



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

SATURDAY, FEBRUARY 17th – 18th, 2023

MEET INFO:

- Location:** The Dome @ Louis-Riel High School (1659 Bearbrook Rd. Gloucester, ON K1B 4N3) – Dome is located in the rear of the campus.
- Venue:** Indoor Dome that features Canada's only 400m track with 4 lane oval and 6 lane 120m straight away. Mondo Rubber Competition Track & Pro-turf grass infield. Change rooms are available but athletes will have to bring their own locks, towels etc. Teams will be able to set up camp and use the infield and court space for warm up. See venue layout at the end of the package.
- Parking:** Free, however, there is limited parking in the school lots. Buses are asked to park in the first lot located alongside Bearbrooke Rd. There will NOT be space to turn around in the rear parking lot!
- Spectators:** There is a small spectator section immediately after entering the facility rotating doors. We ask that spectators stay in this area. We will set up an area in the jumps section but it is crucial that spectators watch when they cross the track to not impede a race.
- Duration:** Due to high demand of facility bookings, we will be holding select non-U-sport ranked events and the 4x200m on the Friday evening. Saturday will feature a full schedule in a compact 5-hours.
On Saturday we will hold a short 2 hour u16 meet from 9:00am-11:am. Varsity 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.
Ravens Usport Last Chance - **AGE MINIMUM** - Athletes born in 2007 or earlier

EVENTS:

U16

Saturday: 60m, 60mini Hurdles, 150m, 500m, 1000m, 4x100m
LJ, SP

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Last Chance

Friday: 400m, 800m, 3000m, 4x200m, 4x800m
Saturday: 60m, 60mH, 300m, 600m, 1000m, 1500m, 4x400m
PV, HJ, LJ, TJ, SP, WT

ENTRIES:

- Trackie: All event entries will be completed on [HERE](#). 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 for entry to be accepted. Cheques & Cash will only be accepted from academic institutions. Scratches are non-refundable.
- Fees: u16 - \$15.00/Event
Last Chance Varsity - \$15.00/Event
Last Chance Open - \$20.00/Event
Last Chance - \$20.00/Relay
Varsity Team Maximum Entry Fee \$300.00/Gender
- Entry Quota: Each event will have a cap so we remain on schedule and within our facility booking. Event quotas are listed below.
- Open: Entry window will open Wednesday, January 1, 2023
- Deadline: Entry deadline will be 11:59pm on Wednesday, February 15th, 2023
- Late Entry: Late entries will be \$30.00/Event (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/lane assignments.
- 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.
- Packages: There will be no team packages. Chest and Hip numbers/relays cards can be picked up at the check in table located on the field. Only athletes competing in the 600m, 800m, 1000m, 1500m, 3000m, 4x200m, 4x400m will required numbers.

EQUIPMENT:

Spikes: Spikes no longer than 6mm (1/4).



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- Throws: We will have limited throwing implements available and shared in the competition pool but athletes are encouraged to bring their own.
- 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.
- First-Aid: A general First-Aid responder will be available on site with spare tape, support for injuries and in the case of EAP being implemented.

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

Emergency Action Plan:

- First-Aid: A general First-Aid responder will be available on site with spare tape, support for injuries and in the case of EAP being implemented.
- A defibrillator is located at the front desk of the Louis Riel Dome.
- If EMS is required at the Louis Riel Dome the address is 1659 Bearbrook Rd. Gloucester, ON K1B 4N3. The best point of access is to enter the school parking lot and go to the very end of the driveway (the Dome is located behind the academic buildings of the campus). If a stretcher is required then EMS should park at the garage door which is located at the East end of the venue.

2023 OTTAWA LIONS CHILLY OPEN & RAVENS U-SPORT LAST CHANCE

Tentative - 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 SEEDS**

Time	EVENT (QUOTA/GENDER)	EVENT NOTES
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OTTAWA LIONS U-16 OPEN

SATURDAY – February 18th

TRACK

TIME	EVENT (HEATS):
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9:00AM

1000m

60m (4pt start/No blocks)

60m Mini Hurdles (4pt start/No blocks)

60m Hurdles (Girls 30", 33" Boys 36" & 39") (4pt start/No blocks)

500m

150m (4pt start/No blocks)

4x100m Relay

FIELD	EVENT (ENTRIES):
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10:00AM

Shot Put (Combined – 3 throws)

Long Jump (Combined – 3 jumps)

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RAVENS U-SPORT LAST CHANCE

FRIDAY – February 17TH

TIME	EVENT (HEATS):
7:00 PM	400m
7:15 PM	3000m
7:45 PM	800m
8:00 PM	4x200m Relay
8:15 PM	4x800m Relay

SATURDAY – February 18th

TRACK

TIME	EVENT (HEATS):
11:30 AM	1000m – Timed Final
11:50 AM	60m Hurdle - Heats (Top 12 advance to A & B Final)
12:05 PM	60m - Heats (Top 12 advance to A & B Final)
12:45 PM	600m - Timed Finals
1:20 PM	60m - A & B Finals
	60m Hurdles - A & B Finals (Men followed by Women)
2:00 PM	300m - Timed Final
2:45 PM	1500m - Timed Final
3:30 PM	4x400m Relay

FIELD

TIME	EVENT (ENTRIES):
11:00 AM	Weight Throw – Men Followed by Women
	Pole Vault – Women followed by Men
11:30 AM	Long Jump – 2 Runways
12:00 PM	Shot Put – Men Followed by Women
1:00 PM	High Jump – Women followed by Men
	Triple Jump – Women
2:30 PM	Triple Jump - Men