

LOUIS-RIEL RUNNIN' REBELLES MEET



NOW ON IT'S 9TH EDITION, THIS MEET COMES ONCE A YEAR UNDER VARIOUS NAMES. KICK OFF THE SEASON WITH THE **RUNNIN' REBELLE MEET \$1.00 PER EVENT!**

OPEN TO GRADES 7 TO 12!

LOUIS-RIEL RUNNIN' REBELLES MEET

WHEN:
THURSDAY, MARCH 22ND 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.

REMEMBER HOW BUSY THE DOME GETS DURING THE LOUIS-RIEL HIGH SCHOOL MEET SERIES? YEAH, THAT'S ALREADY A WEEK AWAY! REGISTER NOW AND TAKE ADVANTAGE OF THIS MEET BEFORE IT GETS FULL - ENTRIES ARE LIMITED TO 400 ATHLETES FOR THIS MEET - THIS MEET WILL FILL UP FAST!

TEAM DECLARATIONS OPENS ON FEBRUARY 1ST. SEND US AN APPROXIMATE NUMBER OF PARTICIPANTS FOR YOUR TEAM. ENTRIES WILL BE ACCPETED ON A FIRST COME, FIRST SERVED BASIS. EMAIL YOUR INTENTIONS TO COMPETE AT SEBASTIEN.LALONDE@CEPEO.ON.CA

THE "RUNNIN' REBELLES MEET" IS THE IDEAL MEET FOR ATHLETES TO PURSUE SETTING TRACK SEASON OBJECTIVES AND EVALUATE THEIR FITNESS LEVEL. THIS IS THE PERFECT TIME TO BRING YOUR ATHLETES TO THE TRACK AND GET THE BALL ROLLING FOR THE UPCOMING SEASON. ALSO, THIS IS A GREAT LEARNING EXPERIENCE FOR YOUR NEWER ATHLETES TO LEARN ABOUT THE BASIC RULES OF THE SPORT AND HOW A MEET IS CONDUCTED. LET'S GET READY FOR TRACK AND FIELD... ..AFTERALL, OFSAA IS ONLY 11 WEEKS AWAY!

THE DÔME @ LOUIS-RIEL, OFFERS THE ONLY 400M INDOOR TRACK IN NORTH AMERICA. PERFECT RUNNING CONDITIONS - NO RAIN, NO SNOW, NO WIND... ..NO EXCUSES!

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! THE HEATS WILL BE DRAWN WITH THE FOLLOWING AGE GROUP IN CONSIDERATION. THAT BEING SAID, YOUR ATHLETES WILL ONLY COMPETE AGAINST ATHLETES IN THE SAME AGE GROUP.

GRADES 7 & 8: INTERMEDIATES

GRADE 9 : MIDGETS

GRADE 10: JUNIORS

GRADE 11 & 12: SENIORS

WHAT ARE THE SCHEDULE EVENTS?

FOR ALL AGE GROUP, THE SCHEDULE EVENTS WILL BE:
TRACK: 60M - 200M - 400M - 800M - 60M HURDLES
3000M, 4X100M AND THE "BEAT LOUIS" RELAY CHALLENGE
(400M-200M-200M-400M)

FIELD: LONG JUMP, POLE VAULT, SHOT PUT

NOTES:

1- THE 3000M WILL BE CONSIDERED "OPEN". THAT BEING SAID, WE WILL NOT LOOK AT AGE GROUPS TO CREATE THE HEATS. A MINIMUM OF 12 ATHLETES MUST BE ENTERED IN ORDER TO RUN THE EVENT.

2- 200M: WITH ONLY FOUR (4) LANES IN THE CURVE, WE WILL RUN THE START OF THE EVENT WITH A **WATERFALL START** - UP TO 8 ATHLETES PER HEAT. THIS IS A TRIAL EVENT FOR OUR INDOOR SERIE.

3- PLEASE NOTE THAT ALL RELAY EVENTS ARE **OPEN DIVISIONS**. PARTICIPATION IS KEY - LET THE ATHLETES RUN AND HAVE FUN!

4- 400M: DEPENDING ON THE NUMBERS OF ENTRIES, WE MIGHT RUN THIS EVENT WITH A WATERFALL START.

5- STARTING BLOCKS: ALLOWED FOR THE 60M AND 60M HURDLES (SR DIVISIONS ONLY). IF THE ATHLETE CHOOSES NOT TO USE THEM, HE/SHE **WILL HAVE** TO USE A FOUR-POINT START POSITION.

HOW CAN I ENTER THE MEET?

VIA TRACKIE.COM SEARCH FOR "LOUIS-RIEL RUNNIN' REBELLES".

HOW MUCH WILL IT COST?

\$1.00 PER EVENT ...YES, \$1.00 PER EVENT!

\$2.00 PER RELAY TEAMS

ENTRY DEADLINE: TUESDAY, MARCH 19TH (1:00PM)

ALL ENTRIES AFTER THE DEADLINE:

\$5.00/EVENT - NO EXCEPTIONS

FINAL TEAM RECEIPTS WILL BE MADE BASED ON YOUR TEAM ROSTER AS OF THE DEADLINE. PLEASE NOTE THAT YOU **WILL NOT BE REIMBURSED ON THE DAY OF THE MEET FOR YOUR SCRATCHES**.

*ADDS WILL BE ACCEPTED ON THE DAY OF THE MEET ONLY IF THERE'S AN EMPTY LANE AVAILABLE AND/OR TO THE MEET DIRECTOR'S DISCRETION. BE READY TO PAY THE \$3.00 LATE FEE PER ATHLETES PER EVENT NO EXCEPTIONS.

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".)



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 RUNNIN' REBELLES

- ROLLING SCHEDULE -

ORDER OF EVENTS:

IG, IB, MG, MB, JG, JB

MEET STARTS AT 10:30AM

3000M OPEN

200M

60M HURDLES

400M

4X100M

60M PRELIMS

800M

60M FINALS

CANDY CANE RELAYS

(400M - 200M - 200M - 400M)