

University of Ottawa Presents the 13th Annual
uOttawa Winter National Invitational

Friday, January 18th (4x800m Relays & 800m Only)

Saturday, January 19th (All other Events)

*This event for 2019 will be delivered in a compact 4.5 hour format
We have closed the entire DOME Facility for a great competition and plan to
raise the soccer netting on both straightaways.*

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

Friday 4 x 800m Relays / Open 800m 7:45 pm Start

Saturday 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 - January 7 to 16 (Team Manager Event File)

- *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.Reg if you wish.*
- *Entry using Team Manager will have a meet entry advantage.*
- *Entry Deadline for school teams is Wednesday, January 16th @ 12 noon.*
- *Send files to meetentry@ottawalons.com*
- *Entry Fee payment is due on arrival to the meet on the day. Cheques payable to Ottawa Lions TFC. IF you need an invoice for entry fee cheques - contact us well in advance.*

ENTRY - Clubs and Club & High School Athletes - January 7-17 (Online Trackie)

- *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. 16 years of age or older.*
- *Entry for all club athletes will be done on TRACKIE.REG - Opens Jan. 7-17th*

- *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 can be added space. meetinfo@ottawalions.com*
- *Always email us if you have questions.*

EVENT ENTRY QUOTAS / SECTIONS / OPENING HEIGHTS / THROWS WEIGHTS

EVENT	UNIVERSITY / OPEN DIV.	EVENT COMMENTS BELOW
	Entries Accepted F / M	
Friday Night 4 x 800m 800m	10 / 10 30 / 30	2 sections of 15 per gender / Pace setters provided
Saturday 60m 60m Hurdles	48 / 48 18 / 18	16 heats of 6 6 heats of 6 Top 12 to 2 Section Finals (Best 6 University / Best 6 Club) 84cm and 106.7 Heights Only - Top 12 to 2 Section Finals
300m 600m 1000m 1500m 3000m	52 / 52 40 / 40 48 / 48 45 / 45 30 / 30	26 sections of 4 10 sections of 8 8 sections of 12 6 sections of 15 2 sections of 30 Starting Block - option to first 3 heats of each gender
4 x 200m Relay 4 x 400m Relay	12 / 12 16 / 16	6 sections of 4 4 sections of 8 Maximum School / Club Entry - 2 Teams per Gender 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 Triple Jump	20 / 20 X / X	4 jumps to every competitor - no final round. By Invitation ONLY - 4-6 Women / 4-6 MEN - Coaches - send us a request
Shot Put Weight Throw	20 / 20 15 / 15	(4k / 5k / 6k / 7.26k) (20lb / 35lb)

meetentry@ottawalions.com

Deadline for Entries:

UNIVERSITY / COLLEGE TEAMS - Wednesday, January 16th, 12:00 Noon

NO ENTRIES ON THE DAY OF THE COMPETITION

Fees: \$15 per event / \$20 per Relay

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

Ottawa Lions Athletes \$15 per Athlete - For up to a 2 event entry maximum / relay not included / ** Lions Coaches - email us with your relay team entries

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

TRACKIE MEET ENTRY SYSTEM – Opens Jan. 7

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 event quotas are reached and lock you out of the meet.

2019 UOTTAWA WINTER NATIONAL

DRAFT – Meet Schedule

FINAL MEET SCHEDULE ADJUSTED TO ENTRIES WILL BE POSTED AND EMAILED ON THUR. JAN. 17th

Friday - January 18th

7:45 PM - Athletes can arrive by 6pm / Warm-up can begin by 7pm. Please conduct warm-ups on the TRACK ONLY.
4 x 800m Relays followed by 800m sections (Women then Men)

Saturday - January 19th

10:00 AM - Athletes / Team can arrive - however **DO NOT** access the Soccer Fields

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 – 10:30 AM - RUNNING ORDER LISTED BELOW – FINAL MEET SCHEDULE WILL BE POSTED on THURSDAY, JAN. 18TH

- 11:30 AM 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
60m Hurdles - Finals - Women / Men
60m - Finals - Women / Men 3
3000m - Women
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
- 12:00 PM High Jump - Men followed by High Jump Women
12:00 PM Pole Vault - Low Opening Height - 2m21 followed by - High Opening Height - 3m41
- 11:30 AM Shot Put - Men followed by Shot Put - Women (Combined when possible)
Followed by Weight Throw - Men then Women (Combined when possible)
- 1:15 PM 2 Runways to be used - Both Genders same start time

Long Jump - Women ** Limited to 4 jumps

Long Jump - MEN * Limited to 4 jumps

3:15 PM Triple Jump - Invitational (Women / Men) - 4 Jumps