

Dome High School Track & Field Development Series

Sponsored by **École Secondaire Louis-Riel / Ottawa Lions Track & Field Club**

The DOME @ LOUIS-RIEL

Outdoor Track & Field in an Indoor World

5 Meet Series for THE SPRING, 2016
(Meets run from 12:30 pm to 4:00 pm)

<i>Wednesday April 6</i>	<i>Wednesday April 13</i>	<i>Friday April 15</i>
<i>Thursday April 21</i>	THE DOME @L-R	<i>Friday April 22</i>

The “Series”

The Dome High School Track & Field Series has played a major role in making the Ottawa area and Eastern Region of Ontario a force in the Ontario High School Track & Field system. The Dome 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 Dome High School 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 most of the meets reach the maximum capacity allowed and they lead into our two very successful outdoor meets.

OUTDOORS

We have now split both the uOttawa Invitational and National Capital High School Classic into “two day duplicate schedule meets” to allow for a manageable meet time schedule for bussing and a greater school participation with the opportunity to compete at the excellent Terry Fox Athletics Facility in Ottawa ... now the HOME of the 2017 and 2018 Canadian Open and Under 20 National Championships.

- ❖ The uOttawa High School Invitational Day 1 – Thursday, April 28
- ❖ The uOttawa High School Invitational Day 2 – Friday, April 29, 2016
- ❖ The National Capital High School Classic Part 1 – Thursday, May 5, 2016
- ❖ The National Capital High School Classic Part 2 – Friday, May 6, 2016

**ALL INDIVIDUAL TRACK EVENTS HAVE AN ENTRY QUOTA
LIMITED TO SIX(6) ENTRIES PER GENDER PER AGE DIVISION
NO BUMPING UP YOUNGER ATHLETES TO OLDER DIVISIONS
THERE IS A TWO (2) RELAYS MAX PER DIVISION / GENDER**

**(NO SEED performance times are to be submitted with your entries)
All track seeding is "RANDOM" race sections**

ALL FIELD EVENTS HAVE AN ENTRY QUOTA

A school may enter a MAX of 2 Athletes per Gender per Event

**Schools may NOT "bump up" athletes to an older age group!
Athletes will only compete in their appropriate age division based on birth year.**

**If a school enters more athletes than their allotted quota, meet organizers will
simply take the first 2 entries on the data base file as the school's entries.**

JAVELIN & DISCUS - Outdoor Events

These events will be held outdoors! Please bring your own outdoor implements as per OFSAA weight regulations. No official weigh-in will be conducted; however, we do reserve the right to disallow any "suspect implements". Please "DRESS FOR THE WEATHER". Javelin Spikes – may be used if we decided that we can throw off grass – be prepared for asphalt.

SHOT PUT - Indoor Event

This event will be held indoors! Please bring your own indoor implements as per OFSAA weight regulations. No official weigh-in will be conducted; however, we do reserve the right to disallow any "suspect implements".

Starting Heights, "Minimum Distance" Standards & Participant Maximum for the competitions

In order to complete the Field events within the meet schedule, a minimum starting height and minimum jumping and throwing distances are required for measurement. Please see MEET RULES distance chart. We will always measure the first attempt in horizontal jumps and throws. Each field event will be assigned a maximum number of participants to ensure the meets stays on schedule.

Five easy steps to school participation

1. Email us a “request to participate” with your School name for a particular meet or for several meets at one time. This request can also include our 2 outdoor meets. For the outdoor meets, make it clear which day you would like to bring your school – Day 1 or Day 2. Each day is a duplicate meet schedule. In the email, 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 = meetentry@ottawalions.com

2. Supply us with any other email addresses for you or 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 Dome Meet Series.

- ★ Send an email to meetentry@ottawalions.com 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 the just the meets that work with your school schedule planning.
- ★ **The “subject” line in your email should read “School name - Dome HS Meets”**
- ★ We will send you a **confirmation of acceptance** for your team for each specific Dome Meet and your team size.
- ★ Actual team size for the meet may vary by (+/-) 5 athletes with no consequence. 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.

The “Team Declaration to Compete” begins on:

March 10th and ongoing

- ★ Declarations are accepted on a “first come” basis until each competition is full. All meets have a max capacity of 350 athletes. 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.

Last year, every meet was 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 reduction in committed participation numbers for 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 6 days away, please call us directly at (613) 852-6783 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 new “online” entry process.
- ★ IF your school was accepted but has not received your entry information email within 2 weeks before the meet - please contact us immediately.

Step 3: Enter the Meet – online / NO FAXED ENTRIES - NO TELEPHONE ENTRIES. CALL or EMAIL US IF YOU ARE HAVING CHALLENGES WITH YOUR TEAM ENTRY.

Track Events: limit of 6 athletes in each event by gender and age group and relay teams (max of 2 teams by gender and age group).

Field Events: A limit of 2 athletes in each event by gender and age group
NO “BUMPING-UP” YOUNGER ATHLETES TO OLDER DIVISIONS

- ★ All athletes must be entered by their “School Coaches” or a properly appointed school “Coach” for each competition.
- ★ **\$6.00 per athlete per event entered. \$10 per relay team.**
- ★ **MAXIMUM FEE PER SCHOOL: \$450**
- ★ **ALL Inquires: meetentry@ottawalions.com**
- ★ **ENTRY DEADLINES WILL BE UNIQUE TO EACH MEET – READ CAREFULLY WHEN THE EMAIL FOR “HOW TO ENTER” IS SENT OUT TO YOU.**

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

*** 11:30 AM Team Arrivals - The Dome Opens for Team arrivals & Warm-ups &**

Registration Desk Opens for Entry Fee Payment & Team Packet Pick-up
If your team arrives earlier, they will have to wait for field area access.
Warm-Ups could start outside as well ... weather permitting.

* **12:10 PM** **Coaches Meeting – Finish Line**

* **12:30 PM** Competition Starts

- ★ Entry fees are paid when the team arrives at the Dome on the day of the competition. Cheques, cash or credit card (VISA or MasterCard only) will be accepted. Receipts will be provided at this time. **We DO NOT INVOICE SCHOOLS for fees.**

All Fees Payable to: [Ottawa Lions Track & Field Club](#)

MEET RULES

All Track & Field Events

- ★ Spiked 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. We will also inspect footwear at the meet registration table. Replacement spikes will be available for sale and are the identical spikes required for the new Terry Fox Athletics Track. Cost is \$8 per set of spikes. All Ottawa schools should pay strict attention to this matter as there will be no tolerance for non-compliant spikes in your athletes' footwear at all upcoming meets at Terry Fox Athletics Facility. Spikes will be available at the same cost at the Terry Fox Athletic Facility.
- ★ **Uniforms** - Schools should make every effort to compete in a school uniform. School Relay Teams should all wear identical tops.

Track Events

- ★ **For all Track events**, the general running order will be Girls (Midget, Junior, Senior) followed by Boys (Midget, Junior, Senior) unless otherwise indicated.
- ★ The Start - **The “No False Start Rule” is in effect all the time.**
- ★ **Events of 200m and less – a 4 Point Start is Mandatory**
No standing starts! The 4 pt start is easy to learn and minimizes false starting.
- ★ **400m** - Because the track has only 4 lanes, we may choose to conduct the race using a 1 command start with either a waterfall or box start. We have done this often before and it produces an excellent competitive spirit among the runners and good results. We will place 6 to 8 runners in each race depending on age groups and gender.

- ★ **Starting blocks** will only be used for **100m & Sprint Hurdle events**.
- ★ **Sprint Hurdle** events will be conducted according to OFSAA age class rules.
- ★ **300m Hurdles** (There will be no 400m Hurdles)
All 3 Divisions, including Senior, will run the 300m Hurdles with the hurdle heights according to OFSAA Rules for the respective division.
- ★ **Steeple Chase: (1500m):** There will be 4 steeple barriers per lap and no water jump. Barriers are set at the low height (30") for both open girls & open boys ... a good introduction to the event.
- ★ **RELAYS: 4 x 100m Relay** Races will be conducted in lanes.
4 X 200M & 4 X 400M & Medley Relays: ALL relays will be run from a waterfall start with no blocks. We will run 6 to 8+ teams per relay depending on the age and ability.

Field Events

- ★ **Long Jump / Triple Jump** - All competitors will be allowed **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 minimum measurement standards below.

Throws - All competitors will be allowed **4 attempts**. Implement weight will be according to OFSAA Rules. Schools are encouraged to bring their own implements. We will provide the indoor shots or you may bring your own. Please note minimum measurement standards below.

MEASUREMENT PROTOCOLS

OPENING HEIGHTS and "MINIMUM DISTANCE" Standards

	All Girls	Mid/Jr Boys	Sr. Boys
High Jump - Opening	1.20 m by 5cm	1.40 m by 5cm	1.40 m by 5cm
Pole Vault - Opening	2.20 m by 10cm	2.40 m by 10cm	2.40 m by 10cm
Long Jump	3.75 m	4.75 m	5.25 m
Triple Jump	7.75 m	8.25 m	10.25 m
Shot	5.60 m	10.00 m	10.00 m
Discus	17.00 m	25.00 m	25.00 m
Javelin	18.00 m	27.00 m	27.00 m

We will always measure and record the 1st attempted jump or throw by an athlete.

All Throws, Long & Triple 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 * As Per the School Facility Management

★ **NO FOOD** in the Dome (Other than in the designated area at Entrance)

★ **NO Gum** in the Dome.

★ **No Spitting** in the Dome.

★ **WATER** is the only beverage / fluid allowed for consumption

TEAMS FOUND NOT IN COMPLIANCE WITH THE DOME RULES WILL BE ASKED to "RELOCATE" THEIR TEAM AREA TO THEIR SCHOOL BUS TO AN AREA OUTSIDE OF SOCCER FIELDS.

The Web Site is: www.ottawalions.com
The Email is: meetentry@ottawalions.com

Dome High School Track & Field Development Series - Meet Schedules

Meet #1 – April 6th (Wednesday)

Track Events 12:30 pm Start (running order)

1500m	Girls then Boys
4x100m Relay	Girls then Boys
Hurdles	80mH – Mdg / Jr Girls / 100mH – Sr Girls 100mH – Mdg / Jr Boys / 110mH - Sr. Boys
100m	Girls then Boys
400m	Girls then Boys
800m	Girls then Boys
3000m	Girls then Boys
4x400m Relay	Girls then Boys

Field Events 1:00 pm Start

Pole Vault	Girls then Boys
High Jump	Girls then Boys
Long Jump	Boys then Girls
Shot Put	Boys then Girls (Indoors) ...followed by Discus (Outdoors) - Boys then Girls
Discus	follows Shot Put – Boys then Girls **WEATHER PERMITTING or an INDOOR CLINIC

Meet #2 - April 13th (Wednesday)

Track Schedule 12:30 pm Start (running order)

1500m Steeple Open Girls then Open Boys
4 x 100m Relay Girls then Boys
300m Hurdles Girls then Boys
100m Girls then Boys
400m Girls then Boys
3000m Boys (Divisions may run together if numbers warrant)
3000m Girls (Divisions may run together if numbers warrant)
Medley Relay (400, 200, 200, 800) - Girls then Boys

Field Events - 1:00 pm Start

Triple Jump Girls then Boys
Pole Vault Girls then Boys
High Jump Boys then Girls
Shot Put Boys then Girls (Indoors) ... Javelin (Outdoors) follows Shot Put
Javelin Boys then Girls **WEATHER PERMITTING or an INDOOR CLINIC

Meet #3 - April 15th (Friday)

Track Events 12:30 pm Start (running order)

1500m Steeple Open Girls then Open Boys
4 x 100m Relay Girls then Boys
300m Hurdles Girls then Boys
100m Girls then Boys
400m Girls then Boys
3000m Boys (Divisions may run together if numbers warrant)
3000m Girls (Divisions may run together if numbers warrant)
Medley Relay (400, 200, 200, 800) - Girls then Boys

Field Events 1:00 pm Start

High Jump Girls then Boys
Triple Jump Boys then Girls
Shot Put Girls then Boys (Indoors) ... Javelin (Outdoors) follows Shot Put
Javelin Girls then Boys ...*WEATHER PERMITTING or an INDOOR CLINIC

Meet #4 - April 21st (Thursday)

Track Events 12:30 pm Start (running order)

1500m Girls then Boys
4x100m Relay Girls then Boys
Hurdles 80mH – Mdg / Jr Girls / 100mH – Sr Girls
100mH – Mdg / Jr Boys / 110mH - Sr. Boys
100m Girls then Boys
400m Girls then Boys
800m Girls then Boys
3000m Girls then Boys
4x400m Relay Girls then Boys

Field Events 1:00 pm Start

Pole Vault Girls then Boys
High Jump Girls then Boys
Long Jump Boys then Girls
Shot Put Boys then Girls ...(Indoors) followed by Discus (Outdoors) - Boys then Girls
Discus follows Shot Put – Boys then Girls **WEATHER PERMITTING or an INDOOR CLINIC

Meet #5 - April 22nd (Friday)

Track Events 12:30 pm Start (running order)

1500m	Girls then Boys
4x100m Relay	Girls then Boys
Hurdles	80mH – Mdg / Jr Girls / 100mH – Sr Girls 100mH – Mdg / Jr Boys / 110mH - Sr. Boys
100m	Girls then Boys
400m	Girls then Boys
800m	Girls then Boys
3000m	Girls then Boys
4x400m Relay	Girls then Boys

Field Events 1:00 pm Start

High Jump	Girls then Boys
Long Jump	Boys then Girls
Shot Put	Boys then Girls (Indoors) ...followed by Discus (Outdoors) - Boys then Girls
Discus	follows Shot Put – Boys then Girls **WEATHER PERMITTING or an INDOOR CLINIC

Upcoming Outdoor Track & Field Meets at the Terry Fox Athletics Facility -

Thursday & Friday, April 28 & 29 *uOttawa High School Invitational (Day 1 & 2)* *A NEW 2 DAY REPEATED DUPLICATE SCHEDULE*

Schools pick-ONE-day / Participation numbers restricted to keep both days on a manageable schedule – 11am Start to 4pm Finish.

Thursday / Friday, May 5 & 6 *National Capital High School Classic (Day 1 & 2)* *A NEW 2 DAY REPEATED DUPLICATE SCHEDULE*

Schools pick-ONE-day / Participation numbers restricted to keep both days on a manageable schedule – 11am Start to 4pm Finish.