

LOUIS-RIEL INDOOR HIGH SCHOOL TRACK SERIES

High School Dates

Thursday, March 23rd : Meet #1
 Thursday, March 30th : Meet #2
 Thursday, April 6th : Meet #3
 Thursday, April 13th : Meet #4
 Thursday, April 20th : Meet #5

Please note that Meet #5 is open to Intermediate and High School athletes. See appropriate divisions upon registration.

Team Declarations

All High School Meets have a maximum entry limit of 400 athletes. Coaches must declare their intention to compete (starting on February 6th) including their “best guess” of how many athletes they’ll be bringing. More info in the «*Team Declaration*» section of this document. Keep in mind that all meets fill up quickly to its max capacity.



About the «Series»...

Entering its 17th season, the Louis-Riel Indoor High School Track & Field Series is finally, on track! Over the years, it has played a major role in making the Ottawa area and Eastern Ontario Region a force in the Ontario High School Track and Field System. Furthermore, *The Series* has come to play a big part in recruiting, sustaining and inspiring the new energy of these successes. By providing our «outdoor sport in an indoor world» during the early and unpredictable spring season, both established programs and emerging new school teams have a reliable weekly challenge to launch a successful season. The Louis-Riel Indoor High School Track & Field Series is not about winning in the early season but rather about introducing athletes to new skills so they may learn and gain confidence with the physical challenges of the sport. The Dome environment allows coaches to bring their athletes to compete and learn about the sport with the confidence of being able to execute objectives with no interference from poor weather conditions. *The Series* has now grown to the point that all meets have reach the maximum capacity allowed. This is a great way get ready for the outdoor season and build your team’s confidence, pride and chemistry.



TRACK EVENTS ENTRY SPECIFICATIONS

- Unlimited entries per gender / division.
 - Schools **MAY NOT** «bump up» athletes to an older age group. Athletes will only compete in their appropriate age division based on their year of birth.
 - There is a **THREE (3) RELAYS MAX** per gender / division.
 - If a school enters more athletes than their allotted quota, meet organizers will simply take first THREE (3) relay teams entries on the database file as the school's entries. Please review your entries carefully - no substitution allowed, no reimbursements.
 - Note that **NO SEED** performance times are to be submitted with your entries. All track seeding is «RANDOM» race sections.
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FIELD EVENTS ENTRY SPECIFICATIONS

- A school may enter a max of **FOUR (4) ENTRIES** per gender / division.
 - Schools **MAY NOT** «bump up» athletes to an older age group. Athletes will only compete in their appropriate age division based on their year of birth.
 - If a school enters more athletes than their allotted quota, meet organizers will simply take the first FOUR (4) individuals (by alphabetical order) on the database file as the school's entries. Please review your entries carefully - no substitution allowed!
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FIVE EASY STEPS TO SCHOOL PARTICIPATION

1. Starting on February 6th, email us a «**Request to participate**» with your School name for a particular meet or for several meets at one time. Make it very clear as to the specified Meet(s) & Date(s) and how many athletes you will be bringing to each meet (+/- 5 athletes / best guess).

EMAIL US AT SEBASTIEN.LALONDE@CEPEO.ON.CA

2. Supply us with any other email addresses for your coaching staff at this time for increased communication options (cell phone and work numbers).

3. We will then promptly advise you of your school acceptance to the meet or meets requested or give you other meet entry options if the particular meet requested is full - the maximum entries reached.

4. We will then email the steps required to complete your meet entries. You can review your entry list online and make the necessary changes and scratches up to the close of entry.

5. Come to meet, pay entry fees and participate.

Step 1 : Request to Compete in the Louis-Riel Indoor High School Series

- Send an email to SEBASTIEN.LALONDE@CEPEO.ON.CA and specify which meet(s) your school wishes to attend and include a «best guess» of your team size. You can ask for all meets or just the meets that work with your school schedule planning.
- **The «subject» line in your email should read «School name - The Series».**
- We will send you a confirmation of acceptance for your team for each specific Meets and your team size.
- Actual team size for the meet may vary by (+/-) 5 athletes with no consequences. Where actual team size varies by more than 5 athletes, organizers reserve the right to charge a minimum entry fee or refuse entries in excess of the accepted team size.

TEAM DECLARATION TO COMPETE BEGINS ON FEBRUARY 6th AND ONGOING

- Declarations are accepted on a «first come» basis until each competition is full. All meet have a max capacity of 400 athletes. Once again, all meets reached maximum last year! Coaches must understand that a «confirmed acceptance» to our meets implies that another school will not /may not be able to enter a meet when it is at max capacity. Coaches are strongly advised to communicate any cancellation of participation plans immediately so that another school may take the opportunity to compete. Email us with any changes, cancellation or a significant reduction in committed participation numbers of a competition so that others can be invited.
- When a school sends in a request to compete in a meet that is already at maximum, the school will be advised by email that it is on a waiting list for the meet. The email may also suggest a switch to another meet date that still has space remaining. If you wish to participate in a meet that is less than six (6) days away, please call us directly at 613.590.2233 (ask for Seb Lalonde) during weekday business hours to find out if there is possible space for your team.

Step 2 : Receive your Meet Entry Steps

- Schools confirmed for a meet will receive an email on the necessary steps for our online entry process.
- If your school was accepted but has not received your entry information email within one (1) week before the meet, please contact us immediately.

Step 3 : Enter the Meet online

NO EMAILED ENTRIES - NO FAXED ENTRIES - NO TELEPHONE ENTRIES

Coaches must use TRACKIE.COM to register. If it's your first time, setup an account, find the meet you want to sign up for, enter your roster and then do your entries. For returning coaches, login, find the meet you want to sign up for, adjust your roster (if needed) and do your entries.

CALL or EMAIL us if your are having challenges with your team entry.

REMINDER:

Track Events: **Limit of eight (8) athletes** in each event by gender / division.

NO «BUMPING-UP» YOUNGER ATHLETES TO OLDER DIVISIONS.

All athletes must be entered and supervised by their School Coach.

- \$10.00 per athlete per event entered. \$12.00 per relay team. **(Maximum fee per school: \$525.00)**
- **ALL INQUIRIES:** SEBASTIEN.LALONDE@CEPEQ.ON.CA

ENTRY DEADLINE FOR...				
<u>Meet #1</u>	<u>Meet #2</u>	<u>Meet #3</u>	<u>Meet #4</u>	<u>Meet #5</u>
Tuesday, March 21st (11h59pm)	Monday, March 27th (11h59pm)	Monday, April 3rd (11h59pm)	Tuesday, April 11th (11h59pm)	Monday, April 17th (11h59pm)

Step 4 : Review of Entry Lists (online)

...modify, scratch and add up to time of the meet entry deadline.

Step 5 : Come to the meet, pay the entry fees and participate

11h00 - Team Arrival: The dome opens for team arrival, team package pickup & warm-up.
Setup your team headquarters on Field #1 (closest field to the entrance)

11h40 - Coaches Meeting @ Finish Line

12h05 - Competition starts

- Entry fees are paid when the team arrives at the Dome on the day of the meet. School cheques and cash will be accepted. Receipts will be provided in your team package. We do no invoice schools for fees.

MEET RULES

ALL TRACK & FIELD EVENTS

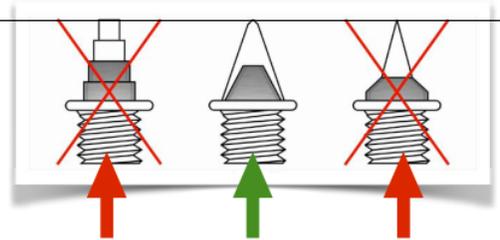
- **Spikes Footwear**

Only «CONE» spikes, 6mm maximum will be allowed.

Please put the shortest spikes possible in your shoes.

All spikes will be examined at the start line and if not approved, you may not be allowed to run. The track is the finest rubber and there is no rain in the Dome!

Will will also inspect footwear at the meet registration table. Replacement spikes will be available for sale and are identical spikes required for the Terry Fox Athletics Track. **Cost is \$5.00 per pair of spikes**



- **Uniform**

Schools should make every effort to compete in a school uniform. School relay teams should all wear identical top.

TRACK EVENTS

- **For all Track events**, the general running order will be Girls (Novice-Junior-Senior) followed by Boys (Novice-Junior-Senior) unless otherwise indicated.
- **The Start** : The «No False Start Rule» is in effect at all time.
- **100m & Sprint Hurdles** : a **Four (4) Point Start** is **MANDATORY** (unless specified otherwise).
- **200m** : Only four (4) lanes! Due to the popularity of the event, we will conduct a **waterfall start** to keep the meet on track. Maximum of 8 per heat. We have done this often before and it produces an excellent competitive spirit among the runners and good results.
- **400m** : We may choose to conduct the race using a one (1) command start with either a waterfall or box start. Just like the 200m, we have done this often before and it produces an excellent competitive spirit among the runners and good results. We will place 8 to 12 runners in each race depending on age groups and gender.
- **Starting blocks** will only be used for **100m & Sprint Hurdles Events**. *Depending on entry numbers, we may only allow them for the Senior Division.*
- **300m Hurdles** (no 400m Hurdles)
All three (3) divisions, including Senior, will run the 300m Hurdles with the hurdle height according to OFSAA Rules for the respective division.

- **Relays**

- **4x100m** will be conducted in lanes.

- **4x400m & Medley Relays** will be run from a waterfall start with no blocks. We will run 8+ teams per relay depending on the age and ability.

- **Mixed 4x200m** will be run from a waterfall start with no blocks. We will run up to 8 teams per relay depending on the age and ability. Team will be made up of two boys and two girls. It is down to the individual team to decide which order they choose to run. Alternating between boys and girls runners isn't necessary!

FIELD EVENTS

IF THE EVENTS ARE TAKING PLACE:

Long Jump / Triple Jump - All competitors will be allowed three (3) attempts. The use of chalk marks and «masking tape» is **NOT** allowed on the runway. Duct tape, white adhesive tape and electrical tape are fine. Please note the minimum measurement standards below.

Throws - All competitors will be allowed three (3) attempts. Implement weight will be according to OFSAA Rules. We will provide the indoor shots or you may bring your own. Please note the minimum measurement standards below.

MEASUREMENT PROTOCOLS

OPENING HEIGHTS AND MINIMUM DISTANCE STANDARDS

	All Girls	Novice & Junior Boys	Senior Boys
High Jump - Opening	1.20m (by 5cm)	1.40m (by 5cm)	1.40m (by 5cm)
Pole Vault - Opening	2.20m (by 10cm)	2.40m (by 10cm)	2.40m (by 10cm)
Long Jump	3.75m	4.75m	5.25m
Triple Jump	7.75m	8.25m	10.25m
Shot Put	5.60m	10.00m	10.00m

All Throws, Long Jumps

The minimum distance in the Table must be exceeded to obtain an “official measurement”. For distances below the minimums, the athletes will be given a verbal “best estimate”.

Vertical Jumps (See Table above for Opening Heights)

Pole Vault : Bar increments of 10cm until 5 jumpers remain and then by 5cm.

High Jump : Bar Height increments of 5cm until 5 jumpers remain and then by 3cm.

FACILITY RULES

- **NO** Food on the Track nor on the Fields.
- **NO** Gum in the Dome
- **NO** Spitting in the Dome
- **WATER** is the only beverage / fluid allowed for consumption inside the dome.

COVID PROTOCOLS

The Series will abide by the public health safety recommendations. We will email coaches the day before the meet with the up to date recommendations. This matter will also be discussed at the team meeting as things might change as we go along.

Team found not in compliance with the dome rules will be asked to relocate their team area to an area outside of the soccer field or simply ask to leave the facility.

March 23rd - MEET #1**Track Schedule - 12h05 Start**
Running Order

1500m	Open Girls then Open Boys
4x100m Relay	Girls then Boys
200m**	Girls then Boys
800m	Girls then Boys
100m	Girls then Boys
400m	Girls then Boys
Medley Relay (400m-200m-200m-400m)	Open Co-Ed

**Divisions may run together if numbers warrants.*

***200m: Reminder: WATERFALL start with up to 8 athletes per heat. Get out fast!*

Field Events - 12h25 Start

Pole Vault	Girls then Boys
Long Jump	Girls then Boys
Shot Put	Boys then Girls

March 30th - MEET #2**Track Schedule - 12h05 Start**
Running Order

4x100m Relay	Girls then Boys
1500m*	Girls then Boys
200m**	Girls then Boys
Hurdles	60mH - NG/JrG 60mH - SrG/NG/JrB 60mH - SrB
100m	Girls then Boys
400m	Girls then Boys
800m	Girls then Boys
3000m*	Girls then Boys
4x400m Relay	Girls then Boys

**Divisions may run together if numbers warrants.*

***200m: Reminder: WATERFALL start with up to 8 athletes per heat. Get out fast!*

Field Events - 12h25 Start

Pole Vault	Girls then Boys
Long Jump	Girls then Boys
High Jump	Boys then Girls

April 6th - MEET #3

Track Schedule - 12h05 Start Running Order

1500m	Open Girls then Open Boys
4x100m Relay	Girls then Boys
200m**	Girls then Boys
800m	Girls then Boys
300m Hurdles	Girls then Boys
100m	Girls then Boys
400m	Girls then Boys
Medley Relay (400m-200m-200m-400m)	Open Co-Ed

*Divisions may run together if numbers warrants.

**200m: Reminder: WATERFALL start with up to 8 athletes per heat. Get out fast!

Field Events - 12h25 Start

Pole Vault	Girls then Boys
Long Jump	Girls then Boys
Shot Put	Boys then Girls

April 13th - MEET #4

Track Schedule - 12h05 Start Running Order

1500m	Open Girls then Open Boys
4x100m Relay	Girls then Boys
200m**	Girls then Boys
800m	Girls then Boys
100m	Girls then Boys
400m	Girls then Boys
Medley Relay (400m-200m-200m-400m)	Open Co-Ed

*Divisions may run together if numbers warrants.

**200m: Reminder: WATERFALL start with up to 8 athletes per heat. Get out fast!

*****POSSIBLE SPRINT HURDLE EVENT - ON INVITATION ONLY.**

Field Events - 12h25 Start

Pole Vault	Girls then Boys
Long Jump	Girls then Boys
Shot Put	Boys then Girls
High Jump	Girls then Boys

April 20th - MEET #5**Track Schedule - 12h05 Start****Running Order**

1500m	Open HS Girls then Open HS Boys
4x100m Relay	Girls then Boys
200m**	Girls then Boys
800m	Girls then Boys
100m	Girls then Boys
400m	Girls then Boys
Medley Relay (400m-200m-200m-400m)	Open Co-Ed

**Divisions may run together if numbers warrants.*

***200m: Reminder: WATERFALL start with up to 8 athletes per heat. Get out fast!*

Field Events - 12h25 Start

Pole Vault	Girls then Boys
Long Jump	Girls then Boys
Shot Put	Boys then Girls