

# uOttawa High School Track & Field Invitational

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**Thursday, April 28 & Friday, April 29, 2016**

Terry Fox Athletic Facility, Mooney's Bay Park, Ottawa

**\*\*\* 2 identical competition days \*\*\***

*With entries for this event growing to participation of over 800+ athletes, this outstanding event has now been "split" to offer 2 identical days of competition, creating 2 outstanding but now with a time manageable competition schedule for a more effective and efficient delivery - 11am to 4pm. Each competition day will be limited to approximately 600 athletes*

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10:00 am	Registration Opens - Team Packet Pick-Up & Pay Entry Fees
10:45	Coaches Meeting
11:15	Track Events start
12:00	Field Events start
4:00 pm	Estimated finish of meet

## Five easy steps to participating in the meet

1. Send a "Request to Compete" for an invitation to bring your school.
2. Ensure you are very clear as to which of the 2 days you wish to compete.
3. Receive your school's entry method 2 weeks prior to the meet.
4. Complete your entries online (edit & scratch) on or before

**Tuesday, April 26 (11:59 PM)**

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5. Come to meet, pay entry fees and participate

## Step 1: Request an Invitation to Compete

Send an email to ["meetentry@ottawalions.com"](mailto:meetentry@ottawalions.com) with your choice of Day 1 or Day 2 to compete with a "best guess" of your team size to participate.

**The "subject" line in your email should read "School name - uOttawa Invitational"!**

We will send you a confirmation of acceptance for your team 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 5-8 athletes, organizers reserve the right to charge a minimum entry fee.

**Requests for an Invitation will be accepted starting**

**Monday, March 14<sup>th</sup>**

Invitations are accepted on a "first come" basis until the meet is full for each day. The meet has a

maximum capacity of **600 Athletes.** If the meet is full, the school will be advised if it is on a waiting list for entry.

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## **Step 2: Receive your Meet Entry Instructions – online process**

Schools will receive an email 2 weeks in advance with the process for entry online. The email will contain full instructions. If your school was accepted but has not received your entry information by the Friday prior to the meet - please contact us immediately.

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## **Step 3: Enter the Meet online – make edits and scratches. NO FAXED ENTRIES - NO TELEPHONE ENTRIES. CALL or EMAIL US IF YOU ARE HAVING CHALLENGES WITH YOUR TEAM ENTRY.**

**Track Events: MAX limit of 6 individual entries per event  
2 relay teams per age group  
NO BUMPING-UP YOUNGER ATHLETES TO OLDER DIVISIONS**

**Field Events: MAX limit of 3 athletes in each field event by gender and age group  
NO BUMPING-UP YOUNGER ATHLETES TO OLDER DIVISIONS**

Athletes must be entered by their "School Coaches" or a properly school appointed "Coach". Seed times may be included (see info below)

**\$6.00 + HST per athlete per event entered. \$10 + HST per relay team.**

**MAXIMUM FEE PER SCHOOL: \$450 + HST**

**Entry Deadline: Tuesday, April 26 @ 11:59 PM**

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## **Step 4: Review your Entry List - Scratches and edit changes up to the close of entries.**

Coaches will receive an email by the end of Wednesday, April 29<sup>th</sup> that will contain their team entry information and adjusted / final meet schedule.

Please email us after the close of entry with any team corrections (**Adds / Scratches / Spelling / Gender error**) by email before **12:00 noon on the day BEFORE** each meet.

\*\* [meetentry@ottawalions.com](mailto:meetentry@ottawalions.com)

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

Entry fees are paid upon arrival to the Terry Fox Athletic Facility **PRIOR** to the start of the competition. Cheques, cash or credit card (**VISA or MasterCard** only) will be accepted. Receipts will be provided.

**All Fees Payable to: Ottawa Lions Track & Field**

**Age Divisions** Midget / Junior / Senior / Open

**Events** **Age Divisions - Midget, Junior, Senior**  
100m, 400m, 1500m, Hurdles 80m, 100m, 110m, 4 x 100m Relay  
Field - High Jump, Long Jump, Shot Put, Javelin, Discus

**HS Open Events:**

**\*NEW** - 300m Hurdles (G @ 30"/76cm / B @ 33"/84cm, 3000 meters (G/B), Medley Relay (G/B) order - 400-200-200-800

**Entry Limits**  
Track Events - 6 athletes per age group per event  
Relay Events - 2 Teams per age group per relay event.  
Field Events - 3 athletes per age group per event.

**NO BUMPING-UP YOUNGER ATHLETES TO OLDER DIVISIONS**

**Seed Times**

Seed times will be accepted for all track events. Please use 2016 results  
Athletes with no seed times will be placed together as "unseeded".  
Field events do NOT require a seed performance.

**Uniforms** Please ensure all athletes compete in school team uniforms

**Spikes in Footwear** Only cone shaped spikes, maximum length of 7mm, will be allowed. Spikes will be checked at the start line and at field event sites. The proper spikes will be available for sale at the front desk of the Terry Fox Facility at all times.

**Check - In**  
**Track Events:** Athletes will report to their event start line areas when called, approximately 15 minutes prior to the start of the event.  
**Field Events:** Athletes report directly to their field event site 30 min. ahead of start  
All warm-ups must be completed by scheduled start time.

**Implement Weigh-in** There will be no "official weigh-in". Athletes are welcome to use their own implements. However any implement that looks "suspect" to our officials will be removed from the event competition.

**Results** Posted during the competition and posted on the web site.  
[www.ottawalions.com](http://www.ottawalions.com) - go to "Results"

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### TENTATIVE TRACK SCHEDULE / THE FINAL SCHEDULE WILL BE EMAILED TO ALL SCHOOLS

(\*We will run up to 30 minutes ahead of schedule if possible)

11:15	300m Hurdles Sections (no blocks) 4 x 100 meter Relay Sections  1500m Sections 1500m Sections 1500m Sections 400m Sections (no blocks *4pt Start) 400m Sections (no blocks *4pt Start) 400m Sections (no blocks *4pt Start) 100m Heats (no blocks *4pt. Start) 100m Heats (no blocks *4pt. Start) 100m Heats (blocks allowed) Sprint Hurdles (80m) Sections Sprint Hurdles (100m) Sections Sprint Hurdles (110m) Sections 100m Final (no blocks *4pt Start) 100m Final (no blocks *4pt Start) 100m Final (blocks allowed) 3000m 3000m Medley Relay (400,200,200,800)	Open Girls (30"/76cm) / Open Boys (33"/84cm) MG followed by MB / JG by JB / SG by SB Schools - WE SUPPLY ALL RELAY BATONS!  MG followed by MB JG followed by JB SG followed by SB MG followed by MB (no starting blocks) JG followed by JB (no starting blocks) SG followed by SB MG, MB (8 Fastest Times to Final) JG, JB (8 Fastest Times to Final) SG, SB (8 Fastest Times to Final) MG, JG (30"/76cm) SG, MB, JB (30"/76cm) (33"/84cm) (36"/91cm) SB (36"/91cm) MG followed by MB JG followed by JB SG followed by SB Open Girls Open Boys Open Girls & Open Boys
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### Field Events:

12:00 pm	High Jump	All Boys / Starting Height of 1.40 + increments of 5cm *Results and awards will be separated by age groups
12:00 pm	Javelin	MB followed by JB followed by SB (3 throws to all) Followed by MG followed by JG followed by SG
12:00 pm	Shot Put	MG followed by JG followed by SG (3 throws to all) followed by MB followed by JB followed by SB
1:00 pm	Long Jump (2 Pits)	MB followed by JB followed by SB (3 jumps to all) followed by MG followed by JG followed by SG
1:30 pm	Discus	MG followed by JG followed by SG (3 throws to all) Followed by MB followed by JB followed by SB
2:00 pm	High Jump	All Girls / Starting Height of 1.20 + increments of 5cm *Results and awards will be separated by age groups