

# Carleton Ravens

## High School Relays

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**Thursday & Friday, April 25<sup>th</sup> and April 26<sup>th</sup>, 2019**

Terry Fox Athletic Facility, Mooney's Bay Park, Ottawa

*This the debut for our first ever hosting of a Carleton Ravens Track & Field Team sponsored event. It is intended to offer both a sport competition teaching environment to athletes and an early opportunity for coaches to evaluate athletic skills and training needs 4 weeks from the beginning of the road to Ofsaa. Event officials will work towards educating athletes on the rules and technical skills of the many events. The competition will be limited to approximately 600 athletes to offer a manageable competition time line for travel and team logistics.*

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|          |   |
|----------|---|
| 10:00 am | Registration Opens - Team Packet Pick-Up & Pay Entry Fees |
| 10:40    | Quick Coaches Meeting - at Finish Line                    |
| 11:00    | Track Events start  |
| 11:45    | Field Events start  |
| 4:00 pm  | Estimated finish of meet                                  |

### Five easy steps to participating in the meet

1. Send a "Request to Compete" for an invitation to bring your school.
2. Ensure you are very clear as to which of the 2 days you wish to compete.
3. Receive your school's entry method 2 weeks prior to the meet.
4. Complete your entries for your confirmed date anytime online (you can edit & scratch anytime) up to: **Tuesday, April 23<sup>rd</sup> (11:59 PM)**

#### Step 1: Request an Invitation to Compete

Send an email to ["meetentry@ottawalions.com"](mailto:meetentry@ottawalions.com) with your request to compete with a "best guess" of your team size to participate.

**The "subject" line in your email should read "School name – Ravens Relays"!**

We will send you a confirmation of acceptance for your team and your team size.

**Requests for an Invitation will start as of February 1<sup>st</sup>, 2019.**

Invitations are accepted on a "first come" basis until the meet is full for each day. The meet has a

maximum capacity of **600 Athletes**. If the meet is full, the school will be advised if it is on a waiting list for entry or it can choose another available competition day in our hosted series of high school meets.

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#### Step 2: Receive your Meet Entry Instructions – online process

Schools will receive an email starting 2-3 weeks in advance for your entry process

online. The email will contain full instructions. If your school was accepted but has not received your entry information by the Friday prior to the meet - please contact us immediately. [meetentry@ottawalions.com](mailto:meetentry@ottawalions.com)

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**Step 3: Enter the Meet online – make edits and scratches. Scratch / Add and edit changes up to the close of entries. NO FAXED ENTRIES - NO TELEPHONE ENTRIES. CALL or EMAIL US IF YOU ARE HAVING CHALLENGES WITH YOUR “TRACKIE.REG” TEAM ENTRY. (613) 247-4886 or email: [MEETENTRY@OTTAWALIONS.COM](mailto:MEETENTRY@OTTAWALIONS.COM)**

**Track Events: SCHOOL ENTRY MAX limit of 16 individual entries per event  
5 relay teams per age group.  
NO BUMPING-UP YOUNGER ATHLETES TO OLDER DIVISIONS**

**Field Events: MAX limit of 10 athletes in each field event by gender & age group  
NO BUMPING-UP YOUNGER ATHLETES TO OLDER DIVISIONS**

Athletes must be entered by their “School Coaches” or a properly school appointed “Coach”. Seed times may be included but they are NOT IMPORTANT (see info below)

**ENTRY FEES: \$6.00 + HST 13% = \$6.78 / per athlete per event entered.  
\$10 + HST 13% = \$11.30 per relay team.  
MAXIMUM FEE PER SCHOOL: **\$450 + HST 13% = \$508.50**  
\*\* The CRA Charges us tax on all meet entry fees collected.**

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**Step 4: Review of Entry List - Scratches and other changes**

Coaches will receive an email on the Thursday week of the meet, with an updated meet schedule. Meet entries are visible online @ TRACKIE.REG on the meet Registration site. We will accept further corrections (Adds / Scratches / Spelling / Gender / Events) if sent to us by email by 12 NOON on the Wednesday week of the meet. (Added Entries will be subject to availability and our approval!) Coaches should bring a copy of their team entry information and any emails confirming corrections to the meet for verification purposes, if required. **ONLY scratches sent by email before 12:00 pm on Wednesday will not be included in the calculation of the school’s final team fees. No entries will be accepted on meet day.**

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**Step 5: Come to the meet, pay entry fees and participate in a great event**

Entry fees are paid upon arrival to the Terry Fox Athletic Facility **PRIOR** to the start of the competition. Cheques, cash or credit card (**VISA or MasterCard** only) will be accepted. Receipts will be provided.

**All Fees are Payable to: Ottawa Lions Track & Field**

**Two Divisions JUNIOR VARSITY** - Athletes in Grade 8 (school must have a Grade 8 program), Grade 9 and Grade 10 (Midget & Junior HS Divisions Combined)

**VARSITY** - Athletes in Grades 11 and 12 (Normal Senior HS Division)

**OPEN EVENTS** - Athletes in High School - NO Grade 8 Athletes please!

|                           |   |
|---------------------------|---|
| <b>Events</b>             | <p><b>Age Divisions</b> - Junior Varsity (Jv) and Varsity Events (V)<br/> 100m, 400m, 1500m, * Hurdles 80m, 100m, 110m, 4 x 100m Relay<br/> Field - High Jump, Long Jump, Shot Put, Javelin, Discus<br/> *Hurdle events are lower height specs than Ofsaa Regs ... same spacing. The only events not modified will be the JvG 80m Hurdles and VG 100m Hurdles.</p> <p><b>HS Open Events:</b> 300m Hurdles (G @ 30"/76cm / B @ 33"/84cm, 3000 meters (G/B), 1500m Steeplechase (no water jump / heights 30" OG / 33" OB), 4 x 200m Relay (G/B) * no end to the relay zone.</p> |
| <b>Entry Limits</b>       | <p>Track Events - 16 athletes per age group per event<br/> Relay Events - 5 Teams per age group per relay event.<br/> Field Events - 10 athletes per age group per event.</p> <p><b>NO BUMPING-UP YOUNGER ATHLETES TO OLDER DIVISIONS</b></p>   |
| <b>Awards</b>             | Carleton Team T-Shirts to the top 3 finishers in each of the 3 divisions (JV, V, Open)  |
| <b>Seed Times</b>         | NO SEED TIMES / PERFORMANCES are required   |
| <b>Uniforms</b>           | Please ensure all athletes compete in school team uniforms  |
| <b>Spikes in Footwear</b> | Only cone shaped spikes, maximum length of 7mm, will be allowed. Spikes will be checked at the start line and at field event sites. The proper spikes will be available for sale at the front desk of the Terry Fox Facility at all times.  |
| <b>Check - In</b>         | <p><b>Track Events:</b> Athletes will report to their event start line areas when called, approximately 15 minutes prior to the start of the event.<br/> <b>Field Events:</b> Athletes report directly to their field event site 30 min. ahead of start<br/> All warm-ups must be completed by scheduled start time.</p>  |
| <b>Implement Weigh-in</b> | There will be no "official weigh-in". Athletes are welcome to use their own implements. However, any implement that looks "suspect" to our officials will be removed from the event competition.  |
| <b>Results</b>            | <p>Posted during the competition and posted on the web site.<br/> <a href="http://www.ottawalions.com">www.ottawalions.com</a> - go to "Results"</p>  |

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**TENTATIVE TRACK SCHEDULE / THE FINAL SCHEDULE WILL BE EMAILED TO ALL SCHOOLS**

(We will reserve the right to run up to 20 minutes ahead of schedule when possible)

### Track Events:

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|-------|--|---|
| 11:15 | 300m Hurdles Sections (no blocks)<br>4 x 100m Relay Sections<br><br>1500m Sections<br>1500m Sections<br>100m Heats (no blocks *4pt. Start)<br>100m Heats (blocks or 4pt. Start)<br>400m Sections (no blocks *4pt Start)<br>400m Sections (no blocks *4pt Start)<br>Sprint Hurdles (80m) Sections<br>Sprint Hurdles (100m) Sections<br>Sprint Hurdles (110m) Sections<br>3000m<br>1500m Steeplechase<br>1500m Steeplechase<br>100m Final (no blocks *4pt Start)<br>100m Final (blocks allowed)<br>3000m<br>4x200m Relay | Open Girls (30"/76cm) / Open Boys (33"/84cm)<br>JvG followed by JvB / VG by VB<br>Schools - WE SUPPLY ALL RELAY BATONS!<br>JvG followed by JvB<br>VG followed by VB<br>JvG, JvB (16 Fastest Times to Final)<br>VG, VB (16 Fastest Times to Final)<br>JvG followed by JvB (no starting blocks)<br>VG followed by VB<br>JvG (30"/76cm)<br>JvB, VG (all barriers 30"/76cm<br>VB (lower height 33"/84cm36")<br>Open Girls<br>Open Girls (no water jump / 30"-76cm)<br>Open Boys (no water jump / 33"-84cm)<br>JvG followed by JvB<br>VG followed by VB<br>Open Boys<br>Open Girls & Open Boys |
|-------|--|---|

### Field Events:

|          |                       |  |
|----------|-----------------------|--|
| 11:45 am | High Jump             | All Boys / Starting Height of 1.40 + increments of 5cm<br>*Results and awards will be separated by age divisions |
| 11:45 am | Javelin               | JvB followed by VB (3 throws to all)<br>Followed by VG followed by JvG   |
| 11:45 am | Shot Put              | JvG followed by VG (3 throws to all)<br>Followed by JvB followed by VB   |
| 11:45 am | Discus                | VG followed by JvG (3 throws to all)<br>Followed by VB followed by JvB   |
| 12:30 pm | Long Jump<br>(2 Pits) | JvG followed by VG (3 jumps to all)<br>followed by VB followed by JvB  |
| 2:00 pm  | High Jump             | All Girls / Starting Height of 1.20 + increments of 5cm<br>*Results and awards will be separated by age groups   |