

LOUIS-RIEL COMBINED EVENTS CHALLENGE



FOR A THIRD YEAR, WE ARE PROUD TO PRESENT THE **ONLY** HIGH SCHOOL COMBINED EVENTS MEETS! NOW A BI-ANNUAL EVENT, THE «LR CEC» IS A GREAT WAY TO PROMOTE PHYSICAL LITERACY, THE SPORT OF ATHLETICS AND PURE FUN IN AN INDOOR ENVIRONMENT.

OPEN TO GRADES 7 TO 12!

LR COMBINED EVENTS CHALLENGE

WHEN:

FRIDAY, NOVEMBER 24TH 2017

&

THURSDAY, FEBRUARY 8TH 2018

WHERE:

DÔME @ LOUIS-RIEL

PERFECT 400M MONDO TRACK.

NO RAIN, NO WIND, NO EXCUSES!

TIME:

9H15

DÔME OPENS &

TEAM PACKAGES PICK-UP

10H30

START OF THE MEET

15H00

ESTIMATED FINISH TIME

MEET DIRECTOR:

SEB LALONDE

TIMING & RESULTS:

LOUIS-RIEL TIMING

FULLY AUTOMATIC TIMING (FAT) -

ACCURATE TIMING & RESULTS USING

TECHNOLOGIES' BEST EQUIPMENT.

WELCOME TO THE THIRD EDITION OF THE BI-ANNUAL LOUIS-RIEL COMBINED EVENTS CHALLENGE! CROSS-COUNTRY AS COME AND GONE, BUT DON'T PUT AWAY YOUR SPIKES JUST YET!

THIS IS NOT YOUR AVERAGE TRACK AND FIELD MEET! EVERY ATHLETES WILL HAVE TO TAKE PART TO ALL **FIVE (5) EVENTS** (60M - 200M - 400M - LONG JUMP & SHOT PUT) OF THE PENTATHLON IN ORDER TO BE INCLUDED IN THE INDIVIDUAL AND TEAM SCORING. IF AN ATHLETE SCRATCHES FROM AN EVENT, HE WILL BE AUTOMATICALLY DISQUALIFIED FROM THE PENTATHLON.

ATHLETES WILL EARN POINTS BASED ON THEIR PERFORMANCE IN EACH EVENT. THE POINTS WILL BE TABULATED AFTER THE LAST EVENT OF THE « PENT ». THE ATHLETE WITH THE HIGHEST TOTAL OF POINTS WINS THE EVENT.

GRADES 7-8 WILL COMPETE IN THE INTERMEDIATE DIVISION (BORN '03-'02)

GRADES 9-10 WILL COMPETE IN THE JUNIOR VARSITY DIVISION (BORN '01-'00)

GRADES 11-12 WILL COMPETE IN THE VARSITY DIVISION (BORN '99-'98)

INDIVIDUAL SCORING: 12PTS - 10PTS - 9PTS - 8PTS - 6PTS - 5PTS - 4PTS - 3PTS - 2PTS - 1PT

SCHEDULE: ALL EVENTS WILL RUN INTERMEDIATES, JR VARSITY FOLLOWED BY VARSITY (GIRLS FOLLOWED BY BOYS). SEE ORDER OF EVENTS ON THE NEXT PAGE.

SEEDING: ALL EVENTS WILL BE SEEDED AS RANDOM WITH THE EXCEPTION OF THE LAST EVENT (400M) WHERE IT WILL BE SEEDED ACCORDING TO POINTS. THE 400M HEATS WILL GO LOW SCORE TO HIGH SCORE.

Q&A

Read carefully...

HOW CAN I ENTER THE MEET?

ENTRIES ARE TO BE DONE VIA [TRACKIE.COM](https://trackie.com). NO OTHER ENTRY METHOD WILL BE ACCEPTED.

HOW MUCH?

DEADLINE:

TUESDAY, NOVEMBER 21ST @ 18H00

\$5.00/ATHLETE OR \$200.00 TEAM MAX.

ALL ENTRIES AFTER THE DEADLINE:

\$10.00/ATHLETE - NO TEAM MAX

PLEASE NOTE THAT THIS WILL BE ENFORCE!!!!

PLEASE NOTE THAT YOU **WILL NOT** BE REIMBURSED ON THE DAY OF THE MEET FOR YOUR SCRATCHES.

*ADDS WILL BE ACCEPTED ON MEET DAY ONLY IF THERE'S AN EMPTY LANE AVAILABLE. BE READY TO PAY THE \$10.00 LATE FEE.

HOW CAN I PAY?

YOU WILL BE ABLE TO PAY ON THE DAY OF THE MEET AT THE REGISTRATION DESK. CASH OR CHEQUE WILL BE ACCEPTED.
(MAKE CHEQUES PAYABLE TO "E.S.P. LOUIS-RIEL".)

*NOTE THAT WE WILL BE CONDUCTING A **4X100M** RELAY AT THE VERY END OF THE MEET. THE RELAY WILL BE MIXED-OPEN DIVISION. GET A TEAM OF FOUR (4) RUNNING, REGARDLESS OF THE GENDER AND YEAR OF BIRTH. ENTRIES FOR THE RELAYS WILL BE MADE DIRECTLY AT THE START LINE. **(NO FEES ASSOCIATED WITH THIS EVENT.)**



OTHER IMPORTANT INFO...

UNIFORMS

PLEASE ENSURE THAT ALL ATHLETES COMPETE IN TEAM UNIFORM/COLORS. MATCHING TOPS ARE IDEAL.

BIBS

NO BIBS WILL BE GIVEN. IF DEEM NEEDED, HEART NUMBERS WILL BE DISTRIBUTED AT THE 400M AND RELAY START LINES.

CHECK-IN

ALL ATHLETES MUST REPORT TO THE CHECK-IN AREAS FOR THEIR EVENTS. THE CHECK-IN AREAS WILL BE CONDUCTED AT THE START LINE OF EACH EVENTS. ANY ATHLETE WHO OMITTS TO CHECK-IN WILL BE ELIMINATED FROM THE EVENT. YOU SNOOZE, YOU LOSE!

RESULTS

RESULTS WILL BE POSTED AT THE FACILITY THROUGHOUT THE COMPETITION. THEY WILL BE POSTED ONLINE AFTER THE COMPLETION OF THE LAST EVENT ON THE LOUIS-RIEL TRACK & FIELD/XC WEBSITE (LOUISRIELATHXC.COM) COACHES WILL RECEIVE THE LINK BY EMAIL.

SPIKES

SPIKES ARE ALLOWED. HOWEVER, THEY MUST BE NO MORE THAN 6MM AND MUST BE PYRAMID SHAPED. THIS RULE WILL BE ENFORCED. ANY ATHLETES WHO DOES NOT PAY ATTENTION TO THIS RULE WILL BE DISQUALIFIED FROM THE EVENT AT THE START LINE.

PLEASE NOTE THE FOLLOWING:

ABSOLUTELY NO FOOD, NO SPORT DRINK AND NO GUM ARE ALLOWED INSIDE THE DÔME'S WHITE GATES. ANY ATHLETE WHO DOESN'T RESPECT THIS WILL BE ASKED TO LEAVE THE AREA. COACHES, NO COFFEE INSIDE EITHER! PLEASE ALSO ADVISE YOUR PARENTS! ALL FOOD AND DRINKS MAY BE CONSUMED IN THE ASSIGNED AREA.

**LOUIS-RIEL COMBINED
EVENTS CHALLENGE**

ROLLING SCHEDULE
ORDER OF EVENTS:
IG, IB, JVG, JVB, VG, VB

Meet starts at 10:30am

60m
Long Jump
200m
Shot Put
400m
FUN RELAY: 4x100m

Meet Records

Intermediate Girls:

Khloé Brulé - De La Salle (2015)
(2689pts)

Intermediate Boys:

Zachary Meredith - De La Salle (2015)
(3534pts)

Junior Varsity Girls:

Kayla Vieux - Louis-Riel (2016)
(2108pts)

Junior Varsity Boys:

Chris Guessan - Louis-Riel (2015)
(4356pts)

Varsity Girls:

Michelle Reimann - Brockville (2015)
(2886pts)

Varsity Boys:

Luckenson Adeya - Louis-Riel (2015)
(3821pts)