

uOTTAWA SUPER SATURDAY Invitational Athletics Series

Meet Entry Info: [MEETENTRY @OTTAWALIONS.COM](mailto:MEETENTRY@OTTAWALIONS.COM)

MEET ENTRY Process: **NEW THIS SEASON**

ADVANCED ENTRY – ONLINE @ TRACKIE.COM - Go to TRACKIE-REG ...
Go to “FIND EVENT” ... find our Meet and enter the meet. Pay for entry fee
online. Ottawa Lions Athletes pay a preferred fee.

Entry to each meet will open 10 days before the competition date and close by the
Thursday evening – 11:59 PM on the week of the Meet – Ottawa Time.

Each Meet will have event entry quota limit. Entries will stop once the entry
threshold limit is reached. At this point you will need to email
meetentry@ottawalions.com to see if you can still enter the event by a request.
The past meet was sold-out in all the track running events offered and more than
½ of the field events.

ENTRY ON THE DAY of the competition is not accepted.

Entry Fees: ONLINE ENTRY
\$15 per person per event.
Club or School Team Entry - Gender maximum \$300.

Ottawa Lions Athlete Meet Entry Fees

ONLINE ENTRY
\$10 per person per event.

Ability Levels: Meet Entry is OPEN (all ages and ability levels). Track events are
grouped by ability levels. **Track events are conducted with the
FASTEST seeded sections going first!**

Foot Wear: Track spikes are limited to 6MM Length spikes. NO EXCEPTIONS.

**Meet Information – OUA / RSEQ Last
Chance Meet**

Super Saturday, February 18th

Track Events **10:30 am** Start – Track events begin, race times on the track “may” start up to 10 minutes ahead of the scheduled times. Listen for announcements - be prepared. Women followed by Men’s sections
A REVISED – FINAL MEET SCHEDULE will be posted the day before the competition based on online entries.

Field Events **10:30 am** Start - field events will NOT start ahead of time.
Male & Female athletes are combined sections unless otherwise indicated.

Warm-Up Areas **The Dome is available for warm-ups starting at 9:30 AM to 11:00 AM**
Warm-ups must be contained to the Track Areas and not the Grass Fields
Personal gear must be kept on the track areas and on D-Zone areas
At 11:00 AM to 3:00 PM – All 3 grass soccer fields are available for placing gear and for warm-ups as well.

Schedule

Field Events 10:30 **Shot Put** – M & F combined - 4 throw maximum if a large entry.
Event Entries will determine throwing flights / sections if required.

Weight Throw will follow Shot Put.

10:30 **High Jump “Low Start Group”** - 1.14m Opening Height for Males & Females.
The bar STOPS @ 1.59m unless permission to continue is issued. The Bar advances by 5cm increments.(1.50m + Jumpers are advised to enter the High Jump “High Bar” Event)

Followed by ... **High Jump “High Start Group”** (30 min. after the “Low Start Group” finishes competition) 1.41m - Opening Height for Males / Females. The bar advances by 5cm increments.

11:00 **Long Jump** – 4 jump maximum. (Male followed by Female)
Followed by ... **Triple Jump** – 4 jump maximum

Schedule (Tentative)

Track Events

10:30 **60m Hurdles** (U14, U16, U18-Youth, U20, Open) – Section Finals
Under 14 Years Races are run on small 18” barriers. Athletes can enter race divisions under their ages to be able to run a modified barrier race if wished

11:00 **1000m** (3 sections max / 45 per gender) 15 athlete per section maximum

11:30 **3000m** (2-3 sections maximum) 25-30 athletes per section maximum
** Age RESTRICTION – Must not be younger than born in 2000 – Must be 12:00 min or Faster Seed

12:00 **60m** (women followed by men / 8 sections / 48 per gender max)

1:00 **60m Finals** (Top 18 per Gender – 3 Section Finals)

1:20 **600m** (4 sections / 40 per gender max / 10 per section)

1:50 **300m** (12 sections / 57 per Gender) First 3 top Sections per Gender get Blocks – no run outs
Remaining sections will go to 5 per race – standing start – This is very competitive & best results

2:20 **1500m** (women followed by men) 3 sections / 60 per gender (20 per section)