

OTTAWA LIONS

Athletics - Athlétisme

Excellence since / depuis 1973

SUPER SATURDAY Athletics Series

Race all winter at “Le Dome @ Louis Riel”
Where it’s summer all year round!

Now entering the 5th Season of indoor track and field meets held at the largest indoor domed track & field facility in Canada - There is simply nothing like it. Come and go as FAST as you can. ... get ready to fly!

Meet Entries: Accepted on the day of the competition up to 1 HOUR before scheduled event times. Registration opens at 10:00 am at the Dome. Go to our website for driving directions. There is a 3 event entry maximum and participation in relays is not included.

Ability Levels: Entry is open to all ages and ability levels. Track events are grouped by predicted ability levels rather than by age or gender.
Track events are conducted with the fastest seeds going first!.

Foot Wear: Track spikes are limited to 5MM Length spikes. NO EXCEPTIONS
If you are not in compliance you must wear normal running shoes.

Entry Fees: For our Guests: \$10 per event. Team or Club Maximum of 250.00
- please contact us in advance for organized large teams.

For Ottawa Lions Athletes / uOttawa Athletes:
\$5.00 - 1st event, \$10 max for 3 events. Relay Teams entry free.

Meet Schedule Information

December 19 Saturday "Home for the Holidays" Special

Registration	10 am & up to 1 HOUR before each event start time
Field Events	11 am Start - field events will NOT start ahead of time. Male & Female athletes are combined unless indicated.
Track Events	11 am Start - the indicated race times "may" start up to 30 minutes ahead the posted time once the 1 st track event begins. ... so come a little earlier and be prepared.
Field	11:00 High Jump B Group - 1.16m Opening Height for Males or Females. The bar STOPS @ 1.70 unless permission to continue is issued due to unplanned successes. (+1.65 Jumpers should have entered the HJ-A Event)
	11:00 Shot Put - all male & females. - 4 throw maximum if a large entry ... otherwise 6 throws to all. Event Entries will determine throwing flights / sections if required. Weight Throw to follow the Shot Put
	12:00 Long Jump / Triple Jump - 4 jump maximum Must select one event only - you cannot jump in both events. Both runways are conducted at the same time.
	1:00 Pole Vault - 2.16m Opening Height for Males and Females Warm-ups will also be provided at 3.00m and again at 4.00m
	1:30 High Jump A - 1.46m - Opening Height for Males / Females
Track	11:00 60m (fastest seeds first) 12 fastest Males + 12 fastest Females advance to a 2 section Final 60m Finals to follow immediately - Males followed by Females
	12:00 1000m (sections)
	12:20 60m Hurdles (U16, U18-Youth, U20-Junior, Open Specs) Finals to be conducted if entries allow immediately after heats.
	12:45 600m (sections)
	1:10 150m (sections) ... yes = 150m is not a typo
	1:45 300m (sections)
	2:15 1500m (sections)
	2:45 4 x 400m Relays

January 16

Saturday

(2 Meet Event Start Times)

1. 9:00 am U15 Years of Age Athletes - Quadrathlon (2 Runs / 1 Jump / 1 Throw). (Ages 8 - min. to 14 years max). * Email us @ otl@bellnet.ca if you have interest in participating. We will notify you of the specific events.
2. 11:00 pm Super Saturday Open - All other Age Groups

Registration 8:00 am for the 9:00 am start of the Quadrathlon

10:00 am for the 11:00 am Open Meet & up to 1 HOUR before each event starts

11:00 am Competition:

Field	11:00	High Jump B - 1.26m Opening Height for Males or Females The bar STOPS @ 1.66 unless permission to continue issued (+1.65 Jumpers should have entered the HJ - A Group Event)
	11:00	Shot Put - all male & females. - 4 throw maximum if large entries, otherwise 6 throws to all. Event Entries will determine if flights / sections will be required. Weight Throw to follow Shot Put
	12:30	Long Jump / Triple Jump - 4 jump maximum Must select one event only - you cannot jump in both events. Both runways will be conducted at the same time.
	1:00	Pole Vault - 2.36m Opening Height for Males or Females Warm-ups will be provided at 3.06m and again at 4.06m heights.
	1:30	High Jump A - 1.46m - Opening Height for Males or Females
Track	11:00	60m (fastest seeds first) 12 fastest Males + 12 fastest Females advance to Final 60m Finals to follow immediately - Males followed by Females
	12:00	1000m (sections)
	12:30	60m Hurdles (U16, U18-Youth, U20-Junior, Open Specs) Finals will be conducted with sufficient entries immediately after.
	1:00	300m (sections)
	1:30	600m (sections)
	2:00	150m (sections) ... = 150 meters - this is not a typo
	2:30	1500m (sections)
	3:00	4 x 200m Relays
	3:15	4 x 400m Relays

February 13

uOttawa Winter National Capital Invitational

A Pre-Entry Meet Process with 2 Divisions of Entry
1. University & Open
2. Under 18 (Youth) Ages

Field Events Start @ 10 am / Track Events Start @ 11 am
www.ottawalions.com for meet information

Friday Night - Feb. 12 (4x800m Relays ONLY)

March 6 Saturday (2 Meet Event Start Times)

1. 9:00 am U15 Years of Age Athletes - Quadrathlon (2 Runs / 1 Jump / 1 Throw).
(Ages 8 - min. to 14 years max). * Email us @ ottl@bellnet.ca if you
have interest in participating. We will notify you of the specific events.
2. 11:00 pm Super Saturday Open - All other Age Groups

Registration **8:00 am** for the 9:00 am start of the Quadrathlon

10:00 am for the 11:00 am for the **Open Meet** & up to 1 HOUR before each event starts

Field Events **11 am** Start - all field events will NOT start ahead of time posted.
Male & Female athletes are combined unless indicated.

Track Events **11 am** Start - the indicated race times may run up to 30 minutes ahead
the posted time based on entries - so come a little earlier

Super Saturday Open Meet

- Field 11:00 **High Jump B** - 1.26m Opening Height for Males or Females
The bar STOPS @ 1.66 unless permission to continue issued
(+1.65 Jumpers should have entered the HJ - A Group Event)
- 11:00 **Throwers Quadathlon**
Shot Put - all male & females. - 4 throw maximum if large
entries, otherwise 6 throws to all. Event Entries will determine
if flights / sections will be required.
Medicine Ball Overhead Backwards to follow Shot Put
3 Consecutive Standing Long Jumps to followed Med Ball Event
Incline Bench Press (3 lifts only) to follow Long Jump Event.

	12:30	Long Jump / Triple Jump - 4 jump maximum Must select one event only - you cannot jump in both events. Both runways will be conducted at the same time.
	1:00	Pole Vault - 2.36m Opening Height for Males or Females Warm-ups will be provided at 3.06m and again at 4.06m heights.
	1:30	High Jump A - 1.51m - Opening Height for Males or Females
Track	11:00	60m Hurdles (all heights & age spacings allowed)
	11:40	100m (fastest seeds first) * Your First 100m Event in Canada for 2010!!! - No WIND ... of course. 12 fastest Males + 12 fastest Females will advance to a Final
	12:15	800m (sections)
	12:40	100m Finals
	1:00	1500m (sections)
	1:30	200m (sections)
	14:15	3000m (sections)
	14:40	400m (sections)

End of the WINTER Dome Competitions

Upcoming Next ...

Louis Riel Dome High School Series - 7 Meets in 7 weeks - late March Start 2010.

The upcoming Dome High School Competitions will primarily focus on this age group. **However**, there will be open entry sections allowed for the purpose of development for 18+ years club athletes. Please contact us at ottl@bellnet.ca with questions regarding your participation.