

SUPER SATURDAY

Invitational Athletics Series

Big TRACK Racing @ Dome @ Louis Riel
brought to you by uOttawa

We are now entering Season 8 of our fast paced indoor track and field meets held at the largest indoor track & field facility in Canada. There is simply nothing like it.

Meet Entry Info: [MEETENTRY @OTTAWALIONS.COM](https://www.meetentry.com/ottawalions)

The Entry Process:

Team, groups or individuals enter the meet on the day of the competition.

ALL Entries must be completed by 12:00 NOON.

Registration opens at 10:00 am at the Dome.

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 first!**

Foot Wear: Track spikes are limited to 7MM Length spikes. NO EXCEPTIONS.

Entry Fees: **\$10 per event to a Team or to a Club Maximum - \$350 (M/F).**
We strongly encourage groups of 10 or more athletes to contact us in advance (at least 2 days prior to a meet) for a more organized advance entry to avoid a line-up. This will make your entries very simple on the day. A final adjustment (adds / scratches) can be made on meet day. All relay events are free.

Entries made after 12 Noon will be accepted with an entry fee penalty of \$15 per event

Ottawa Lions Athletes: \$5.00 buys 1 - 3 events & relays are free.

Meet Schedule Information

Saturday, December 15 “Home for the Holidays” Special

SPECIAL YOUTH QUADRATHLON (Ages 6 to 12 / 9am to 11am)

4 events: Shot Put, Long Jump, 60m Sprint, 800m Run.

Contact us for all information and advance entry for this special event is required.

Dome Super Saturday

Meet Registration 10 am to 12 NOON – ARRIVE EARLY

Large groups / clubs / teams should contact us to enter in advance to avoid line-ups (+10 athletes). Entries made after 12 noon will be subject to a late penalty of \$15 per event.

Track Events

12:00 pm Start – on the track events begin, race times on the track “may” start up to 30 minutes ahead of the estimated times. Listen for announcements and be prepared.

Field Events

12:30 pm Start - field events will NOT start ahead of time.
Male & Female athletes are combined unless otherwise indicated.

Schedule Field

- 12:30 **High Jump “Low Start Group”** - 1.16m Opening Height for Males & Females.
The bar STOPS @ 1.70 unless permission to continue is issued. The Bar advances by 5cm increments.(+1.55 Jumpers are advised to enter the High Jump “High Bar” Event)
- 12:30 **Shot Put** - all male & females. - 4 throw maximum if a large entry ...Otherwise 6 throws are awarded to all. Event Entries will determine throwing flights / sections if required. **Weight Throw** will follow Shot Put.
- 1:00 **Long Jump followed by Triple Jump** - 4 jump maximum.
Triple Jump will follow the conclusion of Long Jump – 4 jump maximum
- 1:30 **High Jump “High Start Group”** - 1.46m - Opening Height for Males / Females.
The bar advances by 5cm increments.
- 2:00 **Pole Vault** - 2.26m Opening Height for Males and Females. 15 minute warm-ups will be provided at the bar heights of 3.00m & 4.00m

Schedule Track

- 12:00 **60m Heats** (fastest seeds first)
12 fastest Males + 12 fastest Females advance to a 2 section Final
60m Finals will follow the Heats - Male Finals followed by Female Finals
- 12:45 **1000m** (sections)
- 1:00 **60m Hurdles** (U16, U18-Youth, U20-Junior, Open Specs)
Finals will be conducted if entries in a category that exceeds 6 - immediately after all heats.
- 1:30 **300m** (sections) - Blocks for the first 10 heats - NO RUN-OUTS!
- 2:00 **150m** (sections) - Blocks for the first 10 heats - NO RUN-OUTS!

- 2:30 **600m** (sections)
- 2:50 **1500m** (sections)
- 3:15 4 x 200m Relays followed by 4 x 400m Relays

Meet Schedule Information

Saturday, January 12, 2012

Dome Super Saturday

Meet Registration **10 am to 12 NOON – ARRIVE EARLY**

Large groups / clubs / teams should contact us to enter in advance to avoid line-ups (+10 athletes). Entries made after 12 noon will be subject to a late penalty of \$15 per event.

Track Events

11:30 pm Start – on the track events begin, race times on the track “may” start up to 30 minutes ahead of the estimated times. Listen for announcements and be prepared.

Field Events

12:00 pm Start - field events will NOT start ahead of time.
Male & Female athletes are combined unless otherwise indicated.

Schedule Field

- 12:00 **Shot Put** - all male & females. - 4 throw maximum if a large entry ...
Otherwise 6 throws are awarded to all. Event Entries will determine throwing flights / sections if required. **Weight Throw** will follow Shot Put
- 1:00 **Long Jump followed by Triple Jump** - 4 jump maximum.
Triple Jump will follow the conclusion of Long Jump – 4 jump maximum.
- 1:00 **Pole Vault** - 2.16m Opening Height for Males and Females
15 min. Warm-ups will also be provided at bar heights of 3.00m & 4.00m
- 1:30 **High Jump “Low Start Group”** - 1.16m Opening Height for Males & Females.
This bar STOPS @ 1.70 Maximum. The Bar advances by 5cm increments.
(+1.55 Jumpers are advised to enter the High Jump “High Bar” Event)
- 2:30 **High Jump “High Start Group”** - 1.46m - Opening Height for Males / Females.
The bar advances by 5cm increments.

Schedule Track

- 11:30 3000m (sections)
- 12:00 60m Heats (fastest seeds first) followed by FINALS – depending on entry numbers,
12 or 18 fastest Males & 12 or 18 fastest Females advance to 2 or 3 section Finals
60m Finals will follow the Heats - Female Finals followed by Male Finals
- 12:45 1000m (sections)
- 1:15 150m (sections) * Blocks for the first 10 heats ** No run-outs allowed
- 1:45 600m (sections)

- 2:15 300m (sections) * Blocks for the first 10 heats ** No run-outs allowed
- 2:45 60m Hurdles (Order - OM, JM, YM, OW, MB, YW, MG Specifications)
Finals will be conducted if entries in a category exceed 6 immediately after all trials.
- 3:15 1500m (sections)
- 3:45 4 x 400m Relays followed by 4 x 200m Relays

Saturday, February 11

uOttawa Winter National Capital Invitational

ADVANCED Meet Entry Process with 2 Age Divisions

1. University & Open Ages
2. Under 18 (Youth) Ages

Field Events Start @ 11 am / Track Events Start @ 11 am
Go to www.ottawalions.com for meet technical and entry information

Meet Schedule Information

Saturday, March 2

Dome Super Saturday

Meet Registration **10 am to 12 NOON – ARRIVE EARLY**

Large groups / clubs / teams should contact us to enter in advance to avoid line-ups (+10 athletes). Entries made after 12 noon will be subject to a late penalty of \$15 per event.

Track Events

11:30 pm Start – on the track events begin, race times on the track “may” start up to 30 minutes ahead of the estimated times. Listen for announcements and be prepared.

Field Events

1:00 pm Start - field events will NOT start ahead of time.
Male & Female athletes are combined unless otherwise indicated.

Schedule

Field

- 1:00 **High Jump “Low Start Group”** - 1.16m Opening Height for Males & Females. **The bar STOPS @ 1.70 unless** permission to continue is issued. The Bar advances by 5cm increments. (+1.55 Jumpers are advised to enter the High Jump “High Bar” Event)
- 1:00 **Shot Put** - all male & females. - 4 throw maximum if a large entry ... Otherwise 6 throws are awarded to all. Event Entries will determine throwing flights / sections if required. **Weight Throw** to follow Shot Put
- 1:00 **Long Jump followed Triple Jump** - 4 jump maximum
Triple Jump will follow the conclusion of Long Jump – 4 jump maximum

Schedule
Track

- 2:00 **Pole Vault** - 2.16m Opening Height for Males and Females
Warm-ups will also be provided at bar heights of 3.00m & 4.00m
- 2:00 **High Jump “High Start Group”** - 1.46m - Opening Height for Males / Females.
The bar advances by 5cm increments
- 11:30 100m (Time Section FINALS - fastest seeds first)
* Your First 100m Event in Canada for 2013!
- 12:15 800m (sections) & ** Tentative uOttawa Relay Challenge
- 12:45 Hurdles (U16 80m / 100m), U18-Youth (100m / 110m), U20-Junior (100m / 110m), Open (100m / 110m)
- 1:15 1500m (sections)
- 1:45 200m (sections) & ** Tentative uOttawa Relay Challenge
- 2:15 3000m / 5000m (sections)
- 2:25 400m (sections) & ** Tentative uOttawa Relay Challenge

End of the Dome Super Saturday Competitions

Upcoming ... Louis Riel Dome High School Series & More!

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