



6th Asian Community Games  
Track & Field Meet  
2010

**Date:** Saturday, June 26, 2010

**Sanctioned By:** Athletics Ontario

**Venue:** Toronto Track and Field Centre, York University Campus.

**Facility:** All-weather synthetic surface on 8-lane and mondo on all field event approaches. Concrete throwing circles. Change room facilities and showers are available - bring your own lock and towel.

**Meet Director:** Anthony Biggar  
[ontrack@eol.ca](mailto:ontrack@eol.ca)

**ENTRIES**

**Chairperson:** Anthony Biggar  
**Email:** [ontrack@eol.ca](mailto:ontrack@eol.ca)

**REGISTRATION**

**Deadline:** 11:59pm, Sunday, June 20

**Fee:** \$15 per event \$20 per relay team  
\$12 per event (AO/MTA member)

Due to time limitations, and in case of a very large entry, only athletes registered by the first deadline will be guaranteed entry into this meet.

**Late Entry Fee\*:** \$20 per athlete per event \$25 per relay team

**\*Late Entries:** Entries received after June 20 will be accepted at the discretion of the meet director and only if it does not cause a disruption of the conduct of the meet. Entry fees include one-day membership with Athletics Ontario. Please make cheque payable to Asian Community Games. No entries accepted on the day of the meet.

**Registration:**

The registration form can be used for all entries. Also, instructions for using an Electronic Entries option can be found on the Athletics Ontario web site ([www.athleticsontario.ca](http://www.athleticsontario.ca)) at: <http://www.athleticsontario.ca/Content/News%20and%20Events%20Calendar/Events%20Calendar.asp?ItemID=68012>. Improperly completed forms will be returned and if subsequently accepted, will be subject to late fees. Entry fees paid using MasterCard or VISA can be emailed and MUST accompany the entry forms. Entry fees paid using a cheque can be submitted at the Registration Desk. Number of participants is limited and will be first come first served. Late registrations will be put on a waiting list. Confirmation for registration will be sent to the participants by e-mail or mail. Registration form may be downloaded at [www.acgames.ca](http://www.acgames.ca) and emailed to [ontrack@eol.ca](mailto:ontrack@eol.ca)

•Entry information packages are also available at:

1. [www.athleticsontario.ca](http://www.athleticsontario.ca) under fixtures
  2. [www.acgames.ca](http://www.acgames.ca)
  3. [www.singfaisports.ca](http://www.singfaisports.ca)
- NO entries will be accepted by telephone.
  - NO entries are to be dropped off at the SING FAI SPORTS CLUB or AO office.
  - **NO REFUNDS. NO SUBSTITUTIONS.**

## ELIGIBILITY

This year the competition is open to everyone of any ethnic background.

## AGE CATEGORIES

Men and Women in all categories

Pee Wee	Born in 1999 or after
Bantam	Born in 1997 or 1998
Midget	Born in 1995 or 1996
Youth	Born in 1993 or 1994
Junior	Born in 1991 or 1992
Open	Born in 1990 or earlier

## EVENTS

**Pee Wee** – 60m, 150m, 600m, 4x100m, High Jump, Long Jump, Shot Put, Javelin

**Bantam** – 80m, 150m, 800m, 4x100m, High Jump, Long Jump, Shot Put, Javelin

**Midget** – 100m, 200m, 800m, 4x100m, High Jump, Long Jump, Shot Put, Javelin

**Youth** – 100m, 200m, 400m, 800m, 1500m, 4x100m, High Jump, Long Jump, Shot Put, Javelin

**Junior** – 100m, 200m, 400m, 800m, 1500m, 4x100m, High Jump, Long Jump, Shot Put, Javelin

**Open** – 100m, 200m, 400m, 800m, 1500m, 4x100m, High Jump, Long Jump, Shot Put, Javelin

### Corporate Relay

Company teams etc. Any combination of males and females, of any age may be used as long as they are all members of the same corporation.

### Special Note Re: Club and Corporate Relay Teams:

Please send in names of potential relay runners, if not entered in an individual event, on a separate sheet of paper. This will allow the meet organizers to assign competitors numbers to all runners. All teams must submit the names of their runners in their running order one hour prior to the published start time of the race. Special forms will be available at the meet director's area.

## AWARDS

Special medals to top 3 in each event in each age group.

## THROWING EVENT SPECIFICATIONS

Girls'/Women's	Shot Put	Javelin
Pee Wee	2.7kg	400g
Bantam	3.0kg	400g
Midget	3.0kg	600g
Youth	4.0kg	600g
Junior	4.0kg	600g
Open	4.0kg	600g

Boys'/Men's	Shot Put	Javelin
Pee Wee	2.7kg	400g
Bantam	3.0kg	400g
Midget	4.0kg	600g
Youth	5.0kg	700g
Junior	6.0kg	800g
Open	7.26kg	800g



**2010 ASIAN COMMUNITY GAMES - JUNE 26**  
**TORONTO TRACK AND FIELD CENTRE**

**TENTATIVE SCHEDULE**

(Subject to change depending on number of entries)

In all running events, women will precede men, from youngest to oldest age division.

A final schedule will be posted on the Asian Community Games website by noon, June 25

<b>TRACK</b>	<b>EVENTS</b>	<b>AGE CATEGORY</b>
9:00	1500m timed Finals	Youth, Junior, Open
10:00	100m Semi-Finals or Finals	Midget, Youth, Junior, Open
11:00	400m timed Finals	Youth, Junior, Open
11:30	100m Finals	Midget, Youth, Junior, Open
11:50	60m – Timed Sections	Pee Wee
11:55	80m – Timed Sections	Bantam
LUNCH BREAK		
1:00	600m timed finals	Pee Wee
1:10	800m timed finals	Bantam, Midget, Youth, Junior, Open
1:30	150m timed Finals	Pee Wee, Bantam
1:40	200m timed Finals	Midget, Youth, Junior, Open
2:00	4 x 100m Relay timed Finals	All age divisions, club and corporate

\* Atoms will run as Timed Finals, regardless of number of entrants.

<b>FIELD</b>	<b>EVENTS</b>	<b>AGE CATEGORY</b>
9:00 a.m.	Men's High Jump	Pee Wee, Bantam & Midget
9:00	Women's Long Jump	Pee Wee, Bantam & Midget
9:00	Women's Shot Put	All age divisions
10:00	Men's High Jump	Youth, Junior, Open
10:00	Women's Long Jump	Youth, Junior, Open
10:00	Men's Shot Put	All age divisions
11:00	Women's High Jump	Pee Wee, Bantam & Midget
11:00	Men's Long Jump	Pee Wee, Bantam & Midget
11:00	Women's Javelin	All age divisions
LUNCH BREAK		
1:30	Women's High Jump	Youth, Junior, Open
1:30	Men's Long Jump	Youth, Junior, Open
1:30	Men's Javelin	All age divisions

Note: all entrants in the Shot Put, Javelin and Long Jump will be guaranteed 3 trials. Athletes who equal or surpass an age-specific standard (TBA) will be permitted three additional trials.

**Individual Athlete Entry Form for all Events**

Please send in names of potential relay runners, if not entered in an individual event, on a separate sheet of paper.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Birth Date: Year \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Athletes' Category: Unattached \_\_\_\_\_ Club or Corporation/Team (name) \_\_\_\_\_

Please use the event numbers listed at the bottom of this form. If no seed performance is listed, you will be entered in the slow section.)

	EVENT #	AGE CATEGORY	SEED (best recent time / throw / jump)
60m	_____	_____	_____
80m	_____	_____	_____
100m	_____	_____	_____
150m	_____	_____	_____
200m	_____	_____	_____
400m	_____	_____	_____
600m	_____	_____	_____
800m	_____	_____	_____
1500m	_____	_____	_____
Sprint Hurdles	_____	_____	_____
4 x 100m Relay Club	_____	_____	estimate: _____
4 x 100m Relay Corporate	_____	Corporate	estimate: _____
High Jump	_____	_____	_____
Long Jump	_____	_____	_____
Triple Jump	_____	_____	_____
Shot Put	_____	_____	_____
Javelin	_____	_____	_____

**AGE CATEGORIES AND EVENT NUMBERS**

- |                    |                   |                         |
|--------------------|-------------------|-------------------------|
| PG = Pee Wee Girls | PB = Pee Wee Boys | Born in 1999 or after   |
| BG = Bantam Girls  | BB = Bantam Boys  | Born in 1997 or 1998    |
| MG = Midget Girls  | MB = Midget Boys  | Born in 1995 or 1996    |
| YG = Youth Girls   | YB = Youth Boys   | Born in 1993 or 1994    |
| JW = Junior Women  | JM = Junior Men   | Born in 1991 or 1992    |
| OW = Open Women    | OM = Open Men     | Born in 1990 or earlier |

CT = Corporate Team – for 4 x 100m Relay event only – 4 runners with any combination of men and women

	PG	PB	BG	BB	MG	MB	YG	YB	JW	JM	OW	OM
60m	01	02	-	-	-	-	-	-	-	-	-	-
80m	-	-	03	04	-	-	-	-	-	-	-	-
100m	-	-	-	-	05	06	07	08	09	10	11	12
150m	13	14	15	16	-	-	-	-	-	-	-	-
200m	-	-	-	-	17	18	19	20	21	22	23	24
400m	-	-	-	-	-	-	25	26	27	28	29	30
600m	31	32	-	-	-	-	-	-	-	-	-	-
800m	-	-	33	34	35	36	37	38	39	40	41	42
1500m	-	-	-	-	43	44	45	46	47	48	49	50
4 x 100m	51	52	53	54	55	56	57	58	59	60	61	62
High Jump	63	64	65	66	67	68	69	70	71	72	73	74
Long Jump	75	76	77	78	79	80	81	82	83	84	85	86
Shot Put	87	88	89	90	91	92	93	94	95	96	97	98
Javelin	99	100	101	102	103	104	105	106	107	108	109	110

Corporate 4x100m Relay: Event #: 111  
 (Corporate Team – 4 runners with any combination of men and women, any age)

**Please send this form in with your entry.**

SANCTIONED AND REQUIRED BY:

SING FAI SPORTS CLUB

**RELEASE, WAIVER AND INDEMNITY**

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

**6TH ASIAN COMMUNITY GAMES  
June 26, 2010**

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

Staff and volunteers of Sing Fai Sports Club  
Athletics Ontario  
Staff and Volunteers of Athletics Ontario  
Minor Track Association  
Ontario Officials Council  
Toronto Track and Field Centre  
City of Toronto  
Joseph Fong  
Anthony Biggar  
Staff and volunteers of Asian Community Games

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 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  
(If under 18, parent or guardian to sign below)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature of Parent or Legal Guardian