



14TH ANNUAL
UNIVERSITY OF OTTAWA
WINTER NATIONAL INVITATIONAL

Friday, January 17TH (HP 300M & 800M)
Saturday, January 18th (All Events)

MEET INFO

- Location:** The Dome @ Louis-Riel - A 400m – 4 lane (6 lane straight) 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).
Change rooms are available but athletes will have to bring their own locks, towels etc.
- Duration:** Due to facility bookings, we will be holding this event in a compact 4-5-hour span on Saturday with a small (track only) event on Friday evening.
Teams will be welcome to arrive at 10:00am on Saturday, however, do not have access to the infield until 11:00am. We must clear the fields by 4:00pm
- Invites:** University, colleges and clubs are asked to contact the meet director (rjohnston@ottawalions.com) to be invited and receive access to enter the meet on trackie.ca Varsity entries will receive priority when event cap is considered.
AGE MINIMUM - Athletes born in 2004 or earlier (16+)

EVENTS:

- Friday:** Open 800m, High Performance 300m.
Saturday: 60m, 60mH, 300m, 600m, 1000m, 1500m, 3000m, 4 x 200m, 4 x 400m
PV, HJ, LJ, TJ, SP, Weight Throw

ENTRIES:

- Trackie:** All event entries will be completed on trackiereg.ca. Email the meet director to be invited and receive access to enter the meet. Not all Club athletes will be invited.
- Payment:** Payment must be made in order for entry to be accepted. Cheques & Cash will only be accepted from academic institutions. Scratches are non-refundable.
- Fees:** \$15.00/Event

\$20.00/Relay
Team Maximum Entry Fee \$300.00/Gender
Quota: Each event will have a cap so we remain on schedule and within our venue timeline. Event quotas are listed below.
Open: Entry window will open Wednesday, January 1st, 2020
Deadline: Entry deadline will be 11:59pm on Wednesday, January 15th, 2020
Late Entry: Late entries or day of entries will be \$25.00/Event
Scratches: Non-refundable but are asked to be submitted to the timing team as soon as possible so we can have full competitive fields.
Relays: Relay cards will be available at the check in table and to be submitted to the timing team no later than **20min** before the race. Last minute substitutions **MUST** be reported to the timing team.

EQUIPMENT:

Spikes: Spikes no longer than 6mm (1/4).
Throws: We will have throwing implements available but athletes are encouraged to bring their own which can be shared once in the competition pool.
Pole Vault: Athletes are expected to bring their own poles.
Relays: Batons will be provided.
Therapy: Teams are welcome to have therapists set up on the infield.

RESULTS:

Timing: All events will be electronically timed by the Ottawa Lions Timing Team.
Posting: Paper copies will be posted on the infield board and live results will be available at www.ottawalions.com

2020 UOTTAWA WINTER NATIONAL

DRAFT - Meet Schedule



FINAL MEET SCHEDULE WILL BE ADJUSTED BASED ON ENTRIES WILL BE POSTED AND EMAILED ON THURSDAY, JANUARY 16TH

- *WE WILL RUN ON A ROLLING SCHEDULE AND WILL PROCEED UP TO 20MIN AHEAD IF POSSIBLE**
- *ALL EVENTS WILL BE RUN WOMEN FOLLOWED BY MEN (UNLESS NOTED OTHERWISE)**
- *ALL EVENTS WILL BE TIMED FINALS (UNLESS NOTED OTHERWISE)**
- *SECTIONS WILL BE RUN FASTEST SEEDS TO SLOWEST**

Time	EVENT (QUOTA/GENDER)	EVENT NOTES
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Friday – January 17th

6:00pm	WARM-UPS MAY BEGIN AND CONDUCTED ON THE TRACK ONLY	
7:30pm	800m (20)	
7:45pm	300m (9)	

Saturday – January 18th

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

11:00 AM – Athletes can move all gear on to 2 of inner turf fields. Shot Put and Weight Throw will be conducted on the far turf field. Please conduct the majority warm-ups on the grass fields. Spikes can be worn on turf.

11:30 AM	1000m (40)	
	60m Hurdle Heats (60) (top 12 advance to 2 sec. finals)	
	60m Heats (24) (top 12 advance to 2 sec. finals)	
	600m (40)	
	60m Hurdles Finals (12) (Men followed by Women)	
	60m Finals (12)	
	3000m (25)	
	300m (60) (First 4 Heats in each gender will have the option of starting blocks ** NO RUN-OUTS allowed)	
	1500m (30)	
	4 x 200m Relays (8)	
	4 x 400m Relays (10)	
11:30 AM	Shot Put (20) Men followed by Women (Combined when possible – 4k, 5k, 6k, 7.2k)	
	High Jump (15) Women followed by Men (Progressions will be shred on final schedule)	
12:00 PM	Pole Vault (15) Combined (Progressions will be shred on final schedule)	
1:00 PM	Weight Throw (15) Men followed by Women (Combined when possible – 20lb, 35lb)	
	Long Jump (20) Men & Women (Separate runways ** Limited to 4 jumps)	
3:00 PM	Triple Jump – Invitational (Women / Men) – 4 Jumps	