

LOUIS-RIEL GET SET MEET

A.K.A. «THE \$3 MEET»



The track season is right around the corner - It's time to take care of business!

Tuesday, March 28th 2017 @ the Louis-Riel Dome

No rain, no wind... ...no excuses!

LOUIS-RIEL GET SET! MEET

WHEN:
TUESDAY, MARCH 28TH 2017

WHERE:
DÔME @ LOUIS-RIEL
Perfect 400m Mondo Track.
No rain, no wind, no excuses!

MEET'S TIME LINE
9H30: Dôme Opens & Team
Packages Pick-Up

10H30: Start of the Meet

15H45: Estimated Finish Time

MEET DIRECTOR:
SEB LALONDE

TIMING & RESULTS:
ÉQUIPE CHRONO
LOUIS-RIEL
Accurate Timing & Results using
technologies' best equipment.

WELCOME THE NINTH ANNUAL LOUIS-RIEL "GET SET" MEET!

THE LOUIS-RIEL "GET SET" MEET IS THE IDEAL MEET FOR ATHLETES TO PURSUE SETTING TRACK SEASON OBJECTIVES AND EVALUATE THEIR FITNESS LEVEL. THIS IS THE PERFECT TIME TO BRING YOUR ATHLETES TO THE TRACK AND GET THE BALL ROLLING FOR THE UPCOMING SEASON. ALSO, THIS IS A GREAT LEARNING EXPERIENCE FOR YOUR NEWER ATHLETES TO LEARN ABOUT THE BASIC RULES OF THE SPORT AND HOW A MEET IS CONDUCTED. GET SET FOR ANOTHER INDOOR SERIES AND FOR A CRAZY OUTDOOR SEASON!

THIS MEET IS LIMITED TO THE FIRST 250 PARTICIPANTS. ENTRY DEADLINE WILL CLOSE ONCE THAT NUMBER IS OBTAINED.

THE DOME @ LOUIS-RIEL, OFFERS THE ONLY 400M INDOOR TRACK IN NORTH AMERICA. PERFECT RUNNING CONDITIONS - NO RAIN, NO WIND... ...NO EXCUSES!

Q&A - Read this carefully!

WHO CAN ENTER?

ANY STUDENT-ATHLETE RANGING FROM GRADE 7TH TO GRADE 12TH.

WILL MY GRADE 7 BE RUNNING AGAINST GRADE 12?

GRADES 7 & 8: INTERMEDIATES
 GRADE 9: MIDGETS
 GRADE 10: JUNIORS
 GRADE 11 & 12: SENIORS

WHAT ARE THE SCHEDULE EVENTS?

FOR ALL AGE GROUP, THE SCHEDULE EVENTS WILL BE:

TRACK: 60M - 100M - 400M - 800M - 3000M (OPEN) - 60M HURDLES,
 4X100M AND THE "**BEAT LOUIS**" RELAY CHALLENGE
 (400M-200M-200M-400M)

FIELD: LONG JUMP, SHOT PUT

NOTES:

60M: THIS IS A "REDEMPTION TIME" EVENT. IN CASE YOU RAN A BAD 100M OR SIMPLY WANT ANOTHER SHOT TO A SECOND SPRINT!

****LIMITED ENTRIES - THIS WILL BE AN OPEN EVENT.****

THE **400M** : WATERFALL START - UP TO 10 ATHLETES PER HEATS.

3000M WILL BE AN "**OPEN**" EVENT. A MINIMUM OF 12 ATHLETES MUST BE ENTERED IN ORDER TO RUN THE EVENT.

60M HURDLES: OPEN TO HIGH SCHOOL DIVISIONS ONLY

NOTE THAT **ALL RELAY EVENTS ARE OPEN-MIXED DIVISIONS (ONLY RULE : 4 ATHLETES REGARDLESS OF AGE OR GENDER).** PARTICIPATION IS KEY - LET THE ATHLETES RUN AND HAVE FUN!

STARTING BLOCKS: ALLOWED FOR THE 60M, 100M (HS DIVISIONS ONLY) AND SPRINT HURDLES. IF THE ATHLETE CHOOSES NOT TO USE THEM, HE/SHE **WILL HAVE** TO USE A FOUR-POINT START POSITION.

HOW CAN I ENTER THE MEET?

GO TO TRACKIE.COM , FIND THE MEET AND REGISTER YOUR TEAM.

HOW MUCH WILL IT COST?

ENTRY DEADLINE:

FRIDAY, MARCH 24TH (11:00PM)

\$3.00/INDIVIDUAL EVENTS - NO TEAM MAX.

ALL ENTRIES AFTER THE DEADLINE:

\$5.00/INDIVIDUAL EVENT (NOTE: NO TEAM MAX)

NO EXCEPTIONS

PLEASE NOTE THAT YOU **WILL NOT** BE REIMBURSED ON THE DAY OF THE MEET FOR YOUR SCRATCHES.

ADDS WILL BE ACCEPTED ON THE DAY OF THE MEET ONLY IF THERE'S AN EMPTY LANE AVAILABLE AND/OR TO THE MEET DIRECTOR'S DISCRETION. BE READY TO PAY THE \$10.00 LATE FEE PER ATHLETES PER EVENT - NO EXCEPTIONS.

HOW CAN I PAY?

YOU WILL BE ABLE TO PAY ON THE DAY OF THE MEET AT THE REGISTRATION DESK. ONLY CASH OR CHEQUE WILL BE ACCEPTED. (MAKE CHEQUES PAYABLE TO "E.S.P. LOUIS-RIEL".)

THIS MEET IS LIMITED TO THE FIRST 250 PARTICIPANTS. ENTRY DEADLINE WILL CLOSE ONCE THAT NUMBER IS OBTAINED.



OTHER IMPORTANT INFO...

UNIFORMS

PLEASE ENSURE THAT ALL ATHLETES COMPETE IN TEAM UNIFORM/COLOURS.

MATCHING

TOPS ARE IDEAL.

ID-NUMBER

NO BIBS WILL BE GIVEN. ID NUMBERS WILL BE DISTRIBUTED FOR ALL "OUT OF LANES" EVENTS (IE: 800M). ATHLETES MUST REPORT TO THE ID TABLE IN ORDER TO GET THEIR ID-NUMBER. MAKE SURE YOUR ATHLETE KNOW THE PROTOCOL. THE ID-NUMBERS ARE TO BE PLACED ON THE ATHLETES' **RIGHT CHEST - SHOULDER HEIGHT.**

CHECK-IN

ALL ATHLETES MUST REPORT TO THE CHECK-IN AREAS FOR THEIR EVENTS. THE CHECK-IN AREAS WILL BE CONDUCTED AT THE START LINE OF EACH EVENTS. ANY ATHLETE WHO DOESN'T CHECK-IN WILL BE SCRATCHED FROM THE EVENT.

RESULTS

RESULTS WILL BE POSTED AT THE FACILITY DURING THE COMPETITION. THEY WILL ALSO BE SENT TO ALL COACHES IMMEDIATELY AFTER THE MEET. ALL RESULTS CAN ALSO BE FOUND ONLINE AT WWW.LOUISRIELATHXC.COM

SPIKES

SPIKES ARE ALLOWED. HOWEVER, THEY MUST BE **NO MORE THAN 6MM** AND MUST BE **PYRAMIDE SHAPED.** THIS RULE WILL BE ENFORCED. ANY ATHLETES WHO DOES NOT PAY ATTENTION TO THIS RULE WILL BE DISQUALIFIED FROM THE EVENT AT THE START LINE.

PLEASE NOTE THE FOLLOWING:

ABSOLUTELY NO FOOD, NO SPORT DRINK AND NO GUM ARE ALLOWED ON THE SOCCER FIELD. ANY ATHLETE WHO DOESN'T RESPECT THIS WILL BE ASKED TO LEAVE THE AREA AND WILL BE DISQUALIFIED FROM THE MEET. COACHES, NO COFFEE INSIDE EITHER! PLEASE ALSO ADVISE YOUR PARENTS!

ONLY WATER WILL BE ACCEPTED INSIDE THE DÔME!

LR "GET SET!" MEET

ORDER OF TRACK EVENTS:

IG, MG, JG, SG, IB, MB, JB, SB

10h05 : Coaches Meeting (@ Finish Line)

10h30 : Meet Start Time

Rolling Schedule

BE SURE YOUR ATHLETES ARE WARMED-UP AND READY TO RUN!

10h30 60m Hurdles

11h15 100m

11h50 800m

12h25 60m Redemption Time

In case you ran a bad 100m or just want a second shot at a sprint!

12h45 3000m

13h20 400m

13h45 4x100m Relay

14h25 Beat Louis Relay Challenge
(400m-200m-200m-400m)

FIELD:

10:30 Shot Put - Girls Followed by Boys

11:30 Long Jump - Boys

12:30 Long Jump - Girls

Note that we could run up to 10min ahead of schedule. Make sure your athletes are warmed-up accordingly.