

# LOUIS-RIEL ELVES MEET

## Date

Thursday, December 6th

## Where

Dome @ Louis-Riel  
1655 Bearbrook Rd.

## Time

Start of the meet : 10:30am  
Meet should end by 3:00pm

## Entry Deadline

Tuesday, December 4th  
(4:00pm)

## Meet Director

Seb Lalonde

## Timing & Results

Louis-Riel Timing Team  
(FinishLynx Timing System)



## About the Meet...

Entering it's 10th season, the Louis-Riel Elves Meet is a great meet to introduce the sport of athletics to your student-athletes. Always a stress free and fun oriented meet, it gives you, the coaches, a chance to find hidden talent for the upcoming indoor season. You may find this meet early in the season, but as you know, time flies quickly. Now is your chance to start building your T&F program and get excited about Track & Field.

As always, the meet is open to all student-athletes from Grade 7 to Grade 12.

The Dome @ Louis-Riel is the perfect facility to practice the sport of athletics. A full 400m Mondo track offering perfect running conditions : no wind, no rain... ..no excuses!

### **'TIS THE SEASON: THE 100 BOXES CHALLENGE**

Since it's the season for giving, have each team members bring a box of cereal. We will donate the goods to the local Food Bank. Together, let's try to 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 : Varsity

\*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 are to be done via Trackie

([www.trackiereg.com/LRElves18](http://www.trackiereg.com/LRElves18)).

It it's your first using Trackie, you'll need to create an account and then your team roster.

\*Note that all Indoor Meets and NCSSAA Meets will use this entry system.

Need more help? Email Seb Lalonde

([sebastien.lalonde@cepeo.on.ca](mailto:sebastien.lalonde@cepeo.on.ca))

## How much?

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

### 1st deadline:

Tuesday, December 4th (4pm)

\$5.00/Athlete OR \$200.00 Team Max

After the deadline to Meet Day:

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

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

Since the entry deadline is so close to the meet, we expect that your final roster be entered by the deadline (Dec. 4th, 4pm). It's important to know that your final invoice and receipt (as for the seeding of the meet) will be printed immediately after the deadline.

Note that **no reimbursement will be given** on the day of the meet 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?

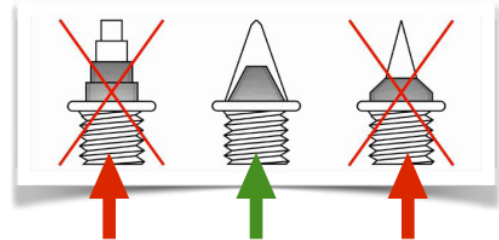
You will be able to pay on the day of the meet at the Registration Desk. Only Cash or Cheque will be accepted. (Make cheques payable to "ESP Louis-Riel".)

## MEET RULES

### ALL TRACK & FIELD EVENTS

- **Spikes Footwear**

Only «CONE» spikes, 6mm maximum will be allowed. Please put the shortest spikes possible in your shoes. All spikes will be examined at the start line and if not approved, you may not be allowed to run. The track is the finest rubber and there is no rain in the Dome! Will will also inspect footwear at the meet registration table. Replacement spikes will be available for sale and are identical spikes required for the Terry Fox Athletics Track. **Cost is \$5.00 per set of spikes**



- **Uniform**

Schools should make every effort to compete in a school uniform. School relay teams should all wear identical top.

### TRACK EVENTS

- **For all Track events**, the general running order will be Girls (Intermediates - Junior Varsity - Varsity) followed by Boys (Intermediates - Junior Varsity - Varsity) unless otherwise indicated.
- **The Start** - The «No False Start Rule» is in effect at all time.
- **60m & 100m** - a Four (4) Point Start is **MANDATORY**.
- **400m** - We may choose to conduct the race using a one (1) command start with either a waterfall or box start. We have done this often before and it produces an excellent competitive spirit among the runners and good results. We will place 8 to 10 runners in each race depending on age groups and gender.
- **Starting blocks** will only be used for **60m & 100m**. Your athletes must have an idea on how to use them. Even if this is an “intro meet”, the basic knowledge about blocks is required in order to use them. If we see that your athletes isn't able to use them, we will tell them to start without them in a four point start.
- **Relays**
  - **4x100m** will be conducted in lanes.
  - **Candy Cane Relay (4-2-2-4)** will be run from a waterfall start with no blocks. We will run 8+ teams per relay depending on the age and ability.
- **Identification Number (ID Number)** - Athletes must pick-up their ID Number at the ID Table (entrance of Field #1) when asked to do so. To be worn on the upper right side of the chest. Only out of lanes events will require it.

## FIELD EVENTS

**Long Jump** - All competitors will be allowed three (3) attempts. The use of chalk marks and «masking tape» is **NOT** allowed on the runway. Duct tape, white adhesive tape and electrical tape are fine.

**Pole Vault** - The event will be run as an Open event. Athletes must have some experience in the event in order to register for it. Coaching cues will be given to your athletes if needed throughout the event. Same (Long Jump) rules applies for the athlete's marking spots.

## GENERAL

**Check-in** - Check-in areas will be conducted at the start line of each track events and directly on the appropriate field event runway. Wait for the call to report.

**Results** - Will be posted on site during the meet and online ([louisrielathxc.com](http://louisrielathxc.com)) following the meet.

## FACILITY RULES

- **NO** Gum in the Dome
- **NO** Spitting in the Dome
- **NO** Food allowed outside the eating area
- **WATER** is the only beverage / fluid allowed for consumption inside the dome.

**Team found not in compliance with the dome rules will be asked to relocate their team area to an area outside of the soccer field.**

## **March 29th - MEET #1**

### **Track Schedule - 10h45 Start** **Running Order**

1200m	*Girls followed by Boys
60m Prelims	Girls followed by Boys
<i>Top 6 Times will advance to the finals</i>	
60m Finals	Girls followed by Boys
400m	Girls followed by Boys
100m	Girls followed by Boys
800m	*Girls followed by Boys
4x100m Relay	Girls followed by Boys
Candy Cane Relay	Girls followed by Boys

*\*Divisions may run together if numbers warrants.*

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### **Field Events - 10h30 Start**

Divisions order to be adjusted following the entries.

Long Jump  
Pole Vault