



# LOUIS-RIEL ELVES MEET



## Date

Thursday, December 12, 2024

## Where

Dome at Louis-Riel, 1655 Bearbrook Road.

## Time

Coaches' meeting: 10:15 a.m.  
Start of competitions: 10:30 AM.

## Divisions

Grades 9-10: Junior Varsity Team  
Grades 11-12: Senior Varsity  
Para-Athletes

## Athletes

A maximum of 400 athletes  
**\*\*Only for students from grade 9 to 12\*\*.**

## Registration

Due to the dome's limited capacity, coaches are required to request the number of intended registrations **starting November 8th** before registering on Trackie. Registrations will be processed on a first-come, first-served basis.



### Events:

- Track events: 60m - 300m - 600m - 60m hurdles - 4x100m\* - Candycane relay (200m-600m-800m-1600m)\*
- Field events: Long jump - High jump - Shot put
- Para division events: 100m - Shot Put

\*All relays compete in the "Open" division.

## Here is the process to follow for registration.

- 1** Starting November 8th, send me an email with a request to participate and the number of athletes (+/- 5 athletes).
- 2** Identify your school name as well as coach contacts to ensure the communication.
- 3** To confirm your participation, I will reply to your email to accept your request if there is still spots left or decline it if the competition is at capacity.
- 4** A subsequent email will be dispatched to outline the forthcoming steps for registrations through Trackie.
- 5** You will subsequently have time to confirm your registrations and convey the modifications.

## IT'S THE TIME TO CONSIDER OTHERS:

### - Gathering of non-perishable items -

As it is the season of giving, encourage your team members to contribute non-perishable food items. We will donate these goods to the local food bank. The team that gathers the most items will receive a team prize.



# Meet Info **Read carefully!**

## REGISTRATION

- For the track events, unlimited entries allowed per gender/division.
- For relay events, 9 entries per school.
- For field events, four entries per gender/division.

## COST

- \$12 per athlete (\*\*not per event)\*\***
- \$12 per relay team**
- Team maximum per school \$600**

## REGISTRATION PROCESS

Email your intention to register. Following this, an authorization will be sent to facilitate your registration on Trackie. The deadline for registrations on Trackie is **Friday, December 6th, at 10 p.m.**

**Please be aware that refunds will not be issued on the day of the meeting, even if you attend with absences.**

Competition Day: Additional entries will be accepted only if there is an empty lane in the event, at the discretion of the Competition Director.

## PAYMENT PROCESS

Payments are done the day of the meet at registration. Only cash or checks will be accepted. (Checks are payable to "ESP Louis-Riel.")

**Need assistance? Maude Carrier-Laforte  
(Maude.carrier-Laforte@cepeo.on.ca)**

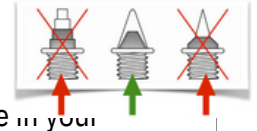
## ALL ATHLETICS COMPETITIONS

### • Spikes Footwear

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

Please put the shortest spikes possible in your shoes.

Uniform schools should strive to ensure that all students wear the same school uniform. School relay teams should don matching tops.



## TRACK EVENTS

•60m - A four (4) point start is REQUIRED. Blocks will be permitted for the 60m hurdles and the 60m senior finals.

### • 300m - Waterfall start.

### • Relay

- The **4x100m relay** will occur in designated lanes.
- The **Candy Cane relay (2-6-8-12)** start will be waterfall.

**• Identification Number (ID Number) - Athletes are required to collect their ID number at the ID table (located at the entrance to field #1) when instructed. This should be displayed on the upper right side of the chest. This requirement applies only to off-track events.**

## FIELD EVENTS

3 attempts for each event per athlete.

If the athlete has a race scheduled at the same time, they must inform the official and then proceed to their race.

## Competition Schedule - December 12th

### Track events - Begin at 10:45 AM

4x100m Relay - Girls followed by Boys

60m hurdles - Girls followed by boys.

Preliminaries 60m - Girls followed by boys.

**The six fastest times of each division will qualify for the final.**

600m - Girls followed by boys.

300m - Girls followed by boys

60m Finals - Girls, followed by Boys

Sugar Cane Relay (200m-600m-800m-1600m) - Girls followed by boys.

\*Divisions may collaborate if numbers justify.

### Field events - Begin at 10:30 a.m.

The order of divisions will be modified based on registrations.

Long jump, shot put,  
high jump

## DOMES REGULATIONS

- No chewing gum in the dome
- No spitting inside the dome.
- Food is not permitted outside the dining room.
- WATER is the only beverage allowed for consumption on and within the track ring.

**It is essential to understand that we cannot accept responsibility for the theft or loss of personal items. To mitigate these risks, we are introducing a thorough access control system within the dome. This system is designed to prevent unauthorized access to the dome. However, despite our diligent efforts, no security system is entirely infallible. We thus recommend that coaches remain cautious and vigilant, and we encourage athletes to minimize their personal items during competitions.**