



2008 THE LEGION CANADIAN YOUTH CHAMPIONSHIPS TECHNICAL PACKAGE

University of Sherbrooke Sport Complex, Sherbrooke, QC
August 9-10, 2008

Sanctioned by: Athletics Canada

Hosted by: The Royal Canadian Legion Branch #10

Website: <http://www.athletics.ca/page.asp?id=295>

http://www.legion.ca/asp/docs/sports/TF2007_e.asp

TECHNICAL MEETING

An information meeting for the purpose of reviewing technical changes, schedule changes, scratches and general meet information will occur at 1900 hours, 7 August 2008 at the University of Sherbrooke Stadium, VIP Room.

ATHLETE & COACH REGISTRATION (Subject to Change)

Athletes and coaches must pick up their registration packages in person in order to receive their information package. Registration will take place at:

Legion Coaches	At time of arrival.
All other participants	1900 hours on 7 August 2008 at the University of Sherbrooke Stadium, VIP Room
	8 August 2008 at Stadium (Times TBC)
	9 August 2008 at Stadium (Times TBC)
	10 August 2008 at Stadium (Times TBC)

HOW TO ENTER

Entries will be on-line through Athletics Canada (AC) website at

<https://www.acdirect.ca/meetentries/meLogin.aspx>; registration starts on Friday, June 6th, 2008. All entries and confirmation are the responsibility of the athlete (including carded athletes). 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 entry deadline is Monday, July 28th, 2008 at midnight (EST). The late entry deadline is Friday, August 1st, 2008 at midnight (EST). NO entries will be accepted after this date, no exceptions.

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 need to complete their individual entries.

For more information please see Registration and Standards Package.

AWARDS

Championship medals will be awarded to the first three finishers in each event, including relays.

FACILITY

Outdoor Stadium at the University of Sherbrooke, 2500 boulevard Université, Sherbrooke, QC

Track: 8 lane synthetic
Spike length: 7mm (track), 9mm (long jump), 9mm (high jump), 9mm (javelin), 9mm (pole vault), 4mm maximal diameter.
Runways: Synthetic
Throwing circles: Concrete
Timing: Lynx

The University of Sherbrooke facility is located approximately 1.5 hours from the Pierre Elliot Trudeau International Airport in Montreal.

Built in 2003, this 10 million dollar facility is one of a kind in Canada. The track surface is of Mondo A1, the only one in North America that is approved by the IAAF. All events will take place within the track and field stadium, with the exception of the Hammer, which will take place behind the stadium.

Specially built for track and field competitions, the outdoor stadium has an excellent lighting system of 60 feet and a very good sound system. There are over 3300 permanent seats within the facility.

MARSHALLING

Marshalling will take place in the "Athlete Control Center" in the stadium.

All athletes must check through the marshalling tent for all events during the meet. 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 in question to ensure that the athlete is checked off correctly.

Athletes will be held in the marshalling tent after check in until 5 minutes prior to the scheduled time of their event, at which time they will be escorted to their event by an official. Athletes are asked to report on time and cooperate in the process in order to avoid delays. You may be denied entrance to competition area if you are late.

Do not bring any type of personal electronics (cell phones, walkmans etc) into the marshalling tent. They will be confiscated by officials and can be picked up at the of the day's events.

Competitor's Number

The competitor's number will be checked upon entering the marshalling tent 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 properly and in the correct position for your event. You will have 3 numbers – 1 for the front; 1 for the back, and 1 for your bag.

Calls

It will be the responsibility of the athlete and/or coach to make sure he/she will be at the ACC at the correct time. Check in times prior to the start of the respective events will be as follows:

Track events: Between 15-25 minutes prior to the start of the event as per the call sheet presented to each team prior to the start of the meet Saturday and Sunday.

Field Events: All events, except pole vault, 50 minutes prior to start of event. Pole Vault: 60 minutes prior to the start of the event.

Marshalling staff will provide the schedule of the final check in times as quickly as possible at the conclusion of the technical meeting.

GENERAL WARM-UP

Warm up will take place inside the stadium OR in the surrounding facilities of the main stadium. This will be verified closer to the event and at the Technical Meeting.

EQUIPMENT

The Organising Committee's starting blocks will be the only ones utilised. Throwing implements are provided. Personal implements must be registered and then become part of the competition pool. Weigh-in will take place at stadium two hours prior to the start of the event.

NOTE: Vaulters must use their personal poles. The storage of poles and javelins are possible at the stadium.

INFORMATION REGARDING TRANSPORTATION OF POLES

Athletes will be responsible for the transport of their own poles. 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 will be charged to purchase the supplies. Emergency supplies and trained personnel will be on the site.

On-site Support

Physiotherapists, massage therapists will be available.

For non urgent cases athletes will be taken 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: Daniel Quiron Office 819-821-5782
Home 819-820-0889
Meet Chair: Gilles Lussier 819-570-8449
Technical Chair: LeRoy Washburn
Legion Contact: Danny Martin 613-591-3335 extn 249

EVENT NOTES

SCRATCHES

Scratches will only be taken at the Technical Meeting. If an athlete fails to start their event, they will be disqualified from the remainder of the meet.

RELAY EVENTS

Since this Championships is in its inaugural year, relay events will be limited to those who are a part of Provincial Legion Teams (i.e. there will be no club teams permitted to compete in the relay events).

COMBINED EVENTS

Those athletes that compete in combined events will not be permitted to compete in individual 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 result of that event, to the respective Referee (Track and Field) for clarification on the results. If you are going to appeal the respective Referees decision – to the Jury of Appeal, please do the following:

- 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 be contacted to 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.

ATHLETICS CANADA VARIATIONS TO THE IAAF COMPETITION RULES – ADVANCEMENT RULES

800m

For 10 or less entries	straight final
If 8 or less athletes	• one athlete per lane
If 9 athletes	• one runner in each of the lane 1 to 6 and then three runners in lanes 7 & 8 as one "box"
If 10 athletes	• one runner in each of the lane 1 to 4 and then three runners in lanes 5 & 6 box and three more in lanes 7 & 8 box

11-20 entries If 11-16 athletes if more 17-20	2 rounds, the first round with 2 heats, 3 + 2 to the final <ul style="list-style-type: none"> • one athlete per lane • then work with the box system as described above
For 21-36 entries If 21-24 athletes If 25-30 athletes If 31-36 athletes	2 rounds, the first round with 3 heats, 2 + 2 to the final <ul style="list-style-type: none"> • one athlete per lane • then work with the one or two outside box system as described above • then need to go to a 3 or 4 boxes system, each of the box is made from two lanes and has three athletes per box. The next additional 8 fastest times will go to a B Final

1500m

For 16 or less entries	straight final
For 17-19 entries	possibilities of straight final should be considered and discussed (or one qualifying round with 2 heats, 5 + 2 to advance)
For 20-30 entries	2 rounds, the first round with 2 heats, 5 + 2 to the final
For 31-45 entries	2 rounds still, the first round with 3 heats, 3 + 6 to the A Final, and the next 12 fastest times go to the B Final.

ACCOMMODATIONS

The following hotels have discounted rates for The Legion Canadian Youth Track & Field Championships:

Delta Sherbrooke Hotel and Conference Centre

2685 King Street West
Sherbrooke, QC J1L 1C1
Tel: (819) 822-1989
Fax: (819) 822-8990
Toll Free: 1-888-890-3222
www.deltasherbrooke.com

Hôtel Le Président

3535, King Street West
Sherbrooke, QC J1L 1P8
Tel: (819) 563-2941
Fax: (819) 563-5329
Toll Free: 1-800-363-2941
www.hotel-le-president.com

Quality Hotel Inn & Suites

4206 King Street West
Sherbrooke, QC J1L 1V5
Tel: (819) 563-4755
Fax: (819) 563-3515
Toll Free: 1-877-778-8977
www.qualityinnsherbrooke.com

Comfort Inn
4295 Boulevard Bourque
Sherbrooke (Quebec)
J1N 1S 4
Tel: (819) 564-4400
Fax: (819) 564-7011
Toll Free: 1-800-267-3837
www.choicehotels.ca/cn345

Hôtellerie de l'Estrie
3001 12e Avenue North
Fleurimont, QC, J1H 5N4
Phone: (819) 822-2125
Fax: (819) 822-1392
cancerquebec.she@info-cancer.com

Bishop's University Residence
Conference Office
Sherbrooke, QC, J1M 1Z7
Phone : (866) 822-9200
confcent@ubishops.ca
http://www.ubishops.ca/conference/conference_office/accommodations.html

TRANSPORTATION

There will be no transportation provided by the host organizing committee. Athletes/coaches will be responsible for their transportation to/from the stadium.

PARKING

There is parking available at the stadium and around the campus. Parking is free on Saturday and Sunday. For other days you must purchase a pass at the entrance (\$4.25/day).

INFORMATION ON THE CITY OF SHERBROOKE

Sherbrooke is the regional capital of the Eastern Townships. Sherbrooke has a captivating and busy history and is renowned for its hospitality. Surrounded by beautiful lakes, rivers, mountains and forests, Sherbrooke is unforgettable, you will always remember it.

To find out more about our region please view our Tourism Sherbrooke Website:
<http://www.tourismsherbrooke.com/en/index.html>

For additional information, please refer to the F.A.Q section on the website -
http://www.athletics.ca/files//Events/CanadianChampionships/CanadianYouthChampionship/QUESTIONS_ANSWERS.PDF