



ATHLETICS / ATHLÉTISME



RAVENS

CARLETON UNIVERSITY

OTTAWA LIONS U-16 OPEN & CARLETON RAVENS U-SPORT LAST CHANCE

SATURDAY, FEBRUARY 15th, 2020

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 the two-part event in a compact format. U-16 meet during a 2-hour span Saturday morning and Last chance meet in a 4-hour span on Saturday afternoon.
Teams will be welcome to arrive at 9:00am 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.
U-16 Meet **AGE RANGE** – Athletes born in 2003-2014 + Junior Hurdles
Last Chance Meet **AGE MINIMUM** - Athletes born in 2004 or earlier (16+)

EVENTS:

- U16:** 60m, 60mH, 150m, 800m, 2000m, 4x100m
LJ, HJ
- Last Chance:** 60m, 60mH, 300m, 600m, 1000m, 1500m, 3000m, 4 x 200m, 4 x 400m
PV, HJ, LJ, TJ, SP, Weight Throw
- Field Events:** Male & Female athletes may be combined if entries are not sufficient enough to hold individual events

ENTRIES:

- Trackie: All event entries will be completed on trackiereg.ca. Email cdobson@ottawalions.com for registration issues or rjohnston@ottawalions.com 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.
- Receipt: If an invoice is needed for your school to generate a cheque please make this request prior to entry deadline.
- U-16 Fees: \$15.00/Event & Relays
Open Fees: \$20.00/Event & Relays
Varsity Fees: \$20.00/Athlete & 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 29th, 2020
- Deadline: Entry deadline will be 11:59pm on Wednesday, February 12th, 2020
- Late Entry: Late entries will be \$25.00/Event closing at 12:00 (noon) Friday February 14th. There will be **NO** day of entries.
- Seeds: Top 10 seeds for oval events will be verified in open divisions (please seed accordingly to most recent performances). Proof of performance may be requested.
- 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 OTTAWA LIONS CHILLY OPEN & RAVENS U-SPORT LAST CHANCE

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
------	----------------------	-------------

OTTAWA LIONS U-16 OPEN – FEBRUARY 15TH

9:30AM	60m (4pt start/No blocks)	
	60m Mini Hurdles (4pt start/No blocks)	
	60m Hurdles (Girls 30", 33" Boys 36" & 39") (4pt start/No blocks)	
	800m	
	150m (4pt start/No blocks)	
	2000m	
	4x100m Relay	
10:00AM	High Jump (Combined – 1m10 opening height)	
	Long Jump (Combined – 3 jumps)	

RAVENS U-SPORT LAST CHANCE – FEBRUARY 15TH

9:00 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.

12:00 PM	60m Hurdle Heats (33"/42") (24) (top 12 advance to A & B finals)	
	60m Heats (60) (top 12 advance to A & B finals)	
	600m (40)	
	1500M (30)	
	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)	

1000M (40)
4 x 200m Relays (8)
4 x 400m Relays (10)

12:00 PM Shot Put (20) Men followed by Women (Combined when possible – 4k, 5k, 6k, 7.2k)
Pole Vault (15) Women followed by Men (Progressions will be shred on final schedule)

12:30 PM Long Jump (20) Men & Women (Separate runways - Limited to 4 jumps for all)

1:00 PM Weight Throw (15) Men followed by Women (Combined when possible – 20lb, 35lb)
High Jump (15) Women followed by Men (Progressions will be shred on final schedule)

3:00 PM Triple Jump (10) Men & Women (Limited 4 Jumps for all)