



6.0 COMPETITION PROCEDURES

6.1 Warm-up

Soccer fields to the west of the track will be made available for warm-up to athletes wearing shoes with spikes starting at one hour and until 30 minutes before the start of competitions. There will also be a separate area for warm-up without spikes.

Warm-up for the throwing events will be at the competition site. Athletes will be marshalled to the area 30 minutes prior to the start of the event for warm-up time.

6.2 Call Room

Marshalling will take place in the “Call Room” (CR) located in the large tent adjacent to the start line. All athletes must check through the CR for all events during the meet and are asked to report according to the following schedule. All times are prior to the scheduled start time of the event.

EVENT	CALL ROOM OPENS (MINUTES)	CALL ROOM CLOSES (MINUTES)	ENTRY TO STADIUM
Track Events	30	20	10
High Jump	60	50	40
Pole Vault	80	70	60
Other Field Events	50	40	30
Relays	35	25	10

Athletes are asked to cooperate with the check-in and inspection process to avoid group or individual delays. An athlete will be denied entrance to the competition area if he or she is late or has improper spike footwear. We suggest that athletes have their competitive footwear examined in advance and establish a level of confidence in their footwear before reporting to the CR. *Combined Events: athletes only need to check in for their first event of the day.

An athlete shall be excluded from further participation in the Competition on the day in question, including relays, in cases where:

- a) After final confirmation of the athlete's entry is given, he fails to participate without provision of a valid reason; or
- b) The athlete qualifies in a preliminary round for further Competition and then does not compete in the subsequent round without provision of a valid reason.



2024 LEGION NATIONALS COMPETITION PROCEDURES

Once in the CR, athletes will be identified by their bib number. Call Room officials will check the following in accordance with Legion rules:

- Bib numbers
- Shoes and spikes
- Uniforms
- Bags (identification on and content of)
- Personal belongings: video and audio players, cameras, phones, radio transmitters, and electronic devices in general (except watches) are not admitted.

The CR is not responsible for personal belongings if they go missing. These items should not be brought into the CR

NOTE: relays will be run as combined competition consisting of Legion and Open teams and will all start in lanes with no more than eight (8) Teams in any timed final.

NOTE: Combined Events: athletes need to check in prior to the day's first event and need to have all of their equipment with them as they will remain with their group throughout the day.

6.3 Protests and Appeals

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official posting of the results of the event in accordance with the procedures listed below. Official results will be displayed in the Technical Information Centre and the Officials Results Posting Board at the stadium.

Procedures:

- A. A protest shall be identified to the Competition/Meet Director, or designate, at the Technical Information Centre or wherever this person can be found within 30 minutes of the time of the posted results. (NOTE: there will be someone at the Technical Information Centre at all times who is able to locate the Competition Director, or designate.)
- B. The Competition Director, or designate, will explain the process to the athlete/coach/interested person and provide an Athletics Canada's National Championships Protest Form.
- C. The Competition Director, or designate, will take the athlete/coach/interested person to meet with the appropriate Referee (the one who made the decision).
- D. If the Referee agrees with the protest, the results sheet will be adjusted and results reposted. (NOTE: this provides a 30-minute opportunity for other athletes or interested persons to appeal this decision from the time of posting of the revised result.)
- E. If the Referee denies the protest, the athlete/coach/interested person can appeal the decision to the Jury by completing the National Championships Protest Form which will be taken to the Jury.



2024 LEGION NATIONALS COMPETITION PROCEDURES

F. Upon completion of the National Championships Protest Form (NOTE: the Competition Director, or designate, accompanies the protest group and advises them of this option and accepts the completed form and protest fee - \$50), the Competition Director, or designate, will make a copy of the completed National Championships Protest Form and will take one copy to the Jury who will then adjudicate upon the issue by reviewing any and all available relevant information.

G. The Jury will then prepare their response, including all relevant information, on the National Championships Protest Form and will return the form to the Competition Director, or designate, who will advise both the protest group and Meet Secretary or Results Manager of the results of the protest.

H. The Jury of Appeal will remain at the competition site for at least 30 minutes after completion of the final event or until the Competition Director, or designate advises them that no further protests have been received and they may leave.

6.4 Spike Length

The maximum length allowed for spikes is 7mm. Xmas Tree and Needle spikes are not allowed.