

# LOUIS-RIEL ELVES MEET 2017



How fast are you? Come and find it out at the Louis-Riel Elves Meet!  
This is a well managed, full of action and fun meet. Come and experience it for yourself!

**Lace 'em up! - Thursday Dec. 7th 2017**

Welcome  
to all grades  
7-12 athletes

## LR ELVES MEET QUICK INFO:

**WHEN:**  
THURSDAY,  
DEC. 7TH, 2017

**WHERE:**  
DÔME @ LOUIS-RIEL  
Perfect 400m Mondo Track.  
No rain, no wind, no excuses!

**TIME:**  
10H30 : START OF THE MEET  
15H00 : ESTIMATED FINISH TIME

**MEET DIRECTOR:**  
SEB LALONDE

**TIMING & RESULTS:**  
LOUIS-RIEL TIMING TEAM  
Accurate Timing & Results using  
technologies' best equipment.

Welcome the tenth annual Louis-Riel Elves Meet! With the 2017 almost behind us, the time as come for your athletes to evaluate their fitness level in order to take those annual resolutions! Get those spikes out of the closet, lace 'em up and start running... ..fast!

The Louis-Riel Elves Meet is a fun and festive event **open to all levels**. Furthermore, it gives you coaches, a chance to find hidden talent and evaluate your training programs for the upcoming indoor season. You may find this meet is early in the season, but as you know time flies quickly. Now is your chance to start building your T&F Team/Program and get excited about Track & Field!

The Dôme @ Louis-Riel, offers the only 400m indoor track in North America. Perfect running conditions - no rain, no wind... ..no excuses!

**Again this year, the meet will be open to all athletes ranging from grade 7 to grade 12.**



## THE «100 BOXES CHALLENGE»:



Since it's the season of giving, have you team members bring a box of cereal. We will donate the goods to the local Food Bank.  
**Together, let's try and gather 100 cereal boxes!**

# Q&A Read carefully!

## Who can enter?

Any student-athlete ranging from Grade 7th to Grade 12th.

## Will my Grade 7 be running against Grade 12?

Of course not! Your athletes will be placed in their respective division. See below...

**Grade 7 & 8 :** Intermediates

**Grade 9 & 10:** Junior Varsity

**Grade 11 & 12 :** Seniors

\*However, depending on entry count, some of events may be combined.

## What are the schedule events?

For all age group, the schedule events will be:

**Track:** 60m - 100m - 400m - 800m - 1200m

4x100m - Candy Cane Relay (400m-200m-200m-400m)

**Field:** Long Jump & Pole Vault\*

**Notes:** - All relays are «Open/Mixed» division.

- \*Pole Vault is an Open event. Athletes must have some experience to vault!

## How can I enter the meet?

Entries will only be accepted by email. You must use the proper registration form, available online or enter via Trackie.com.

## How much?

*This is all up to you! See deadlines for fees info.*

### 1st deadline:

Friday, Dec. 2nd (18h00)

\$5.00/Athlete OR \$200.00 Team Max

Maximum event per athletes: 3 Individuals + Relays

After the deadline to Meet Day:

\$10.00/Athlete (Note: No Team Max)

Maximum event per athletes: 3 Individuals + Relays

## What if I have changes or scratches after I send my initial team roster?

You will be able to send any modifications you may have until Monday, Dec. 4th, 6pm. Please respect this deadline. Note that after the deadline no reimbursement will be given even if you show up with scratches on the day of the meet.

Day of the meet :Additional entries will only be accepted if the event has empty lane - Meet Director's discretion. Please note the (extra) late fees (10\$).

## How can I pay?

You will be able to pay on the day of the meet at the Registration Desk. Only cash or cheque will be accepted.(Make cheques payable to "E.S.P. Louis-Riel".)

### Order of events:

1200m, 60m (Prelims), 400m, 100m, 800m, 60m (Finals), 4x100m, Candy Cane Relay (4-2-2-4)



## OTHER IMPORTANT INFO...

### UNIFORMS

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

### BIBS / HEART NUMBERS

HEART NUMBER (STICKER) WILL BE DISTRIBUTED TO THE ATHLETES RUNNING IN THE FOLLOWING EVENTS: 800M, 1200M. THE NUMBER MUST BE WORN ON THE FRONT FOR THEIR TOPS.

### 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 FORGETS TO SHOW UP COULD BE ELIMINATED FROM THE EVENT.

### RESULTS

RESULTS WILL BE POSTED AT THE FACILITY DURING THE COMPETITION. THEY WILL BE POSTED ONLINE IMMEDIATELY AFTER THE COMPLETION OF THE MEET ([LOUISRIELATHXC.COM](http://LOUISRIELATHXC.COM)) COACHES WILL ALSO RECEIVE THEM BY EMAIL.

### SPIKES

SPIKES ARE ALLOWED. HOWEVER, THEY MUST BE PYRAMID SHAPE AND NO MORE THAN 5MM. ANY ATHLETES NOT RESPECTING THIS RULE MAY BE DISQUALIFY FROM THE EVENT AND/OR THE MEET.



### PLEASE NOTE THE FOLLOWING:

ABSOLUTELY NO FOOD, NO SPORT DRINK AND NO GUM ARE ALLOWED INSIDE THE DOME. ANY ATHLETE WHO DOESN'T RESPECT THIS WILL BE ASKED TO LEAVE THE AREA AND WILL HAVE HIS BIB NUMBER TAKEN. COACHES, NO COFFEE INSIDE EITHER - PLEASE ADVISE YOUR PARENTS!

**ONLY WATER WILL BE ACCEPTED INSIDE THE DÔME!**