championship as an INDIVIDUAL with no membership fee. A “new athlete” is defined as “never having been a member of AC”. Refer to the Championship Registration Package for more details.

WEB SITE INFORMATION & FINAL TECHNICAL INFORMATION:

ANY and ALL Championship Technical Information updates, the FINAL MEET SCHEDULE and the Accepted Championship Athlete Start Lists will be published on an ongoing basis. Any updates will be clearly noted. All final information will be posted Tue., August 3, 18:00 EDT.

BRANCH TEAM TECHNICAL INFORMATION MEETING

An information meeting will occur for the purpose of reviewing technical information, any scratches and the answering of submitted questions at 1600 hours, 5 August 2010 at the Holiday Inn & Suites, 111 Cooper Street, Ottawa, K2P 2E3 (613) 238-1331. (Location Subject to Change) Open entry Club Coaches are welcome to attend. Branch Team Athlete Packages will be distributed at this meeting

OPEN ENTRY ATHLETE / COACH REGISTRATION & TECHNICAL INFORMATION MEETING

REGISTRATION: Thursday, August 5 – At Terry Fox Athletic Facility – From 13:00 to 19:00 on the North Field Technical Information Centre. Any remaining registration packages will be available at the Technical Information Center at the Terry Fox Athletic Centre – North Field Gate from 2 hours before the start of the 1st scheduled event at the start of each competition day. Athletes and coaches must pick up their registration packages individually.

An **Open Entry Coaches Technical (Clubs / Schools) Information Meeting** will occur at the Algonquin College Residence and Conference Centre (Championship Meet Hotel), 1385 Woodroffe Avenue, (613)727-7698, starting at 20:30. Scratched entries will be accepted at this time and submitted questions will be answered.

As part of the Open Entry Coach Registration Fee, registered coaches are eligible to attend the Athletics Canada Coaching Clinic ... look for added information on the Athletics Canada web site.

HOW TO ENTER

Entries are to be on-line through Athletics Canada (AC) website at <https://www.acdirect.ca/meetentries/meLogin.aspx>; registration starts on Monday, June 21st, 2010. All entries and confirmation are the responsibility of the athlete. Entries are not completed until payment is received. Registration/entry forms can be completed by club and should be done for each athlete. All coaches must register as well.

The 1st entry deadline is MONDAY, July 26th, 2010 at 4:00pm (EDT).

FEE = \$45 per event and relay event entry

The FINAL entry deadline is THURSDAY, July 29th, 2010 at 4:00pm (EDT).

FEE = \$90 per event and relay event entry. **NO entries will be accepted after this date.**

BRANCH TEAM ENTRIES ***Entries for Provincial Legion Teams will be completed by a designated person from each province. Those athletes competing in the Championships as part of a Provincial Legion Team DO NOT complete their own individual entries. ***

STANDARD PERFORMANCE ACHIEVEMENT

ALL Championship Standard Achieving performances must be validated at the time of entry with web site posted information and legal wind readings for all events where applicable. Only 2010 performances will be accepted for entry and the performance must be conducted at the actual event distances to be entered. Throwing events require the proper weighted throwing implements to be used. No alternative track event distance performances or weighted implements will be accepted for entry.

Once an athlete's entry has been validated, it will be posted on the Championship Athlete Start Lists. Athletes and coaches may upgrade their 2010 event performance ranking with proof of performance after an entry is made and up to the close of the late entry deadline. This will be done by email to the Championship Entry Committee at ottl@bellnet.ca. All details and the result web site location must be provided. No further changes to performances will be allowed after the late entry deadline. Field Event athletes in the OPEN ENTRY Category for the Top 18 positions will then be finalized.

Any “challenge” to the performances and athletes entered on the Championship Athlete Start Lists must be directed to the Entry Committee at the above email address. The name and contact information of the individual making the “challenge” must be provided so the Committee can contact the individual directly.

For more information please see the Registration and Standards Package.

AWARDS

Championship medals will be awarded to the first three finishers in each event. Medals will also be awarded to the top 3 relay teams in two separate relay categories for each relay event:

1 - Branch Teams; 2 - Open Entry Club / School Teams

FACILITY

Terry Fox Athletic Facility at Mooney’s Bay Park, Riverside Drive, Ottawa, Ontario

Track & Runways: 8 lane - 13mm Mondo synthetic rubber

Spike length: **7mm or less** for all events - track, long jump, high jump, javelin, pole vault, with a 4mm maximal diameter. **Strictly enforced.** Proper replacement spikes will be available for sale @ \$5.00 per set of spikes for those who require them. Organizers will NOT BE RESPONSIBLE for the changing of spikes.

Timing: Finish Lynx Timing and Hy-Tek Meet Manager Software

The Terry Fox Athletic Facility is located approximately 15 minutes from the Ottawa International Airport. Just built in June 2010, this 2.5 million dollar renewal project brings the latest technology and design to this famous stadium. The track surface is the latest Mondo performance technology used in the 2008 Olympic Beijing Stadium. The facility also has a new lighting system especially built for track and field competitions.

MARSHALLING – ATHLETE CONTROL CENTRE (ACC)

Marshalling will take place in the “Athlete Control Center” (ACC) located on the North Field Warm-Up Area. All athletes must check through the ACC for all events during the meet and are asked to report:

- 35 minutes prior to the scheduled time of their track event
- 90 minutes prior to the pole vault
- 70 minutes prior to all other field events

Athletes are asked to cooperate in the check-in and inspection process to avoid group or individual delays. An athlete may be **denied** entrance to the competition area if one is late or has improper spike footwear. We suggest that athletes have their competitive footwear examined in advance and establish a level of confidence in their competitive footwear before reporting to the ACC.

Do not bring any type of personal electronics (cell phones, walkmans, ipods etc) into the ACC as they will be confiscated by the officials. Confiscated items can be picked up at the end of the day’s events or sooner “if” the official’s have the opportunity to do so.

Athletes will be held in the ACC after check in until:

- 15 - 20 minutes prior to the scheduled time of their track events
- 50 minutes for field events
- 70 minutes for pole vault

At this time, athletes will be escorted to their event by an official.

If any athlete has two events at the same time, the officials in the tent will cross reference the respective events involved regarding the athlete.

COMPETITORS NUMBERS

The competitor's number will be checked upon entering the ACC to ensure that it is in good condition as issued to you (not cut, folded, or obscured in any way) and pinned on your provincial uniform or Club / School uniform properly – on the front at all times (exception – Pole Vault). You will have 2 Bib Numbers (1 on the front of your uniform and 1 on the athlete bag to bring to the event). The numbers must be prepared before entering the ACC. In the ACC you receive HIP Numbers for all track events. – 1 for the front of the uniform for races out of lanes; and 2 for the hips in all track events.

GENERAL WARM-UP

Warm up will take place on the North Field ONLY. A 90m / 3 lane Mondo Rubber Track will be available for specific track event preparation. Starting Blocks and Hurdles will be supplied when appropriate. Athletes not competing will not be allowed to conduct training sessions during the competition on the Warm-Up Track.

EQUIPMENT

The Organizing Committee's starting blocks will be the only ones utilised. Throwing implements are provided but personal implements may be used if they are certified. To be certified, personal implements must be surrendered to the Weigh-In Officials at the stadium at any point up to 3 hours before the start of the event. Once certified, the implement will become part of the competition pool. Please ensure you obtain a signed receipt from the Weigh-In Officials and remember to pick your implement after the event at the Weigh-In area.

NOTE: Pole Vaulters must use their personal poles. Poles and javelins may be stored at the stadium. Ensure you have a recorded receipt for all items and a count of poles in shipping bags.

INFORMATION REGARDING TRANSPORTATION OF POLES

Athletes will be responsible for the transport of their own poles and their delivery to the Terry Fox Athletic Facility. A secure storage will be provided at the Stadium.

MEDICAL SUPPORT

Please ensure that all athletes travel with their provincial medical plan number and/or insurance information.

On-site training/Emergency Equipment

All athletes must travel with their own training supplies (i.e. Tape, prowrap, etc.) or the athlete could be charged for the required supplies. Emergency supplies and trained personnel will be on the site.

On-site Support

Physiotherapists and doctor will be available. For non urgent cases athletes will be directed to the nearest clinic. Transportation is the responsibility of the athlete. Please note there may be a private fee charged by any of the walk-in clinics. For urgent cases, athletes will be taken by ambulance to the nearest hospital.

CHAMPIONSHIP CONTACT INFORMATION

Local Organizing Committee

Meet Director:	Andy McInnis	Office 613-247-4886
Championship Chair:	Barry Young	Hosting Legion 351 Montgomery Branch
Vice Chairman:	Ken Porter	Hosting Legion 351 Montgomery Branch
Technical Chair:	LeRoy Washburn	Royal Canadian Legion Rep.
Legion Contact:	Danny Martin	Royal Canadian Legion Admin. Officer 613-591-3335
Official's Chair:	Vince Fay	Office 613-247-4886

Meet Technical Information & Entry Information – ottl@bellnet.ca / 613-247-4886

EVENT NOTES

SCRATCHES

Scratches will be taken at the Technical Information Meetings of August 5 and at any point prior to the end of the competition the day before the event to be scratched. If an athlete fails to report to the ACC before the start time of their 1st event of the Championship, the athlete will then be disqualified from any remaining events including relay events.

RELAY EVENTS

Relay events will be conducted in 2 divisions: Branch Team Division & Club/School Division). Each division will be conducted separately and will be eligible for Championship Medals.

Relay Events: 4 x 100m (U16 & U18), 4 x 400m (U18 only), Medley Relay 400-200-200-800 (U16 only)

COMBINED EVENTS

Those athletes that compete in combined events will not be permitted to compete in individual events but may participate in relay events.

PROTESTS AND APPEALS

Protests concerning the results or conduct of an event shall be made within 30 minutes of the official announcement of the results of that event to the respective Referee (Track or Field) for clarification on the results. To appeal the respective Referee's decision to the Jury of Appeal, a representative must:

- a) Go immediately to the results area.
- b) Request to see one of the Meet Directors to file the appeal within 30 minutes of the decision of the respective Referee.

c) Submit the application of the appeal in writing along with a \$50.00 cash deposit.

The Jury of Appeal will then review all the information including the reports from the official, athlete and the referee involved. After the information is reviewed, the Jury of Appeal will make their decision. If the decision is favourable, the deposit will be reimbursed. The Jury of Appeal will give the decision to the people involved. The decision will be final.

VARIATIONS TO THE IAAF CHAMPIONSHIP COMPETITION RULES

TRACK EVENTS TIMED SECTION FINALS WILL BE CONDUCTED FOR THE EVENTS AS LISTED BELOW.

In the case of "Section Finals", they will be conducted from lesser 2010 validated performance time sections to the best validated performance times in a final section. Only 2010 performance times will be accepted for meet entry and section placement. An event's final finish positions will be decided by merging the results of all the event sections. The timing system has the ability to read to the 1/1000th of a second so the potential for tied finish positions is minimal and yet still possible. In the event of a tie, finish positions shall then be double-awarded. This will include all medal position ties.

Under 16 Category		Under 18 Category	
100m, 200m, 80m & 100m Hurdles	Heats – advance 16 to a 2 section Final	100m, 200m, 100m & 110m Hurdles	Heats – advance 16 to a 2 section Final
300m, 200m Hurdles, Relays	Section Finals - up to 8 per sec. (8 lanes)	400m, 300m Hurdles, Relays	Section Finals – up to 8 per sec. (8 lanes)
800m	Section Finals – up to 12 per sec. (3 boxes)	800m	Section Finals – up to 12 per sec. (3 boxes)
1200m	Section Finals – up to 15 per section	1500m	Section Finals – up to 15 per section
2000m, 1500m Steeple Chase	Section Finals – up to 20 per section (2 boxes)	3000m, 2000m Steeple Chase	Section Finals – up to 20 per section (2 boxes)
1500m Walk	One Section – no Max.	3000m Walk	1 Section – No Max

FIELD EVENTS FIELD EVENT PARTICIPATION WILL BE "LIMITED" TO A MAXIMUM OF ONE FLIGHT OF +/- 25 ATHLETES.

BRANCH TEAMS ARE RESTRICTED TO A MAXIMUM OF 2 ATHLETES PER EVENT IN ALL EVENTS (1 RELAY).

OPEN ENTRY ATHLETES WILL BE RESTRICTED TO THE BEST RANKED 18 ATHLETES ENTERED. THIS RANKING WILL BE DETERMINED BY VALIDATED 2010 PERFORMANCES. WIND READINGS MUST ACCOMPANY ALL HORIZONTAL JUMP ENTRIES. THIS INFORMATION WILL BE POSTED AND UPDATED REGULARLY ON THE CHAMPIONSHIP WEB SITE SO THAT ENTERED ATHLETES CAN MAKE TRAVEL PLANS. ANY OPEN ENTRY FIELD EVENT ATHLETES WHOSE ENTRY IS NOT ACCEPTED DUE TO THE EVENT RANKINGS LIMITATIONS WILL HAVE THEIR ENTRY FEES REFUNDED BY ATHLETICS CANADA.

CHAMPIONSHIP MEET HOTEL ACCOMMODATIONS / Local Information

Algonquin Residence Inn & Conference Centre

Direct Link - <http://www.stayrcc.com/ottawa/index.html>

1385 Woodroffe Avenue, Ottawa, Ontario, K2G 1V8 (613)-727-7698 / Then Dial (0) for the Front Desk

*For the Championship rate – Quote Reservation Conference #119587 or ask for Room Block for Ottawa Lions Athletics. (3 km to the Terry Fox Track Facility – 15 min. by provided Championship Shuttle Buses)

250 Suites have been blocked to the DEADLINE of Wednesday, July 21, 2010. This is on First Come basis. For late groups needing added rooms after July 21, contact us and we will work to help you get a preferred arrangement at the Conference Centre if at all possible.

Rate: (1 to 4 persons per suite) = \$85.00 (+13% New Ontario Harmonized Tax as of July 1). Payments made BEFORE July 1st will only be subject to 10% tax.

Each Suite has 2 private bedrooms / 1 double bed in each bedroom, TV & phone in each bedroom / cooking kitchen with large fridge and microwave, 1 bathroom. 24 hour free parking for all guests.

Continental Breakfast is included with each suite – bagels, toast, cereal, coffee, tea, juice. There is also a hotel lobby Café.

Hot Breakfast is available at a 3 min. walk from the Hotel to the Algonquin College Market Cafeteria. Other places within a 5 min. walk are several restaurants at an adjacent Mall - plus a Tim Horton's, MacDonald's and a large Loblaws Grocery.

Algonquin College Woodroffe Bus Terminal is a 10 min. walk away. This is a major hub that allows fast access to downtown Ottawa.

COMPETITION TRANSPORTATION

Transportation will be provided by the host organizing committee from the "Championship Hotel" to the Terry Fox Athletic Facility from August 6 – 8. There is no fee for this service. Transportation will begin 2 hours before the start of the first event of each day and conclude with the final bus one hour after the final event. Buses are 48 Passenger School Buses. 2 Buses will be running at peak hours every 15min. and every 30 min. on non-peak times (Schedule will be provided).

PARKING

There will be **VERY LIMITED** metered pay parking for the beach area near the Track Facility. The Organizers will **NOT be responsible for City of Ottawa parking tickets.**

The parking lot directly in front of the Terry Fox Track will be **CLOSED** – Entry is restricted to permit carrying vehicles and buses only. No "drop-offs" will be allowed.

The Hogsback Falls Parking Lot, adjacent to and west of the Terry Fox Athletic Facility will be available. The entrance is on the south side of Hogsback Road, west of Riverside Drive.

Parking is \$10 with NO IN / OUT PRIVALGES.