

National Capital High School Track & Field Classic

Thursday & Friday, May 5th and May 6th, 2016

*** 2 identical competition days ***

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

With entries over the past years running up to over 1500 athletes, we have now "split" the meet to offer 2 identical days of competition. This allows for 2 outstanding but time manageable competitions for high school teams and athletes in a more controlled environment - 11am to 4pm.

The Meet entry limits are set to 800 athletes per meet.

10:00 AM	Registration Opens - Team Packet Pick-Up / Pay Entry Fees
10:30 AM	Coaches Meeting Competition Start
11:00 AM	Track & Field Start Time
4:00 PM	Estimated Finish

Five easy steps to participating in the meet

1. Send us a Request for an Invitation for your school to the meet.
(Pick Meet Day 1 (May 7) or Meet Day 2 (May 8))
 2. Receive entry information 2 weeks before the meet and start your entries – edit and scratch online as you need to.
 3. Complete your entries before the entry deadline of
Tuesday, May 3 at 11:59 pm for both meet days.
 4. Email us any overlooked errors before 12 noon, Wed. May 4th
meetentry@ottawalions.com
 5. Come to meet, pay entry fees and participate
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Step 1: Request an Invitation

Send an email to meetentry@ottawalions.com with a "best guess" of your team size. **The "subject" line in your email should read "School name – Nat Cap HS Classic"**. Clearly define which of the 2 meet days your school wishes to compete in. When one day has reached maximum entry capacity, we will refer you to the other meet day. 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 athletes, organizers reserve the right to charge a minimum entry fee or refuse entries in excess of the accepted team size.

Requests for an Invitation begin **Monday, March 21st**

Invitations are accepted on a “first come” basis until each meet day is full. Each meet day has a maximum capacity of 800 athletes. If the meet is full, the school will be advised by email that there is space on the other meet day or that it is on a waiting list or is refused entry.

Step 2: Receive your Meet Entry Online Instructions

Schools will receive an email 2 weeks preceding the meet containing online entry information and instructions. If your school was accepted but has not received your entry information by the Friday prior to 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: Max limit 6 individual entries per event
2 relay teams per age group

Field Events: Max limit of **3 athletes per** event by gender & division
NO BUMPING-UP YOUNGER ATHLETES TO OLDER DIVISIONS

All athletes must be entered by their “School Coaches” or a properly school appointed “Coach” for each competition. Seed times may be included (see info below)

ENTRY DATE: Tuesday, May 3 by 11:59 PM for both meet days

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

MAXIMUM FEE PER SCHOOL: \$450 + HST

ALL Questions - meetentry@ottawalions.com

Step 4: Review of Entry List - Scratches and other changes

Coaches will receive an email on Wednesday, May 5th with their team entries and an updated meet schedule by Wednesday, May 4 (end of the day)

We will accept further corrections (Adds / Scratches / Spelling / Gender / Events) if sent to us by email by 12 NOON on Wednesday May 5th (Adds will be subject to availability and our approval!)

Coaches should bring a copy of their team entry information and any emails confirming corrections to the meet for verification purposes, if required.

ONLY scratches sent by email before 12:00 pm will not be included in the calculation of the school's final team fees. No entries will be accepted on the day of the meet!

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

10:00 Registration Desk Opens for Entry Fee Payment & Team Packet Pick-up
10:30 **Coaches Meeting – Finish Line**
11:00 Competition Starts

Entry fees are paid when the team arrives at the Terry Fox Athletic Facility 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. **Fees to: Ottawa Lions Track & Field Club**

Age Divisions: Midget / Junior / Senior / Open

Events: **Age Divisions - Midget, Junior, Senior**
100m, 200m, 400m, 800m, 1500m, Hurdles (80m, 100m, 110m, 300m, 400m), 4 x 100m relay
Field - High Jump, Long Jump, Shot Put, Discus, Javelin
HS Open Events: 3000 meters (OG / OB), 4 x 400m (OG / OB)
Triple Jump (OG & OB)

Entry Limits:

Track Events	- 6 athletes per age group
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 (when possible) indicate a performance time that has been achieved in the 2016 outdoor season or indoors at one of our Dome Series meets. 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 site. 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 minutes before start time. All warm-ups must be completed by scheduled start.

Implements 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 competition.

Starting Block Rules: There are events / age classes in the meet schedule that do not allow starting blocks. In most cases, a 4-point start is required.

Results: Posted at the facility during the competition and posted on the web site.
www.ottawalions.com - go to “Results”

Meet Schedule on the next page below. This is a draft schedule. The final meet schedule will be posted by 4PM the day before the meet. There will be no Pole Vault event at this competition. We are working at this addition for next season.

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- Notes: *
- Due to high volume, the meet is now 2 days! Both days are identical.
 - Order of Track Event Competition: MG, MB, JG, JB, SG, SB unless indicated otherwise
- Final Meet Schedule & Start Lists will posted Wednesday, May 5th by 4:00 pm
www.ottawalions.com Revisions & corrections posted on an ongoing basis.

TRACK EVENTS: We will run ahead of schedule when possible

11:00	1500m Steeplechase	- Open Girls followed by Open Boys
	4 x 100m Relays	- no blocks *4-pt start MG, MB, JG, JB, SG, SB
	400m	- MG / MB / JG / JB (no Blocks *4-pt.start)
		- SG / SB - may use Blocks
	1500m	- MG / MB / JG / JB / SG / SB
	80m Hurdles	- MG / JG
	100m Hurdles	- SG / MB / JB
	110m Hurdles	- SB
	100m	- MG / MB / JG / JB (no Blocks but must use *4-pt.start)
		- SG / SB - may use Blocks or 4-pt start
	800m	- MG / MB / JG / JB / SG / SB
	200m	- MG / MB / JG / JB (no Blocks but must use *4-pt.start)
		- SG / SB - may use Blocks or 4-pt start
	300m Hurdles	- MG, JG MB, JB (no blocks but must use *4-pt. start)
	400m Hurdles	- SG / SB - may use Blocks or 4-pt start
	3000m	- Open Girls followed by Open Boys
	4 x 400m Relay	- Open Girls followed by Open Boys

Field Events:

High Jump	11:30 - MG, JG, SG	All Girls / Starting 1m20 + increments of 5cm
	1:30 - MB, JB, SB	All Boys / Starting 1m40 + increments of 5cm
Long Jump	11:30 - SG followed by JG followed by MG - Pit A	
	11:30 - SB followed by JB followed by MB - Pit B	
Triple Jump	2:00 - OG followed by OB	
Shot Put	12:00 - MG followed by JG followed by SG	
	2:00 - MB followed by JB followed by SB	
Javelin	11:30 - MB followed by JB followed by SB	
	2:00 - MG followed by JG followed by SG	
Discus	11:00 - SB followed by JB followed by MB	
	1:30 - SG followed by JG followed by MG	