



**York University
Toronto Track & Field Centre
February 21st & February 22nd
INFORMATION BULLETIN**

1. LOCATION

Toronto Track & Field Centre

130 Ian MacDonald Blvd, York University
Toronto, ON M3J 1P3
(416) 392-2522

<http://www.yorku.ca/yorkweb/maps/index.htm>

Ameritan surface on 5-lane 200m banked oval and separate 8-lane sprint straight and on all field event approaches. Concrete throwing circle.
Mondo runways for pole vault and long jump.

2. MEET PERSONNEL AND CONTACT #'S

York University

416-736-2100

OUA Co-Convenor

Gillian McCullough
Bart Zemanek

Ext. 77212 gillian@yorku.ca
Ext. 22274 bzemanek@yorku.ca

Meet Director

Andre Metivier

c/o Ext. 44669

Officials & Volunteers

Colleen Dotson

Ext. 20119 colleenr@yorku.ca

Event Manager

Lisa Arai

Ext. 33735 larai@yorku.ca

Technical Advisors

Colin Inglis
Colleen Dotson

Ext. 44669 cinglis@yorku.ca
Ext. 20119 colleenr@yorku.ca

Ticketing & Awards

Kim Mathoney

Ext. 55982 mathoney@yorku.ca

Sports Info & Accreditation

Alyson Fisher

Ext. 55984 alysong@yorku.ca

Facilities

Manny Troitino
Mike Bianchi

Ext. 22443 mannyt@yorku.ca
Ext. 33658 bianchim@yorku.ca

Medical

Cindy Hughes
Jenn Mark

Ext. 77232 chughes@yorku.ca
(on site certified therapist)

Parking

Waynette Sheppard

Ext. 20645

Championship website:

www.yorkulions.ca/ouatf

OUA Rules & Regs:

http://oua.ca/documents/2013/7/22/Track_and_Field_Regulations_-_2013.pdf

Campus Security

(416) 736-5333

3. MEETING

Technical & Coaches Meeting

Date: Thursday February 20th
 Site: Holiday Inn Yorkdale
 Room: TBC
 Time: 7:00 pm

4. PRACTICE TIME

The Toronto Track & Field Centre will be available on Thursday for practice time. Please keep in mind the facility will be open to the public. Interested teams need to forward a list of athletes to Gillian McCullough (gillian@yorku.ca) no later than February 14th. Athletes that are not on the lists submitted the week prior will be able to practice at the daily rate of \$5.50 + HST.

5. MEDICAL

See attached Appendix III

6. ACCREDITATION

All athletes competing will be admitted to the Toronto Track & Field Centre by wearing their competition number and team warm-up. All other personnel will require accreditation badges to gain admittance. Accreditation packages (coaches, therapists, etc.) will be distributed at the Technical Meeting.

ACCREDITATION MUST BE WORN AT ALL TIMES !!!

Please also complete the attached Accreditation Form to ensure all members of your staff receive necessary accreditation in order to gain entry to the event.

7. TICKETS

For sale on site:

1 Day Pass

Adult \$10.00 / Students or Senior \$7.00
 Youth under 13 free

8. AWARDS PRESENTATIONS

Individual medal and recognition of OUA All-Star achievement for all events will be scheduled within the meet timetable. Coaches are asked to remind athletes/relay teams placing in the top 3 to make themselves available following their final for the awards presentation ceremony.

IN ORDER TO FACILITATE BRANDING OUR SPORT AND PRESENTING THE MOST POSITIVE IMAGE POSSIBLE WE ASK THAT ATHLETES REPORT FOR MEDAL PRESENTATIONS IN COMPLETE TEAM WARM-UP SUIT.

SEE APPENDIX II FOR THE MEDAL PRESENTATION SCHEDULE

Championship Awards:

Team Trophies, banners and championship medals will be presented following the final event on Saturday February 22, 2014 at the Toronto Track & Field Centre.

Conference Awards

Voting will take place via e-mail for all other awards, and awards will be mailed to winners. The schedule for Awards nomination and voting will be as follows:

Monday February 24:

at 10:00 am	Nominations submitted to Gillian McCullough gillian@yorku.ca
at 11:00 am	Circulation of Draft list of nominations circulated to coaches
at 12:00 noon	Circulation of Ballot for voting
at 6:00 pm	All completed ballots are returned to Gillian
at 8:00 pm	Vote summary circulated to coaches and Major Awards winners identified

9. CONCESSIONS

The food concessions booth, located upstairs by the gallery in the Toronto Track & Field Centre, will be open for the duration of the Championships. It will be stocked with the usual concession fair, in addition to fresh fruit and other items suitable for competing athletes.

NO FOOD ITEMS ARE PERMITTED ON THE FLOOR OF THE FIELD HOUSE (COMPETITION AREA), HOWEVER PARTICIPANTS ARE PERMITTED TO HAVE BOTTLED WATER.

The facility staff asks for your co-operation in respecting the food policy and will require any participants with food items in the field house to remove them from the facility (competitive area).

10. MEET T-SHIRT

Meet t-shirts are available (see Appendix VII). Shirts are white and will feature the meet logo as well as all logos from participating schools.

Order by: **February 6** \$12/shirt

At the Meet: \$15/shirt on a limited basis



11. ENTRIES

OUA Playing Regulations:

http://oua.ca/documents/2013/7/22/Track_and_Field_Regulations_-_2013.pdf

(complete regulations pertaining to entries can be found in Appendix V)

- Team rosters are maintained at 29 men & 29 women
- Each institution will receive two entries regardless of standard in all individual events, one entry per relay
- In order to enter 3 athletes per event, all 3 athletes must have attained the OUA standard
- An institution may enter 4 athletes per event if all 4 are ranked in the CIS Top 15 the Monday prior to the OUA Championship.
- All entries to be used for the OUA championship must be entered into **Trackie.com** by Tuesday at 3pm following the competition in order to be used for seeding at the OUA championship.

2014 OUA STANDARDS

EVENT	WOMEN'S STANDARD	MEN'S STANDARD
60m	8.30	7.40
300m	43.50	37.50
600m	1:40.00	1:25.00
1000m	3:05.00	2:37
1500m	4:55.00	4:08.00
3000m	10:40.00	8:55.00
60 m Hurdles	9.60	8.90
High Jump	1.55m	1.85m
Pole Vault	3.00m	4.00m
Long Jump	5.00m	6.00m
Triple Jump	10.75m	13.00m
Shot Put	11.00m	12.00m
Weight Throw	12.00m	12.00m
Pentathlon	2800 points	2800 points

Entry Methods:

- a) Email your entries using the Hy-tek Team Manager Registration System – **Preferred** (events file and instructions are posted on the York Lions web site).
- b) Email your entries using a spreadsheet that duplicates the attached entry form.
- c) Email your entries using the entry forms included.

Timelines:

- Entries are due to Colin Inglis by 8:00p.m. Monday February 17th via email (cinglis@yorku.ca). Please also copy Gillian McCullough on your entries. (gillian@yorku.ca)
- The start list will be emailed to coaches on or before 4 p.m. Tuesday February 18th and posted on the York Lions website.
- Late entries will be accepted until 8:00pm Wednesday February 19th, under fine of \$100 per athlete, or \$200 per relay (see Playing Regulation 4.2).

12. ELIGIBILITY

ALL ATHLETES MUST BE POSTED ON THEIR RESPECTIVE INSTITUTIONAL WEBSITES AS REQUIRED BY OUA REGULATIONS

A email copy of the Institutional Eligibility Certificate (Men & Women) are requested, alternatively, you may simply provide the website link to the most recent eligibility certificate if you have not already done so. Attn: Gillian McCullough or Email: gillian@yorku.ca

13. PARKING

Please note parking has changed due to construction for the subway.

Passenger vehicle parking is available in the Founders Road East Lot which is situated to the East of the Toronto Track & Field Centre. All public campus lots are pay and display lots which are enforced 7 days a week, 24 hours a day. Please ensure you place the authorization receipt in the vehicle window. Map: <http://www.yorku.ca/yorkweb/maps/index.htm>

Parking passes for buses, \$20 per day + tax, must be pre arranged. Please contact Waynette Heurta 416-736-2100 x20645 as soon as possible to make arrangements.

14. FACILITY NOTE

Only coaches and weight throw participants will be allowed on the infield during the weight throw.

A MAXIMUM SPIKE LENGTH OF 5MM PIN STYLE IS PERMITTED, PYRAMID STYLE IS NOT PERMITTED. 9MM IS PERMITTED FOR HIGH JUMP

NO POSTERS/SIGNS ARE PERMITTED ON THE MURALS IN THE FIELDHOUSE.

15. ACCOMMODATION

Championship Hotels:

Designated two hotels are below and it is advisable to book by the end of January.

Holiday Inn Toronto Yorkdale

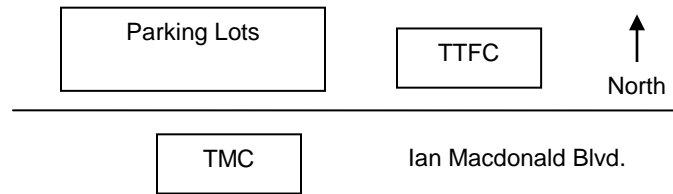
- 8 km to York University (3450 Dufferin Street, Toronto, M6A 2V1)
- Standard guest room rate, \$112.95 + tax (quad room, breakfast not included)
- Sports team discounted breakfast \$12.95/pp + taxes/gratuities
- To book, call Nadya Ali at 1-866-568-0046 or email sports@hiyorkdale.com and request the York Lions rate. You may also use this link OUA Championships Track & Field

Courtyard Marriott Vaughan

- 7 km to York University (150 Interchange Way, Vaughan, L4K 5P7)
- Two queen beds, \$109 + tax (quad room, hot/cold breakfast included)
- To book, call Sharon Sheppard at 905-363-3712 or email sharon.sheppard@concordhotels.com and request the York Lions rate.

16. Emergency Evacuation

In the event of an emergency & if an evacuation of the Track and Field Centre (TTFC) is necessary, all participants; athletes, coaches, volunteers, medical & support staff are to report to the Tait McKenzie Centre (TMC)



APPENDIX I OUA TRACK & FIELD SCHEDULE

Day One – Friday:

12:00pm M Weight Throw FINAL
2:30pm M Long Jump FINAL
2:20pm W 60m Hurdles Pentathlon
2:40pm W 60m Hurdles Heats
3:05pm M 60m Hurdles Pentathlon
3:00pm W High Jump Pentathlon
3:20pm M 60m Hurdles Heats
3:30pm W 1000m Timed-section
 First sections followed by top Seeds
3:50pm M 1000m Timed-section
 First sections followed by top Seeds
4:10pm W 60m Heats
4:20pm M 60m Heats
4:30 pm M Long Jump Pentathlon
4:40pm W 3000m FINAL
 First sections followed by top Seeds
5:00pm W Shot Put Pentathlon
5:10pm M 3000m FINAL
 First sections followed by top Seeds

Awards (Men's WT, Men's LJ, 1000m, 3000m)

6:15pm W Long Jump Pentathlon
6:30pm M Shot Put Pentathlon
6:30pm W Pole Vault FINAL
6:30pm M 60mH FINAL
6:40pm W 60mH FINAL
6:55pm W 300mTimed Finals
7:15pm M 300mTimed Finals
7:40pm M High Jump Pentathlon
7:45pm W 800m Pentathlon
8:00pm W Long Jump FINAL
8:00pm W Shot Put FINAL
8:00pm M 4x800m Relay FINALS
8:15pm W 4x800m Relay FINALS
9:40pm M 1000m Pentathlon

Awards (Women's PV, 60mH, Women's LJ, Women's SP, 4x800)

Day Two – Saturday:

10:30am W Weight Throw FINAL
11:45pm W 60m Semis
11:55pm M 60m Semis
12:00pm W High Jump FINAL
12:05pm W 600m FINAL
 First sections followed by top Seeds
12:45pm M 600m FINAL
 First sections followed by top Seeds
12:30pm M Triple Jump FINAL
1:00pm M Pole Vault FINAL
1:00pm W 60m FINAL
1:10pm M 60m FINAL
2:00pm M Shot Put FINAL
2:00pm W 4x200 Relay FINAL
2:15pm M 4x200m Relay FINAL
2:30pm M High Jump FINAL
2:45pm W Triple Jump FINAL

Awards (Pentathlon, 600m, 60m, Women's WT, Men's TJ)

3:20pm W 1500m FINAL
 First sections followed by top Seeds
3:40pm M 1500m FINAL
 First sections followed by top Seeds

Awards (Women's HJ, Men's PV, Men's SP, 4 X 200m, 1500m)

4:10pm W 4x400m Relay FINAL
4:20pm M 4x400m Relay FINAL

Awards (Women's TJ, Men's HJ, 4 X 400m, Team Awards)

APPENDIX II

OUA MEDAL PRESENTATION SCHEDULE

Friday February 21:

5:40pm-5:55pm

Men's Weight Throw
Men's Long Jump
Women's 1000M
Men's 1000M
Women's 3000M
Men's 3000M

9:50pm-10:10pm

Women's Pole Vault
Women's 60M Hurdles
Men's 60M Hurdles
Women's Long Jump
Women's 300M
Men's 300M
Women's Shot Put

Saturday February 22:

2:30pm-3:00pm

Women's Pentathlon
Men's Pentathlon

Women's 4x800M
Men's 4x800M
Women's 600M
Men's 600M
Women's 60M
Men's 60M
Women's Weight Throw
Men's Triple Jump

4:00pm-4:10pm

Women's High Jump
Men's Pole Vault
Men's Shot Put
Women's 4x200M
Men's 4x200M
Women's 1500M
Men's 1500M

Final Ceremony

Women's Triple Jump
Men's High Jump
Women's 4x400M
Men's 4x400M
Team Banners

APPENDIX III

MEDICAL COVERAGE:

The 2014 OUA Track and Field Championship hosted by York University will provide Athletic Therapy services for athletes of the meet. The Therapy area will be set up in a dedicated room at the far end of the track (east side of the fieldhouse). A Certified Athletic Therapist will be on site for the duration of the meet as well as a number of student therapists. The following items will be in the therapy area:

- | | |
|--|---|
| <ul style="list-style-type: none">• Plinths• Ice and bags• First Aid supplies for minor cuts and blisters• Some therapy supplies available at a cost:
tape roll \$5.00, tensors \$8.00• Maps to local clinics and hospital | <ul style="list-style-type: none">• Emergency Care equipment: AED, Oxygen, spinal board with straps and collar, crutches• Biohazard disposal• hydrocollator |
|--|---|

A map to a Walk-In Clinic and Humber River Regional Hospital will be distributed at the technical meeting. The Emergency Action Plan will be discussed and distributed at the same time. Visiting Medical Staff can set-up portable tables in the designated "therapy area".

TABLES WILL NOT BE PERMITTED TO BE SET UP IN THE FIELDHOUSE.

OUA TRACK AND FIELD – APPENDIX IV– EVENT ENTRIES FORM- MEN

TEAM ENTRIES LIST FOR: _____ (University name)

1. Place men and women on a separate list
2. List a maximum of 33 names (must declare a maximum of 29 on Wednesday final declarations)

NAME: alpha order surname EVENTS with seed performances – FAT 1/100ths, manual Times
1/10ths Meet #s

e.g.	Tim Horton	60 m – 7.16 / 600 m 1:25.2 / HJ – 1.90	2, 3
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Relay	e.g. York Lions	4 x 200 – 1:33.16 4 x 400 – 3:24.3 4x800 – 7:55.27	

OUA TRACK AND FIELD – APPENDIX V – EVENT ENTRIES FORM - WOMEN

TEAM ENTRIES LIST FOR: _____ (University name)

1. Place men and women on a separate list
2. List a maximum of 33 names (must declare a maximum of 29 on Wednesday final declarations)

NAME: alpha order surname EVENTS with seed performances – FAT 1/100ths, manual Times
1/10ths Meet #s

e.g.	Laura Secord	60 m – 8.06 / 600 m 1:42.2 / HJ – 1.70	1,3
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Relay	e.g. York Lions	4 x 200 – 1:47.16 4 x 400 – 3:59.3 4x800 – 9:55.27	

TEAM ENTRIES LIST FOR:

(University name)

As a check, please list entries below by event as per the example with 4th entry per event indicated:

Example: 60m Secord, Futado, Morrisette [4 th – Richards]	
60m	HJ
300m	PV
600m	LJ
1000m	TJ
1500m	SP
3000m	WT
60mH	PENT

APPENDIX VI

ACCREDITATION FORM

C – Coach, M – Manager, T- Therapist, VIP – Senior University Management

	Name	Position
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APPENDIX VII



T-SHIRT ORDER FORM

University	Contact Name, Phone and Email	
T-Shirts are in men's sizing		
Total number of small	_____	X \$12.00 = _____
Total number of medium	_____	X \$12.00 = _____
Total number of large	_____	X \$12.00 = _____
Total number of x-large	_____	X \$12.00 = _____
Total amount to be invoiced for t-shirts	\$ _____	
<p>PLEASE CONFIRM THAT YOUR SCHOOL WILL BE INVOICED FOR THE AMOUNT SHOWN ABOVE:</p> <p>NAME: _____</p> <p>SIGNATURE: _____</p>		

Please Email this form to the attention of

Gillian McCullough

gillian@yorku.ca

by Thursday, February 6, 2014

(An invoice will then be generated and sent out)