

# SUPER SATURDAY

## Invitational Athletics Series

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

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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 5MM 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. When you use an advanced entry – fees must be paid in full by coach or parent on arrival

**Entries made after 12 Noon will be accepted with an entry fee penalty of \$15 per event for both Lions and Guest Athletes**

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

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# Meet Schedule Information

## Saturday, January 12, 2012

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

**Entry for 3000m, 60m, CLOSSES AT 11:00 AM**

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.

**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 then follow Shot Put
- 12:30 **Pole Vault – (High Start Group)** 3.36m Opening Height – Advance by 15cm to 4.11 then by 10cm
- 1:00 **Long Jump followed by Triple Jump** - 4 jump maximum. **Triple Jump** will follow the conclusion of Long Jump with a 40 min. Warm-up Window – 4 jump maximum.
- 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.
- 2:30 **Pole Vault – (Low Start Group)** 2.16m Opening Height – Advance by 15cm to 3.06 then by 10cm

### Schedule Track

- 11:30 3000m (sections)
- 11:50 60m Heats (fastest seeds first / Women then Men) followed by FINALS  
TBA - 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 8 heats \*\* No run-outs allowed
- 1:45 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.
- 2:25 600m (sections)
- 2:50 300m (sections) \* Blocks for the first 10 heats \*\* No run-outs allowed
- 3:30 1500m (sections) \*\* FIELD MUST BE CLEARED FOR SOCCER GAMES 3:30
- 4:00 4 x 400m Relays followed by 4 x 200m Relays

# Saturday, February 9

## 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](http://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**

**\*\*\* Entry for the 100m CLOSSES at 11:30 AM**

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

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

#### Schedule Field

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| 1:00 | <b>High Jump “Low Start Group”</b> - 1.16m Opening Height for Males & Females. <b>The bar STOPS @ 1.70 unless</b> 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 | <b>Shot Put</b> - 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. <b>Weight Throw</b> to follow Shot Put                            |
| 1:00 | <b>Long Jump followed Triple Jump</b> - 4 jump maximum<br><b>Triple Jump</b> will follow the conclusion of Long Jump – 4 jump maximum   |
| 1:00 | <b>Pole Vault – (High Start Group)</b> 3.36m Opening Height – Advance by 15cm to 4.11 then by 10cm  |
| 2:00 | <b>High Jump “High Start Group”</b> - 1.46m - Opening Height for Males / Females. The bar advances by 5cm increments.   |
| 3:00 | <b>Pole Vault – (Low Start Group)</b> 2.16m Opening Height – Advance by 15cm to 3.06 then by 10cm   |

Schedule  
Track

- 12:00 100m (Time Section FINALS - fastest seeds first)  
\* Your First 100m Event in Canada for 2013!
- 12:45 800m (sections) & \*\* Tentative uOttawa Relay Challenge
- 1:15 Hurdles (U16 80m / 100m), U18-Youth (100m / 110m), U20-Junior (100m / 110m), Open (100m / 110m)
- 1:45 1500m (sections)
- 2:15 200m (sections) & \*\* Tentative uOttawa Relay Challenge
- 2:45 3000m followed by 5000m (sections)
- 3:15 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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