



NIAGARA OLYMPIC TRACK AND FIELD COMPLEX
www.nocrunners.com
PO Box 30005 St. Catharines, ON L2S 4A1
COMPETITIVE ATHLETE TRAINING PERMIT - 2017

The Niagara Olympic Club operates the Track and Field Complex located at 78 Louth St., St. Catharines, and thereby assumes responsibility of the upkeep and repairs. The Track and Field Complex is not a public park, but is open for training for COMPETITIVE ATHLETES who have a valid training permit. The permit must be with the person using the facility. The track is closed during Club practice times, which are Monday and Thursday from 6:00 PM to 8:00 PM and Saturday from 10:00 AM to 12:00 PM. For daytime closures, please see the Spring Track Meet Permit Calendar. A COMPETITIVE ATHLETE TRAINING PERMIT costs \$100.00 is valid from January 1st 2017 to December 31st 2017. The Training Permit is NON-TRANSFERABLE. You can purchase your training permit by mailing in the application or by purchasing in person during a Club practice as noted above. Please visit our website for more information.

Fee: \$100.00 Payable to: Niagara Olympic Club, PO Box 30005, St. Catharines, ON L2S 4A1

RULES AND REGULATIONS

All throws must occur in the designated throws area ONLY. NO HAMMER THROWS FROM THE DISCUS CAGE. Track lanes 1 to 3 are designated for distance training intervals. Track lanes 6 to 8 are designated for sprints. Track spikes maximum length - 5mm. No cluster spikes, motorized vehicles, in-line skating, roller skating, skateboarding, cycling or dogs. **No tape** is to be placed on the surface of the track or jumps areas for markings.

Name: _____ Age: _____

Address: _____ City: _____ Postal Code: _____

Email: _____ Phone # _____

School Team or Running Club affiliation: _____

Coach: _____

Waiver

In consideration of the acceptance of my application for TRAINING PERMIT for the year 2017, I, for myself, my heirs, my executors, administrators, successors and assigns HEREBY RELEASE WAIVE AND FOREVER DISCHARGE the Niagara Olympic Club and its respective agents, officials, employees, contractors, representatives, volunteers, successors, and CAUSED, arising or to arise by reason of my registration as a Competitive Athlete Training, and the use of the Niagara Olympic Track and Field Complex, whether prior to, during or subsequent to any event and not withstanding that same may have been contributed to or occasioned by the NEGLIGENCE of any of the foresaid. I have read the rules and regulations and agree to comply with its provisions.

Applicant's Signature: _____

Parent/Legal Guardian's Signature: _____

Parent/Legal Guardian's Name: _____

Date: _____

(Office use)	Date: _____
<input type="radio"/> Payment received by Cash or Cheque <input type="radio"/> Training Permit mailed	
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