

RAVEN U-SPORT LAST CHANCE INVITATIONAL

Saturday, February 16th

Meet Entry Info: MEETENTRY@OTTAWALIONS.COM

AGE DIVISIONS The Meet Entry has 2 Divisions

U16 DIVISION ages born in 2003 (15 yrs and Younger)
Event Schedule 9:45 AM to 12 PM

OPEN DIVISION ages 16 years and older born 2002
Event Schedule 12 PM to 4 PM

MEET ENTRY Process:

ONLINE ADVANCED ENTRY

1. This competition is an “invitational” event. Schools, Clubs and coaches can email us to request an invitation to register. We reserve the right to refuse an entry request.
2. School Teams can request an Events File for Hy-Tek Team Manager.
Files are to sent in by Thursday, Feb. 15th – 12 noon to:
meetentry@ottawalions.com
3. **EVERYONE EXCEPT FOR UNIVERSITY & COLLEGE TEAMS – ENTRY IS ONLINE @ TRACKIE.COM** - Go to TRACKIE-REG ... Go to “FIND EVENT” ... find our Meet and ENTER the meet. All Entry Fee are to be paid online. Ottawa Lions Athletes pay a preferred fee. School Teams can pay entry on arrival on Meet Day by cheque or Credit Card – Pay to Ottawa Lions TFC

Entry to the meet will open as follows:

EARLY ENTRY! Thursday, February 1 to Thursday, Feb. 8 – 12 noon.
To receive the Club Discount Entry Fee you must sign-up by Feb. 8 – 12pm

ENTRY - February 9 to Feb. 15 – 12 noon.

All entries close by the Thursday, Feb. 15th @ 12:00 Noon

Each event will have event entry quota limit. Entries will stop once the entry threshold limit is reached. At this point you will need to email us at meetentry@ottawalions.com to see if you can still enter the event by request. The past meet was sold-out in all the track running events offered.

ENTRY ON THE DAY ** NO ENTRIES ACCEPTED.

Entry Fees \$\$\$: ONLINE ENTRY for CLUB / HIGH SCHOOL ATHLETES

U16 Events \$15 per person per event

Open Events \$20 per person per event

Ottawa Lions Athlete Meet Entry Fees

U16 Events **\$10 per athlete per event (Feb. 1 to Feb. 8 Only)**
\$0 per Relay Team – Entry on the Day of the Meet

Open Events **\$15 per person per event (Feb. 1 to Feb. 8 Only)**
\$0 per Relay Team Entry – Entry on the Day of the Meet

University / College Teams Meet Entry Fees

\$20 per athlete (not per event) & \$20 per Relay Team to a maximum team fee of \$280.00 per Team Gender. Entries must be completed via Hy-Tek Team Manager. Entry Fees payable on arrival by cheque or credit card. IF you need an invoice for your school to generate a cheque for payment, please make this request by February 1st.

Track Events **9:45 am** Start – Track events begin for U16 Division entries. Race times on the track “may” start up to 15 minutes ahead of the scheduled times. Listen for announcements - be prepared. Order of running on the track will be FEMALE followed by MALE sections. **Track events are conducted FAST seeded sections to SLOWER sections. A REVISED – FINAL MEET SCHEDULE** will be posted the day before the competition based on online entries.

Field Events **10:30 am** Start - field events will NOT start ahead of time. Male & Female athletes are combined sections unless otherwise indicated.

Warm-Up Areas **The Dome is available for warm-ups starting at 9:00 AM. Warm-ups must be contained to the Track Areas and not the Grass Fields Personal gear must be kept on the track areas and on D-Zone areas At 11:00 AM to 4:00 PM – All 3 grass soccer fields are available for placing gear and for warm-ups as well.**

Meet Schedule

U16 DIVISON

Field Events	10:30	U16 High Jump (All Entries) 1m10 Opening Height	
	10:30	U16 Long Jump (All Entries) – 2 Runways / 2 Pits if required – 3 Jumps Allowed	
	11:00	U16 Power Put Event - (3k Shot Put) + (Standing Long Jump) = Power Put Adding the best of 3 Throws + best of 3 Stand Long Jump Results for FINAL standings.	
Track Events	9:45	60m	Girls then Boys - 4 pt. Start / No Starting Blocks
		60m Hurdles	Girls Hurdles (80mH Standards), Boys Hurdles (100mH Standard)
		60m Hurdles	COED Mini Hurdles – ONLY 22" High / 11m to H1 and 7m between / 6H
		800m	Girls then Boys
		150m	Girls then Boys – no blocks / 4-point start must be used
		2000m	Girls then Boys
		4x100m Relay	Coed Relay – Teams are assembled after the 2000m event at the Finish Line – there are NO entry fees

OPEN DIVISON

Field Events	12:30	Pole Vault – Low Bar Opening Height – 2m21 by 20cm to 2m81 then by 10cm Followed by – High Bar Opening Height – 3m41 by 20cm to 3m81 then by 10cm
	1:00	Shot Put – M & F combined – 4k, 5k, 6k, 7.26k. Implement weights will be recorded on results. Enter the “Open Division” Shot Only Weight Throw - to follow the Shot Put
	1:00	High Jump – Low Bar COED - 1.26m Opening Height. The Bar advances by 5cm increments. Followed by High Jump – High Bar COED (30 min. after the “Low Start Group” finishes competition) 1.46m - Opening Height for Males / Females. The bar advances by 5cm increments.
	2:00	Simultaneous Horizontal Jumps Competition will be split by Gender Long Jump – 4 jump maximum. (Male LJ followed by Female LJ) Triple Jump – 4 jump maximum (Female TJ followed by Male TJ)

OPEN DIVISION

Track Events

11:00 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 – 12:00 PM - RUNNING ORDER LISTED BELOW – FINAL MEET SCHEDULE WILL BE POSTED on FRIDAY, FEB 16TH

12:00 PM	Track Events
	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
	1000m – Section Finals – Women / Men
	60m Hurdles – Finals – Women / Men
	60m - Finals – Women / Men
	3000m – Women & Men
	300m – Section Finals – Women / Men
	** First 3 Heats in each Gender may 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

