

University of Ottawa Presents the 12th Annual
uOttawa Winter National Invitational
Saturday, January 20th, 2018

*This event for 2018 will be delivered in a compact 4.5 hour format
We have closed the entire DOME Facility for a great competition*

MEET INFO

Location: *The Dome @ Louis-Riel - A 400m Indoor Mondo Rubber Competition Track & Soccer Facility with full field event facilities and pro-turf grass infield. Located on the campus of The Louis Riel School at 1659 Bearbrook Road in Blackburn Hamlet (Ottawa East).*

Open Events 60m, 60mH, 300m, 600m, 1000m, 1500m, 3000m, 4 x 200m, 4 x 400m
PV, HJ, **LJ, # SP, ## Weight Throw
** Long Jump is LIMITED to 4 Jumps ONLY
Shot Put - athletes can choose to throw 4kg / 5kg / 6kg / 7.26kg at the meet.
Just enter the Shot Put ... weights will be added at the site on meet day.
Weight Throw - 20lb and 35lb weights thrown only.

ENTRY - University / College Teams

- *Team entries will be done by Hy-Tek Team Manager event file. If you do not receive this in advance - email the meet director. If you have issues using Team Manager - email us. You can also use Trackie if you wish.*
- *Entry using Team Manager will have a meet entry advantage.*
- *Entry Deadline for school teams is Wednesday, January 17th @ 12 noon.*
- *Send files to meetentry@ottawalions.com*
- *Entry Fee payment is due on arrival to the meet on the day.*

ENTRY - Clubs and Club athletes

- *Email the meet director to be invited and receive access to enter the meet. Not all Club athletes will be invited. We have a specific schedule time limit.*
- *AGE MINIMUM - Born in 2003 or earlier. 15 years of age or older.*
- *Entry for club athlete will be done on TRACKIE.REG - Opens Jan. 10th*
- *Payment must be made online for the meet entry to be accepted.*
- *This Meet has an event entry quota for clubs to keep the meet on time.*
- *Entry for the events will close as each event entry threshold limit is reached. When this happens, email the meet director to see if there is possible space.*
- *Meet Director - Andy McInnis - amcinnis@ottawalions.com*
- *Always email us if you have questions.*

EVENT ENTRY QUOTAS / SECTIONS / OPENING HEIGHTS / THROWS WEIGHTS

EVENT	UNIVERSITY / OPEN DIV. Entries Accepted F / M	EVENT COMMENTS BELOW	
60m	48 / 48	16 heats of 6	Top 12 to 2 Section Finals (Best 6 University / Best 6 Club)
60m Hurdles	18 / 18	6 heats of 6	84cm and 106.7 Heights Only - Top 12 to 2 Section Finals
300m	52 / 52	26 sections of 4	Starting Block - option to first 3 heats of each gender
600m	40 / 40	10 sections of 8	
1000m	48 / 48	8 sections of 12	
1500m	45 / 45	6 sections of 15	
3000m	30 / 30	2 sections of 30	
4 x 200m Relay	12 / 12	6 sections of 4	Maximum School / Club Entry - 2 Teams per Gender
4 x 400m Relay	16 / 16	4 sections of 8	Maximum School / Club Entry - 2 Teams per Gender
Pole Vault	15 / 15	2 Opening Heights	11:00 - 2m21 by 20cm to 2m81 then by 10cm 12:30 - 3m41 by 20cm to 3m81 then by 10cm
High Jump	15 / 15	F = 1m21 by 10cm to 1m41 then 5cm M = 1m51 by 10cm to 1m71 then by 5cm	
Long Jump	20 / 20	4 jumps to every competitor - no final round.	
Shot Put	20 / 20	(4k / 5k / 6k / 7.26k)	
Weight Throw	15 / 15	(20lb / 35lb)	

meetentry@ottawalions.com

Deadline for Entries:

UNIVERSITY / COLLEGE TEAMS - Wednesday, January 17, 12:00 Noon

CLUBS and OPEN ATHELETES - Thursday, January 19th - 12:00 Noon

NO ENTRIES ON THE DAY OF THE COMPETITION

Fees: \$15 per event / \$15 per Relay

Team Maximum Entry Fee = \$300 Maximum Per Team Per Gender or \$600.00 Combined Team Entry

Ottawa Lions Athletes \$15 per Athlete - up to 3 event entry

** Lions Coaches - email us with your relay team entries

MEET Information: meetentry@ottawalions.com / (613) 247-4886

TRACKIE MEET ENTRY SYSTEM – Opens Jan. 10

ONLINE ENTRY – No Entry on the Day of the Meet

Go to ONLINE entry process @ TRACKIE.COM – go to TRACKIE.REG – FIND THE MEET BY DATE and Choose REGISTER. Payments are also made online. We do not see your meet entry on the entry lists until the payment has been made. You can however make your entries and save them before paying and then come back and make adds and scratches. Make sure to enter early before the event entry quotas are reached.

2018 UOTTAWA WINTER NATIONAL

DRAFT - Meet Schedule

FINAL MEET SCHEDULE ADJUSTED TO ENTRIES WILL BE POSTED AND EMAILED ON THUR. JAN. 18th

Saturday - January 20th

10:00 AM - Athletes can move all gear on to All 3 inner turf fields. Please conduct the majority warm-ups on the grass fields. Spikes can be worn on turf. Shot Put and Weight Throw will be conducted on the turf fields.
TRACK COMPETITION BEGINS – 10:30 AM - RUNNING ORDER LISTED BELOW – FINAL MEET SCHEDULE WILL BE POSTED on THURSDAY, JAN. 18TH

10:30 AM Track Events
1000m - Section Finals - Women / Men
60m Hurdles Qualifying - Women / Men top 12 advance to 2 sec. finals
60m Qualifying - Women / Men top 12 advance to 2 sec. finals
600m - Section Finals - Women / Men
3000m - Women
60m Hurdles - Finals - Women / Men
60m - Finals - Women / Men
3000m - Men
300m - Section Finals - Women / Men
** First 3 Heats in each Gender will have the option of starting blocks ** NO RUN-OUTS allowed
1500m - Section Finals - Women / Men
4 x 200m Relays - Women / Men
4 x 400m Relays - Women / Men

11:00 AM High Jump - Men followed by High Jump Women

11:00 AM Pole Vault - Low Opening Height - 2m21 followed by - High Opening Height - 3m41

11:00 AM Shot Put - Men followed by Shot Put - Women

11:30 AM Long Jump - Women ** Limited to 4 jumps followed by Long Jump - MEN *
4 jumps Weight Throw - Men followed by Women