



2024 OUTDOOR TRACK and FIELD SEASON OVERVIEW

DATES, VENUES & TIMES:

Season Start & End Dates: Monday April 15, 2024 to Thursday August 8, 2024 ¹

Track Workouts: *Town of Whitchurch-Stouffville Arena & Community Track
12483 Ninth Line North, Stouffville, ON L4A 7X5*

- Monday 6:00-7:30 pm – *Conditioning & Training*
- Thursday 6:00-7:30 pm – *Conditioning & Training*

Jumper Workouts *Toronto Track & Field Centre (TTFC), York University's Keele Campus*

- Wednesday 6:30-8:00 pm – *High, Long & Triple Jump Training*

Season Registration: www.yrrc.ca/registration

- Registration opens on Monday April 8, 2024 ²

¹ Monday April 15 is the tentative start date for the Outdoor Track & Field Season weather permitting. If this date has to be rescheduled the new start date will be communicated out via [Club News & Updates](#) section of the home page, the club's [events calendar](#), as well as our [X account](#) (formerly Twitter).

² Registration for the 2024 Outdoor Track & Field Season will be available as of Monday April 8 on a "First Come, First Serve" basis – and can only be done online. For details regarding Workout Times, Days & Locations; Registration Details & Cost; and Registration Process, including registering for the 2024 Outdoor Track & Field Season – please go to [Membership Registration](#).



WORKOUT PARTICIPATION:

In General

- **Workout commitment** – there is no commitment required in terms of how often club members attend workouts, other than what an athlete's schedule permits. Athletes have the choice of participating in Track workouts on Monday and Thursday evenings, or Jumper workouts (Wednesday evenings at TTFC), or both.
- **Workout clothing** – please plan on dressing appropriately for the weather, given the cooler temperatures in April & May and the warmer temperatures during the summer months for track workouts. Running shorts or track pants, athletic tops, hoodies (for warm-up), and proper running shoes – plus beanies/caps and running gloves early in the season.
- **Athlete hydration & washrooms** – Athletes should bring a water bottle, preferably metal, to all workouts. For Track workouts at the Stouffville track there are washrooms in the adjacent arena. For Jumper workouts at the TTFC, washrooms are available off the front lobby and there are water stations available in both the lobby area and at track level.
- **Parent or Guardian Responsibilities:**
 - **Workout drop-off** – please plan to arrive **5-10 minutes prior to workouts**. This will provide athletes time to change, and warm-up as instructed by the Coaches.
 - **Workout pick-up** – it is the responsibility of **Parents or Guardians to ensure that all athletes are picked-up on time** based on the published workout schedule. Please be respectful of our Coach's time – they are all volunteers. **Abuse of this request could result in membership suspension.**
- **Workout organization** – during workouts athletes are divided into multiple groups based on the evening's training plan, number of athletes, and ages & abilities of the individual athletes.
- **Workout cancellations** – the club's process for cancelling workouts because of issues related to weather, coaching staff availability, venue availability and/or safety, is to communicate the cancellation a minimum of three (3) hours in advance by:
 - **Events calendar** – the workout will be updated in the event calendar showing the cancellation.
 - **X (formerly Twitter)** – a post will be published from the club's X account. **Parents or Guardians should FOLLOW the club to receive posts automatically** via email from our X account ([@YRRCCanada](https://twitter.com/YRRCCanada)).

Toronto Track & Field Centre (TTFC) Facility

- **Personal belongings** – There are lockers in both change rooms at the TTFC, however you must supply your own lock. Please ensure you remove any locks used before leaving the facility. Alternatively, members can leave their personal belongings at track level where members meet for workouts – **however do this at your own risk!**
- **Jogging lane** – When training at the TTFC the club uses the jogging lane for warm-ups and cool downs. The running direction for this lane varies based on the day of the week. A sign at the entrance to the track highlights the direction – **for Wednesday's Jumper workouts please run counter-clockwise.**
- **Footwear** – **NO OUTDOOR FOOTWEAR IS ALLOWED AT TRACK LEVEL.** Normal running shoes are used for footwear at all workouts. Specifically, shoes that are dedicated to the sport and not use for everyday usage. Spikes are only used for meets and only if allowed by meet organizers (6mm). If the club is participating in a meet that does allow them, coaches may choose to give participating athletes the option of using spikes during workouts leading up to the meet.
- **Injuries** – If an injury occurs while participating in workouts or meets at the TTFC facility, ice is available at the front desk for FREE in a small zip lock bag.
- **Track etiquette & TTFC regulations** – All club athletes, especially those new to the TTFC, are asked to review the centre's Track Etiquette & Facility Regulations available from at the facilities front desk. Please be sure to address any questions or concerns you might have to the TTFC's staff or see the [TORONTO TRACK AND FIELD CENTRE](https://www.yrrc.ca) website for more information.

MEET PARTICIPATION:

- **Meet commitment** – meets are an important part of the club’s program. Participation is strongly recommended as a way of helping athletes develop goal setting skills and evolving their athletic abilities.
- **Meet schedule** – at the outset of the 2024 Outdoor Track & Field Season Fred Robbins, our Head Coach and Club Director (fred@yrrc.ca), will determine which meets sanctioned by one of the **SPORT GOVERNING BODIES** (Athletics Ontario, Minor Track Association etc.) the club will participate in. Please check the **CLUB CALENDAR** periodically for information regarding meets that have been added or existing ones that have been updated.
- **Meet participation requests (MPR’s)** – as a way of helping facilitate meet participation by members the club uses a **MEET PARTICIPATION REQUEST** process. This includes posting in the events calendar an MPR notification asking Parents or Athletes (who are 18 years of age or older) to submit a request via our **online MPR form**:
 - For **MTA** (Minor Track Association) Meets (13 years of age or under): usually by 6:00 pm on the Sunday prior to a meet if an athlete would like to participate.
 - For **AO** (Athletics Ontario) Meets (14 years of age or older): usually by 10:00 pm on the Thursday the week prior to a meet if an athlete would like to participate.
 - In either case, this will give the club the necessary time to register Athletes by the registration deadline set by meet organizers.
- **Meet registration** – the club is responsible for registering all Athletes that a **MEET PARTICIPATION REQUEST** (MPR) has been received for, including covering any fees associated with meet registration & participation.

MEMBERSHIP REGISTRATION:

- **Club Focus & Age Restrictions** – the York Region Runners Club (YRRC) is a developmental grass roots track and field club, with a focus on Elementary, High School and Collegiate athletes. **The minimum age for membership is 8 years old.**³
 - ³ Under certain conditions a 7-year-old athlete will be considered for membership into the club. However, this is only possible if they **try out for the club AND a PARENT commits to directly supervising their child so that there are no workout disruptions**. If the club chooses to accept a 7-year-old we reserve the right to cancel a season membership if a parent is not providing adequate supervision, or if the child is not able to meet coaching staff expectations regarding maturity & self-discipline.
- **Membership fees** – the cost for the 2024 Outdoor Track & Field Season is \$300.00 per athlete.
- **What club membership fees cover:**
 - Athlete’s participation in all club workouts for the season.
 - Singlet athletic jersey used by athletes when participating in competitive meets.
 - All fees associated with meet registrations (for those meets that the club participate in).
 - Club administration.
 - Minor Track Association of Ontario (MTA) registration and cost (for Athletes 13 years of age or under)
 - Athletics Ontario (AO) registration cost reimbursement (for Athletes 14 year of age or older):



- **AO now requires that all Athletes 14 years of age and older register directly with AO** at <https://athleticsreg.ca/#!/memberships/athletics-ontario-2024-membership>. When registering with AO please select “Register with a Club (Attach Member)”.

- This is a new AO requirement, however the **York Region Runners Club will reimburse the Athlete (if 18 years of age or older) or their Parent/Guardian for the cost of the registration** via e-Transfer. To receive the reimbursement a digital copy of the AO payment receipt must be emailed to info@yrrc.ca. Please note that the e-transfer reimbursement will be sent to the email address used to register the Athlete for the 2024 Outdoor Track & Field Season.
 - Athletes 14 years of age and older **who have not registered with AO, will not be allowed to participate in any AO sanctioned meets.**
- **Club Registration for 2024 Outdoor Track & Field Season:**
 - **Season Registration opens on Monday April 8, 2024.**
 - Complete Online Membership Registration form accessible from the Club’s Membership Registration page (yrrc.ca/registration). Please note that the registration form is only available online, and only supports one Athlete per registration.
 - Payment of Season Membership Fees can be made by **e-Transfer** or **Cheque**.
 - If this is an Athlete’s **First Club Registration:**
 - After first submitting their club [Registration for the 2024 Outdoor Track & Field Season](#), new Athletes will need to complete a [NEW ATHLETE PROFILE](#) form.
 - Please also email a scanned or photographed copy of Athlete’s **Birth Certificate & Provincial Health Card** to info@yrrc.ca. These documents are NOT required for subsequent season registrations. The Birth Certificate will be used for age group verification to sport governing bodies, and the Provincial Health Card will be used to deal with emergency medical issues if a parent or guardian is unavailable.

CLUB COMMUNICATIONS:

- **How to keep up to date on what's happening in the club:**
 - The YRRC.ca website's [EVENTS CALENDAR](#).
 - The **CLUB NEWS & UPDATES** section of the club's [HOME PAGE](#).
 - The club's [X ACCOUNT](#) (formerly Twitter) – this is where club updates are posted regarding workout cancellations, meet package availability, season registration etc. We strongly suggest that **Parents or Guardians FOLLOW the club in order to receive posts automatically** from X ([@YRRCCanada](https://twitter.com/YRRCCanada)). If you do not have an X account, you can sign up for free at <https://twitter.com/?lang=en-ca>.

