

## Rencontres d'athlétisme intermédiaire

**LOUIS-RIEL****Intermediate Track and Field Meet Series**

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

**April 21st and April 28th at the Louis-Riel Dome**

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

### LR CHALLENGE QUICK INFO:

**WHEN:**  
FRIDAY  
APRIL 21ST & 28TH

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

**TIME:**  
9h45: Dôme Opens &  
Team Packages Pick-up

10h50: Start of the Meet

**MEET DIRECTOR:**  
SEB LALONDE

**TIMING & RESULTS:**  
REBELLES TIMING TEAM  
Accurate Timing & Results using  
technologies' best equipment.

The indoor High School Meets have come and pass, make room for the Intermediates student-athletes. This is the perfect occasion for you to introduce the sport and to get excited about the upcoming track and field season. The Louis-Riel Intermediate Track and Field Meet Series will provide our "**outdoor sport an indoor world**" during the early Spring season.

**EVENTS:** 100m, 200m, 400m, 1200m, Long Jump, Shot Put, 4x100m Relay

**Team Declaration to Compete:** Begins on March 20th.

#### **Step 1 : Declaration of Intent to Compete**

- Declaration are accepted on a "*first come*" basis until each competition is full. Each meet has a maximum capacity of 375 athletes. Send us and email ([sebastien.lalonde@cepeo.on.ca](mailto:sebastien.lalonde@cepeo.on.ca)) and specify which meet(s) your school wishes to attend and include an approximate number of participants.

- **The subject line in your email should read "School Name - Intermediate Track Meet" and should include an approximate number of participants.**

- We will send you a confirmation of acceptance for your team.

- Declarations are accepted on a “*first come*” basis until each competitions is full. Each meet has a maximum capacity of 375 athletes.

- When a school sends in a declaration for a meet that is full, the school will be advised by email that it is on a waiting list (or refused entry). We 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 1 week away, please call us directly at 613.590.2233 and ask for Seb Lalonde to find out if there is still space.

### **Step 2 : Receive your Meet Entry Files**

- Schools confirmed for a meet will receive an email by the Friday preceding the meet. All entries are done online via [trackie.com](https://trackie.com) . Entries **will not** be accepted in any other formats.

- 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**

- Login to [trackie.com](https://trackie.com) and create your team's account and roster. Proceed to entering the events for your athletes.

**Track Events:** Unlimited entries, including relay teams.

\*Athletes are limited to 1 relay each to reduce confusion!

**Field Events:** Limit of two (2) athletes in each event by gender and age group.

- **\$5.00 per athletes per event entered. Relay Teams : FREE!**

- Maximum team fee: **\$250.00**

- Entries will be accepted up to 6PM on the Monday prior to the date of each competition.

- If you have any issues with the registration process, please contact the meet director:

**sebastien.lalonde@cepeo.on.ca**

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

- Coaches will receive an email by 3pm on the Tuesday prior to the meet that will contain their team entry information. **PLEASE REVIEW CAREFULLY.**
- We will accept any corrections (Adds, Scratches, Spelling, Gender, Events) if send to us by email before Noon on the Wednesday prior to the meet.
- **Please, NEVER re-send a new meet entry file, just spell out all corrections in the body of your email.**
- **To avoid paying for scratches, you must send them to us by email before 12pm on the Wednesday prior to the meet! ...Otherwise, you pay!**
- **PAYMENT METHOD: ONLY CHEQUE OR CASH WILL BE ACCEPTED. PLEASE LABEL ALL CHEQUES TO "E.S.P. LOUIS-RIEL". RECEIPTS WILL BE PROVIDED IN YOUR TEAM PACKAGE.**
- No entries will be accepted on the day of the meet.

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

10h00: The Dome opens for teams arrivals, warm-up and registration.

10h50: Competition starts

#### **MEET RULES**

**SPIKES FOOTWEAR:** ACCEPTED, BUT ONLY "CONE" SHAPED AND 6mm MAXIMUM

Spikes will be check before each events. Athletes that do not respect this rule will be disqualified at the start line.

**UNIFORMS:** Schools should make every effort to compete in a school uniform. School relays should all wear identical tops.

**TRACK EVENTS:** Running order will be Girls (7-8) followed by Boys (7-8) unless otherwise indicated.

- START:**
- One (1) false start will be allowed per heat.
  - Both standing and 4-point starts are allowed.

**400m:** Because the track has only four (4) lanes, we may choose to conduct the race using a one command start with either a waterfall or box start. We have done this often in the past and it produces an excellent competitive spirit among the runners and good results. We will place up to ten (10) runners in each race depending on the age groups and gender.

**Starting Blocks:** Will be allowed for the 100m only. In order to keep the meet rolling and reduce injuries, the athlete must know how to set and use them. If there's doubts of knowledge, please refrain your athletes from using them.

### **FIELD EVENTS:**

**LONG JUMP:** all competitors will be allowed three (3) attempts. The use of chalk marks and masking tape are NOT allowed on the runway. Duct tape and electrical tape are fine.

**SHOT PUT:** All competitors will be allowed three (3) attempts. Implement weight will be 2kg for all divisions. We will provide the indoor shots.

### **MEASUREMENT PROTOCOLS**

MINIMUM DISTANCE TO OBTAIN IN ORDER TO HAVE THE ATTEMPT MEASURED. For distances below the minimums, the athletes will be given a verbal "best estimate".

	<b>ALL GIRLS</b>	<b>ALL BOYS</b>
<b>LONG JUMP</b>	2.00m	3.00m
<b>SHOT PUT</b>	3.00m	4.00m

### **FACILITY RULES**

**NO FOOD** on the fields. Please use the designated areas.

**NO GUM IN THE DOME**

**NO SPITTING IN THE DOME**

**WATER IS THE ONLY BEVERAGE/FLUID ALLOWED ON THE FIELD**

**ATHLETES CAUGHT NOT RESPECTING ONE OF THESE RULES WILL BE DISQUALIFIED FROM THE MEET.**

# MEET SCHEDULE

**\*SAME SCHEDULE FOR BOTH MEETS (APRIL 21st and 28th)**

## **TRACK EVENTS: 11h00 Start (running order)**

200m

1500m (Open Girls then Boys)

400m

100m

4x100m

**\*\*Order or competition will be  
Girls 7-8 followed by Boys 7-8 unless otherwise noted!\*\***

## **FIELD EVENTS: 11h25 Start**

Shot Put      Girls followed by Boys

Long Jump      Boys followed by Girls

