



**Championship Technical Package**  
**2008 Canadian Track and Field Championships**  
**University of Windsor, Windsor, July 3-6, 2008**

---

**Updated:** June 29, 2008  
**Sanctioned by:** Athletics Canada  
**Hosted by:** Windsor Legion Track and Field Club and the University of Windsor Track and Field Alumni Club  
**Website:** <http://www.athletics.ca/page.asp?id=247>  
<http://www.canadiantrials.ca>

**TECHNICAL INFORMATION**

**Championships Technical Meeting**

There will be two technical meetings at the Canadian Track and Field Championships. The first meeting, for events of athletes with a disability and able-bodied athletes in combined events will take place in McPherson Lounge, Alumni Hall, on **Wednesday, July 2<sup>nd</sup> @ 8:00pm**. The second technical meeting, for able-bodied events will take place in McPherson Lounge, Alumni Hall, on **Thursday, July 3<sup>rd</sup>, at 12:00pm**.

The purpose of these meetings is to share information about the Championships, schedule changes, and/or technical changes. Coaches are also able to submit scratches at this time.

**On Site Registration**

Athletes and coaches must pick up their registration packages in person. Registration will take place at:

Alumni Residence	Wednesday, July 2 <sup>nd</sup>	4 p.m. to 8:00 p.m.	McPherson Lounge
Alumni Residence	Thursday, July 3 <sup>rd</sup>	9:30 a.m. to 11:30 a.m.	McPherson Lounge
Stadium	Thursday, July 3 <sup>rd</sup>	1:30 p.m. to 8 p.m.	Stadium Entrance
Stadium	Friday, July 4 <sup>th</sup>	11 a.m. to 2 p.m.	Stadium Entrance
Stadium	Friday, July 4 <sup>th</sup>	4 p.m. to 8 p.m.	Stadium Entrance
Stadium	Saturday, July 5 <sup>th</sup>	12 noon to 6 p.m.	Stadium Entrance
Stadium	Sunday, July 6 <sup>th</sup>	11:00 a.m. to 1 p.m.	Stadium Entrance

## How to Enter

Entries are done through Athletics Canada on-line system available at:

<https://www.acdirect.ca/meetentries/meLogin.aspx>; the registration system is open as of Monday, May 5<sup>th</sup>, 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, June 23<sup>rd</sup>, 2008** at midnight (EST). The late entry deadline is **Friday, June 27<sup>th</sup>, 2008** at midnight (EST). NO entries will be accepted after this date, no exceptions.

For more information please see Registration and Standards Package at:

<http://www.athletics.ca/page.asp?id=247>

## Doping Control

Doping Control will be carried out at the Championships in accordance with Athletics Canada / CCES Policies.

## Awards

Athletics Canada Championship medals will be awarded to the first three Canadian finishers in each event, including relays. In order to be eligible, athletes must be Canadian citizens and members of Athletics Canada.

## Social Event

The Mondo Coaches reception, for all registered coaches, will take on Friday, July 4<sup>th</sup> at 8pm in McPherson Lounge in Alumni Hall.

## Facility

University of Windsor Stadium, Corner of College and Huron Church, Windsor, ON

Track:	8 lanes 400m ; 8 lanes straight; Mondo
Spike length:	6mm (track), 6mm (long jump), <b>9mm</b> (high jump), 9mm (javelin), 4mm (maximal diameter of the spikes) No needle nose spikes allowed.
Runways:	Mondo
Throwing circles:	Concrete
Timing:	Finishlynx

## Race Walk

The race walk will feature Junior and Senior Canadian Championships, as well as an open event. All athletes wishing to contend for the Canadian Championships must be registered through the online system. Entries from the open race will not be changed to Canadian Championship entries. The course will be the same as that used in 2007.

## **Marshalling**

Marshalling will take place at the “Athlete Control Centre”. The ACC will be located in the St. Denis Centre inside the field house. The field house will be the warm-up area and includes a 6-lane mondo 200m track.

The warm-up areas will have starting blocks and hurdles and access will be controlled and limited to accredited athletes, coaches and therapists.

## **General Warm-Up & Practice Times**

General Warm-up, for all events, will take place in the St. Denis Centre in the field house. The indoor facility will be open for practice Thursday-Sunday during competition times. There will be five open practice sessions in the stadium. These times are:

### **Stadium Practice Sessions:**

Wednesday, July 2 <sup>nd</sup>	6:00pm to 10:00 pm
Thursday, July 3 <sup>rd</sup>	12:00 noon to 2:00 pm
Friday, July 4 <sup>th</sup>	10:00 am to 12:00 noon and 4:00 pm to 5:30 pm (Track only)
Saturday, July 5 <sup>th</sup>	11:00 am to 1 pm (throws until 12:00 noon)

## **Equipment**

### **Starting Blocks**

The Organizing Committee’s starting blocks will provided. Starting blocks must be used for all events of 400m or less, with the exception that they are optional for athletes with a disability.

### **Throwing Implements**

Throwing implements are provided. Personal implements are allowed, but must be checked in at the Equipment and Implement Weigh-in station, located underneath the stadium, no later than 2hrs prior to the start of the event (including qualifying rounds), at which time they will become property of the competition for the duration of the meet.

### **Pole Vault**

Pole-vaulters must provide their own poles. Poles must be checked in at the storage facility by 2:00pm on the day of competition. Poles may be kept in a storage area at the stadium and can be checked in as early as Wednesday, July 2<sup>nd</sup>. Athletes are responsible for transportation of equipment from the airport/hotel to the stadium and back.

Note that poles are not accepted in the Windsor Airport. Please make alternative arrangements.

## **On-Site Medical Support**

All athletes should travel with their provincial medical plan number and/or insurance.

A doctor will be on location or on-call. Athletic therapists, and massage therapists will be on-site for treatment on Thursday - Sunday. Hours will be announced at the technical meeting.

Any person or group, who are bringing their own health/medical practitioners, please submit names

prior to arrival for accreditation. Forward names to Dave Stoute by June 25<sup>th</sup>, 2008 ([spthpy@uwindsor.ca](mailto:spthpy@uwindsor.ca)).

### **Technical Information Centre (TIC)**

The Technical Information Centre (TIC) for the purpose of submitting appeals, scratches, and all other technical enquiries is located beneath the stadium.

### **Championship Enquiries**

Local Organizing Committee	Windsor Legion Track & Field Club, University of Windsor Track & Field Alumni Club
Contact Name:	Dennis Fairall / Darryl Snyder
Telephone / Fax:	Tel: 519.253.3000 ext. 2440 / 519.735-2210
Email:	Enquiries or information: <a href="mailto:fairall@uwindsor.ca">fairall@uwindsor.ca</a> Entries: <a href="mailto:ishoucair@athletics.ca">ishoucair@athletics.ca</a>
Website:	<a href="http://www.canadiantrials.ca">www.canadiantrials.ca</a>
Technical Enquiries:	Dennis Fairall – <a href="mailto:fairall@uwindsor.ca">fairall@uwindsor.ca</a>

### **Athlete Final Declaration**

Please bring scratches for all days according to the following scratch deadline schedule (below). Athletes must compete in entered events unless they declare a scratch or due to medical circumstances. Failure to start an event will result in disqualification from further competition. Scratches must be declared according to the following schedule (verifiable medical circumstances excepted):

#### **Scheduled Events**

All events and Thursday, July 3<sup>rd</sup> events  
Friday, July 4<sup>th</sup> events  
Saturday, July 5<sup>th</sup> events  
Sunday, July 6<sup>th</sup> events

#### **Scratch Deadline**

at the AWD/CE Technical Meeting  
up to 6:30pm July 3<sup>rd</sup> at the TIC  
up to 6:30pm July 4<sup>th</sup> at the TIC  
up to 6:30pm July 5<sup>th</sup> at the TIC

### **Championship Relay Events**

Relay events at the Canadian Track & Field Championships (4x100m) are now full medal events. There will be Club and Regional/Provincial championships run separately; medals will be given to top 3 in each division. If there are eight or fewer teams, both events will take place together but awards will be given to the winners of each division.

For questions or concerns regarding the relay program, please contact:

Scott MacDonald ([smacdonald@athletics.ca](mailto:smacdonald@athletics.ca)) or Ivonne Shoucair ([ishoucair@athletics.ca](mailto:ishoucair@athletics.ca))

### **Athletics Canada Variations to the IAAF Competition Rules – Advancement Rules**

#### **200 metres**

Regardless of entry numbers, only heats and finals will be run. Once final numbers are established, advancement to the final will be determined. Depending on the entry numbers, a B Final may be added.

**800 metres**

In the semi-final round, qualifying sections will be expanded and may employ 3 boxes of up to 4 athletes in each to accommodate up to a maximum of 12 runners per section.

**1500 metres**

In the semi-final round, qualifying sections will be expanded up to a maximum of 15 athletes per section.

**5000 metres & 3000 metres Steeplechase**

5000m - Timed sections will be created when entries exceed 25 athletes. In this instance, the top 15 seeded athletes will comprise the A Section and all other seeds will comprise the B Section. If there is a scratch from the A Section at the time of reporting to check-in, then the top seeded athlete in Section B will be offered the opportunity to move into the A Section. If the two sections scratch down to 25 athletes or less then the sections will then be combined into one section.

3000m Steeplechase – Timed sections will be created when entries exceed 20 athletes. In this instance, the top 12 seeded athletes will comprise the A Section and all other seeds will comprise the B Section.

**NATIONAL TEAM SELECTION**

The 2008 Canadian Track and Field Championships will serve as the selection trials for the 2008 Olympic Games in Beijing, CHN and the 2008 NACAC U23 Championships in Toluca, MEX.

For more information on the selection criteria for the 2008 Olympic Games, please visit <http://www.athletics.ca/page.asp?id=225>

For more information on the selection criteria for the NACAC U23 Championships, please visit <http://www.athletics.ca/page.asp?id=251>

**ACCOMMODATIONS**

Please see Appendix A for listing of accommodation options.

**TRANSPORTATION****Airport**

The Windsor Airport is located approximately 13km from the Stadium and Alumni Hall. Please note that pole vault poles cannot be flown into Windsor.

**Train**

The Windsor Train Station is located approximately 6km from the Stadium and Alumni Hall.

**Accessible Transportation**

There are a few options if accessible transportation is needed from the airport/train stations to the meet hotels:

For large groups, contact Laidlaw Charters - <http://www.laidlawcharters.com/index.php>

Checker Cab - <http://www.checkercabco.biz/>

Handi-transit - (519) 966-0930

### **Airport to Hotels**

There will be no transportation provided from the airport to the meet hotel.

### **Hotels to Stadium**

Since the track is within 400m of Alumni Hall, there will be no shuttles between either of the meet hotels and the stadium.

### **Directions to the Stadium (St. Denis Centre) from Highway 401**

Upon arriving in Windsor follow the "Bridge to USA" signs. The 401 will merge with Huron Church Road. Travelling northbound on Huron Church Road, pass the University Mall on the right hand side at Tecumseh Road -- get into the right lane shortly after the mall.

The new University of Windsor Stadium and athletic facilities will appear on the right hand side and a McDonald's restaurant will be on the left.

This intersection is College Ave. and Huron Church Road. Turn right on College Ave. which leads to the Faculty of Human Kinetics Building and St. Denis Centre which are attached to the stadium on the right hand side.

### **Directions to the Stadium (St. Denis Centre) from the USA**

From Detroit, follow sign indicating "Bridge to Canada". The University of Windsor is located east of the Ambassador Bridge. Upon exiting from customs and immigration, immediately proceed straight until getting to a set of lights. This intersection is College Ave. and Huron Church Road. Turn left on to College Ave. which leads to the Faculty of Human Kinetics Building, the St. Denis Athletic Centre and University of Windsor Stadium immediately on the right hand side.

## **OTHER INFORMATION**

### **Parking**

Pay & display parking is available across the street from the stadium for \$1.00/Hr to a \$6.00 maximum. Free parking is available at Assumption High School which is located next to the stadium. If staying at Alumni Hall, parking is included in the accommodation cost. Alumni Hall is located approximately 400m from the stadium.

### **Information on the city of Windsor**

Windsor has plenty to offer, including festivals, shopping, and gaming. Please visit <http://www.visitwindsor.com/main.htm> for all the latest information on what is happening in the Windsor area.

## Appendix A: Accommodation Options

### Championship Hotel Group #1: University of Windsor Residences

#### Alumni Hall

Location: 750 Sunset Avenue, University of Windsor  
Contact Toll Free: 1-888-561-5552 (reservations only)  
Information: Ph: 1-519-253-3000 ext. 7074  
Fax: 1-519-973-7032  
Webpage: <http://www.conferences.uwindsor.ca>  
Ask for: Canadian Track & Field Championships  
Room Rate: \$ 91.00 per double (\$ 81 per single) plus taxes per room per night includes continental breakfast. Each room includes 2 bedrooms, 2 telephones, free internet, and free local calls. Each wing of the residence has a TV and kitchenette.

Rooms are block booked under "Canadian Track and Field Championships." Alumni Hall is located approximately 400m from the stadium. Parking is included with the room.

#### Cartier Hall Residence

Location: Check in at Alumni Residence 750 Sunset Avenue, University of Windsor  
Contact Toll Free: 1-888-561-5552 (reservations only)  
Information: Ph: 1-519-253-3000 ext. 7074  
Fax: 1-519-973-7032  
Webpage: <http://www.conferences.uwindsor.ca>  
Ask for: Canadian Track & Field Championships  
Room Rate: \$ 60.00 per double plus taxes per room per night includes continental breakfast. Each room includes 2 beds, 1 telephones, free internet, and free local calls. Shared bathroom with one other unit of same gender.

Rooms are block booked under "Canadian Track and Field Championships." Cartier Hall is located approximately 1000m from the stadium. Parking is included with the room.

#### Clarke Residence

Location: Check in at Alumni Residence 750 Sunset Avenue, University of Windsor  
Contact Toll Free: 1-888-561-5552 (reservations only)  
Information: Ph: 1-519-253-3000 ext. 7074  
Fax: 1-519-973-7032  
Webpage: <http://www.conferences.uwindsor.ca>  
Ask for: Canadian Track & Field Championships  
Room Rate: \$ 165.00 plus taxes per 5 bedroom unit. Each unit includes 5 beds, 5 telephones, free internet, and free local calls. Each unit has full kitchen facilities, a living room with a cable TV outlet, plenty of storage space and two full bathrooms.

Rooms are block booked under "Canadian Track and Field Championships." Clarke Residence is located approximately 400m from the stadium. Parking is included with the room.

## **Championship Hotel Group #2:**

### **Riverfront Radisson**

Location: 333 Riverside Drive West  
Contact Information: (P) (519) 977-9777 or (888) 201-1718  
(F) (519) 977-1411  
<http://www.radisson.com/windsorca>  
Room Rate: \$105.00/night plus taxes

Rooms are block booked under "Canadian Track & Field Championships". The Radisson is located approximately 3.5km from the stadium. Parking is \$10.00 per day.

### **Hilton Windsor**

Location: 277 Riverside Drive West  
Contact Information: (P) (519) 973-5555  
(F) (519) 973-1600  
Room Rate: \$115.00/night plus taxes

Rooms are block booked under "Canadian Track & Field Championships". The Hilton is located approximately 4km from the stadium. Parking is \$11.00 per day.

### **Quality Suites**

Location: 250 Dougall Avenue  
Contact Information: (P) (519) 977-9707  
(F) (519) 977-6404  
Room Rate: \$105.00/night plus taxes

Rooms are block booked under "Canadian Track & Field Championships". The Quality Suites is located approximately 3.75km from the stadium. Parking is \$10.00 per day.

### **Travelodge Downtown**

Location: 33 Riverside Drive East  
Contact Information: (P) (519) 258-7774  
(F) (519) 258-0020  
(E) [whg7120@whg.com](mailto:whg7120@whg.com)  
Room Rate: \$95.00/night plus taxes

Rooms are block booked under "Canadian Track & Field Championships". The Travelodge Downtown is located approximately 4.2km from the stadium. Parking is \$7.50-\$10.00 per day.