



OTTAWA LIONS FEAR MEET

(Field Events and Relays)

SUNDAY FEBRUARY 2ND, 2025

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 number of events and the relays on Sunday morning and early afternoon.
- 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 2009 or earlier.

EVENTS:

- Sunday:** 4x200m, 4x400m, 4x800m
PV, HJ, LJ, TJ, SP, WT

ENTRIES:

Edited – October 16th, 2024

- 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:** Last Chance Varsity - \$25.00/Event
Last Chance - \$30.00/Relay
Varsity Team Maximum Entry Fee \$400.00/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 1st, 2025
- Deadline:** Entry deadline will be 11:59pm on Thursday, January 30th, 2025
- Late Entry:** Late entry deadline will be at 11:59pm on Saturday, February 1st, 2025 \$40.00/Event (no day of entries)
- 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 4x200m, 4x400m and 4x800m will required numbers.

EQUIPMENT:

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



- 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:

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Live: All events will be electronically timed by the Ottawa Lions Timing Team
liveresults.ottawalions.com

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.

2025 OTTAWA LIONS FEAR MEET

Tentative SCHEDULE



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- *WE WILL RUN 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

SUNDAY – February 2ND

TIME EVENT (Cap)

TRACK

10:30am 4x800m
4x200m
4x400m

FIELD

Time Event (Cap)

10:30 am Weight Throw – Women (10) / Men (10) throw together (separate weights)
Pole Vault – Women (10) / Men (10) Combined
Long Jump – Women (20)
Shot Put – Women (12) followed by Men (12)
Long Jump – Men (20)
High Jump – Women (12)
Triple Jump – Women (16)
High Jump – Men (12)
Triple Jump – Men (16)