Runners' Choice London Distance Series Meet #1:

"The London 10,000m"

2011 ONTARIO JUNIOR & SENIOR MEN'S & SENIOR WOMEN'S 10,000m TRACK CHAMPIONSHIPS & NATIONAL QUALIFIER

(Plus Non-Championship 1500m and 4x400m Relay for Men and Women)

Date:	Sunday, May 8, 2011	
Location:	TD Waterhouse Stadium, University of Western Ontario, London, ON	
Sanctioned by:	Athletics Ontario	
Host Club:	London Runner Distance Club	
Competition Director:	Steve Weiler	Phone: (519) 777-6096 Email: steveweiler@hotmail.com
Entries Chairperson:	Steve Weiler	Phone: (519) 777-6096 Email: steveweiler@hotmail.com
Age Categories:	Junior (JM) Senior (SW/SM)	born in 1992 or later open

Entry Deadline: **3:00 pm, Monday, May 2, 2011** for Championship 10,000m entries
Wednesday, May 4, 2011 for non-championship events.

3:00 pm, Monday, May 2, 2011 is also the deadline for Athletics Ontario registration for any athletes who will be running in the 10,000m event – the Championship section.

Championship Fees: $18.00 per event (Ontario Championship 10,000m)

Non-Championship Events Fees:

- Non-registered athletes may participate in the 10,000m for a fee of **$25.00**, but they are NOT eligible for medals or Quest for Gold Athlete Assistance Programme points.
- Relay entries $12.00 per team
- Non-Championship 1500m: $12.00 for AO members; $15 for non-members

Please make cheques payable to London Runner.

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: Payment of entry fees may be made by personal or certified cheque, money order or cash. If paying by cheque please make payable to: London Runner, 974 Western Road, #202, London, ON N6G 1G4. You may pay on the day of the meet but please note that bib numbers will not be released until payment is completed.

Post Entries: Entries for Championship events received after the entry deadline will be accepted at the discretion of the meet organizers and only if it does not cause a disruption of the conduct of the meet. These entries will be subject to a $50.00 per event entry fee if accepted.

To be eligible for post entry, athletes must have been registered with Athletics Ontario by the registration deadline of 3:00 pm, Monday, May 2, 2011.

Athletics Ontario

Entry Confirmations: As entries are processed, the performance lists will be made available on line at www.londonrunner.ca or www.athleticsontario.ca. Please check on line to confirm your entries following the entry deadline.

Eligibility: In Championship events, athletes residing in Ontario must be registered and their clubs affiliated for 2011 with Athletics Ontario by the Entry Deadline of 3:00 pm on Monday, May 2, 2011.

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 2011 with their provincial or state associations.

Awards: Gold, Silver, and Bronze medals will be awarded to the first three finishers in each Championship event. Duplicate medals will be awarded to non-Ontario athletes finishing in the top three. No awards are given in the non-championship events.

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 must be filed within 30 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. Cost $25.00 to be returned if the protest is upheld.

Rules: The rules of the IAAF/AC will be applied with regard to refreshments in the 10,000m. Entrants must agree to withdraw from race if so requested by the person designated as the medical officer.

Tentative Schedule:

1500m	7:00 pm
4 x 400m Relay	7:35 pm
Senior Women's 10,000m, Junior & Senior Men's 10,000m	8:00 pm

National Qualifier: The top 5 finishers without standard in each of SW and SM 10,000m Championships are eligible to enter the National Senior Championships in Calgary on June 22-25. To reserve their top 5 positions in the Ontario branch list they must declare their intention to enter the Nationals to Roman Olszewski roman.otfa@cogeco.ca no later than Monday May 16. After that date other nominees will be considered until all available positions are filled.

ENTRY FORM - Send to: steveweiler@hotmail.com

Athlete's Name: _____ Sex: _____

Year of Birth: _____ Age on Day of Race: _____ e-mail address: _____

AO/AC/USTF (2011) No. _____ Club: _____

Championship Event:	JrM 10,000m _____	SM 10,000m_____	SW 10,000_____
Non-Championship Events:	Men's 10,000m _____	Women's 10,000m _____	
	Women's 1500m _____	Men's 1500m _____	
Relay Teams:	Women's 4x400m ____	Men's 4x400m _____	
Entry Fee $ _____	Seed Time _____		

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

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(Plus Non-Championship 1500m and 4x400m Relay for Men and Women)

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

Athletics Ontario
Athletics Ontario Officials
London Runner Distance Club
Runners Choice London
University of Western Ontario
Steve Weiler

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 con nected 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