

Ontario Masters

5k Cross Country Championships

In conjunction with the OTFA Cross Country Championships

1:00pm Sunday, November 18, 2007

St. Lawrence College / Brockville Memorial Center, Brockville
Men and Women 30 Years and Older

Hosted by the Brockville Legion Athletic Club

Directions: Exit 401 at Highway 29. Turn North and follow Stewart Avenue until Parkdale Ave.(approx. 300m)
Make a Right Turn (East) onto Parkdale. Two Stop Lights and turn Left (North) onto Millwood Ave.
and then the first Right turn into the Memorial Center Parking Lot.

Course: Rolling to hilly grass terrain. Several challenging climbs. Configuration - Race MAPS WILL BE AVAILABLE
Spectator friendly, spectator area allows for view of entire course.
Course tour to be conducted (and maps available) at about 3 pm Saturday Nov. 17th.

Registration: At St. Lawrence College. Results will be posted here at the finish.

Facilities: **Small** Locker rooms available in St. Lawrence College.
Washrooms are available in St. Lawrence College and by the start line.

Food: None available on site.

Shirts: Long-sleeve T-shirts will be on sale on site.

Meet Directors:
Robert Tucker 613-345-5808 H 613-345-5803 Fax
brockvillelegion@yahoo.ca
208-109 King St. East, Brockville, K6V1B8
Jack Weststrate 613-342-1100 Thousand Islands SS

Web-site: <http://www.athletes4excellence.com> <http://www.brockvillelegiontrack.com>
Maps of all races will be posted at this site.
A list of entries (received by Nov.14th) will be posted on this site, as well as results.

Entry Fees: \$18.00 per runner. **Must be received by Wednesday, November 14th.** No team fee.
Non OMTFA \ CMAA \ OTFA \ USATF members add \$5.00 day fee.
Make cheques payable to **Brockville Legion Athletic Club**
There is no race-day registration.

Send To: Doug Smith
58 Newmarket Avenue
Toronto ON M4C 1V9
416-699-5818 (10:00am-10:00pm) douglasj.smith@sympatico.ca

Awards: OMTFA Championship medals to the first three in each five year age group from 30-35 to 90+.
New OMTFA Gold medals to all members of the first teams in each category.

Team Categories: Club teams only. 4 can run as a team, top 3 to score by total time. (M70, W50, W60; 3 to run, 2 to score)
Teams must be declared at least 30 minutes prior to the start.
Categories; 1) Men 30-39, 2) Men 40-49, 3) Men 50-59, 4) Men 60-69, 5) M70+ (2 to score)
6) Women 30-39, 7) Women 40-49, 8) W50-59 (2 to score), 9) W60+ (2 to score).
A maximum of one woman may run on a men's team in an age group 10 years above her age (eg. a W40 can run on an M50 team).

Accommodation:

Brockville Area (within 10 min.)

Best Western White House Inn 1843 Highway 2 East Brockville, K6V5T1 613-345-1622	Comfort Inn Brockville 7777 Kent Blvd Brockville, K6V6N7 613-345-0042	Quality Hotel Brockville 100 Stewart Blvd Brockville, K6V4W3 613-345-1400
Days Inn Brockville 160 Stewart Blvd Brockville, K6V4W6 613-342-6613	Brockville Travelodge 7789 Kent Blvd Brockville, K6V6N7 613-345-3900	

Gananoque Area (55km by Hwy 401, 35 min. away)

Quality Inn And Stes 1000 Isl. 650 King St E Gananoque, 613-382-1453	Best Western Cntry Squire Rsrt 715 King St E Gananoque, 613-382-3511	Comfort Inn 1000 Islands 785 King St E Gananoque, 613-382-4728
Travelodge 1000 Islands 555 King St E Gananoque, 613-382-4282	Holiday Inn Express 777 King St E Gananoque, 613-382-8338	

SCHEDULE: Please check-in with the course clerk at least 10 minutes prior to Race.

9:30 am	Bantam Girls	2000m Born in 1994/after
9:30 am	Senior Women	6000m Open
10:15 am	Bantam Boys	3000m Born in 1994/after
10:15 am	Senior Men	10000m Open
11:30 am	Midget Girls	3000m Born in 1992/93
11:30 am	Awards Ceremony for Bantam & Senior	
12:00 pm	Midget Boys	4000m Born in 1992/93
12:30 pm	Juvenile Girls	4000m Born in 1990/91
1:00 pm	Ontario Masters	5000m (30 years old+)
1:30 pm	Junior Women	5000m Born in 1988/89
2:00 pm	Awards Ceremony for Midget	
2:00 pm	Juvenile Boys	6000m Born in 1990/91
2:30 pm	Junior Men	8000m Born in 1988/89
2:30 pm	Awards Ceremony for Masters	
3:00 pm	Awards Ceremony for Juvenile & Junior	

** Awards Ceremonies location to be announced

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Name _____	Male ___ Female ___	Birth Date (D/M/Y)_____	Age on race day _____
Address _____	OMTFA/OTFA/USATF Member ___	Non-Member ___	
_____	OMTFA/OTFA/USATF Number _____		
_____	OMTFA Member Entry	\$18.00	___
Postal Code _____	Non Member Entry	\$23.00	___
Phone _____	<i>No race day entries!</i>		
_____	<i>Make cheques payable to Brockville Legion Athletic Club</i>		
Email _____	Club _____		

Waiver:

All participants are required to sign and turn in a waiver form prior to competing! No waiver means NO Number!

WAIVER FORM

SANCTIONED AND REQUIRED BY:

THE ONTARIO TRACK & FIELD ASSOCIATION & THE ONTARIO MASTERS TRACK & FIELD ASSOCIATION

RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

2007 ONTARIO CROSS COUNTRY CHAMPIONSHIPS

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

**THOUSAND ISLANDS SECONDARY SCHOOL
CITY OF BROCKVILLE
ONTARIO TRACK & FIELD ASSOCIATION
ONTARIO MASTERS TRACK & FIELD ASSOCIATION
BROCKVILLE LEGION ATHLETIC CLUB
ROBERT TUCKER, JACK WESTSTRATE**

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 or my participation in the said event, whether as a spectator, participant, competition or otherwise, whether prior to, during or subsequent to the event 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 of Athlete _____