

Dome High School Track & Field Development Series

Sponsored by École secondaire Louis-Riel / Ottawa Lions Track & Field Club

The DOME @ LOUIS-RIEL

Outdoor Track & Field in an Indoor World

5 Meet Series for the Spring, 2013

(meets run from 1pm to 5:00 pm)

Wednesday, March 27	Thursday, April 4
Thursday, April 11	Thursday, April 18
Thursday April 25	

The “Series”

The Dome High School Track & Field Series has played a major role in making the Ottawa Area and Eastern Region of Ontario a force in the Ontario High School Track & Field system. The Dome Series has come to play a big part in recruiting, sustaining and inspiring the new energy of these successes. By providing our *“outdoor sport in an indoor world”* during the early and unpredictable Spring season, both established programs and emerging new school teams have a reliable weekly challenge to launch a successful season. The Dome High School Series is not about winning in the early season but rather about introducing athletes to new skills so they may learn and gain confidence with the physical challenges of the sport. The Dome environment allows coaches to bring their athletes to compete and learn about the sport with the confidence of being able to execute objectives with no interference from poor weather conditions.

The Series has now grown to the point that most of the meets reach the maximum capacity allowed by the Dome and it leads into our two very successful outdoor meets:

- ★ The uOttawa High School Invitational - Thursday, May 2, 2013
- ★ The National Capital High School Classic - Thursday, May 9, 2013

ALL TRACK EVENTS - UNLIMITED ENTRIES
(No seed performance times are to be submitted)
... & Unlimited Relay Teams

ALL FIELD EVENTS HAVE AN ENTRY QUOTA

A school may enter a MAX of 2 Athletes per Gender per Event

Schools may “bump up” athletes to an older age group as long as the 2 athlete per event max is not exceeded

If a school enters more athletes than their allotted quota, meet organizers will simply take the first 2 entries on the data base file as the designated entries.

JAVELIN & DISCUS - Outdoor Event Notice

These events will be held outdoors! Please bring your own outdoor implements as per OFSAA weight regulations. No official weigh-in will be conducted, however, we do reserve the right to disallow any “suspect implements”. Please “DRESS FOR THE WEATHER”. No Javelin Spikes - athletes throw from asphalt.

Starting Heights and “Minimum Distance” Standards

In order to complete the Field events within the meet schedule, minimum starting heights and minimum distances required for official measurement will be in effect. Please see MEET RULES distance chart.

Five easy steps to school participation

- 1. Send us a Declaration of Intent asking to Compete**
- 2. Receive entry files one week prior to the meet.**
- 3. Complete your entries and send in the entry file**
- 4. Review of entry list - make necessary changes**
- 5. Come to meet, pay entry fees and participate**

Step 1: Declaration of Intent to Compete in the Dome Meet Series.

- ★ Send an email to "meetentry@ottawalions.com and specify which meet(s) your school wishes to attend and include a "best guess" of your team size. You can ask for all meets or the just the meets that work with your school schedules
- ★ **The "subject" line in your email should read "School name - Dome HS Meets"!**
- ★ We will send you a confirmation of acceptance for your team for each specific Dome Meet and your team size.
- ★ Actual team size for the meet may vary by (+/-) 5 athletes with no consequence. Where actual team size varies by more than 5 athletes, organizers reserve the right to charge a minimum entry fee or refuse entries in excess of the accepted team size.

The "Team Declaration to Compete" begins on: Monday, March 4th

- ★ Declarations are accepted on a "first come" basis until each competition is full. Each meet has a maximum capacity of 400 athletes and a few meets reach the maximum capacity each year.
- ★ 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 is refused entry. The email 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) 830-1993 ext. 225 at the Dome 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 containing two entry files, each works with a different entry system.
- ★ The entry files are unique for each meet and CANNOT be used for other Dome meets.
- ★ 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

2 Entry Systems

1. **Microsoft EXCEL Spread Sheet System - many schools used this successfully last year.**
2. **Hy-Tek Team Manager Lite - as per OFSAA entry protocol and the National Capital Championships (East / West) Entry System.**

NO FAXED ENTRIES - NO TELEPHONE ENTRIES. CALL or EMAIL US IF YOU ARE HAVING CHALLENGES WITH YOUR TEAM ENTRY.

Track Events: unlimited entries, including relay teams
Field Events: limit of 2 athletes in each event by gender and age group

- ★ We reserve the right to limit entries in the future should participation in the Series become unmanageable within the scheduled time frame of the competitions.
- ★ All athletes must be entered by their "School Coaches" or a properly school appointed "Coach" for each competition.
- ★ **\$4.00 per athlete per event entered. \$6 per relay team.**
- ★ **MAXIMUM FEE PER SCHOOL: \$250 with volunteer, \$300 with no volunteer**
- ★ **ALL Entries are to be sent as file attachments to:**
meetentry@ottawalions.com
- ★ **ENTRIES WILL BE ACCEPTED UP TO 6:00 PM ON THE MONDAY PRIOR TO THE DATE OF EACH COMPETITION.**
- ★ Coaches will receive a confirmation email within 24 hours of receipt of their entries.

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

- ★ Coaches will receive an email by Noon on the day prior to the meet that will contain their team entry information. **PLEASE REVIEW OUR MATERIAL CAREFULLY.**
- ★ We will accept any corrections (**Adds / Scratches / Spelling / Gender / Events**) if sent to us **by email before 4:00 pm on the day BEFORE each meet.**
- ★ **PLEASE - NEVER RE-SEND a new meet entry file, just spell out all corrections in the body of your email.**
- ★ Coaches should bring a copy of their team entry information and any emails containing corrections to the meet for verification purposes, if required.
- ★ **To avoid paying for scratches, you must send them to us by email before 4:00 pm the DAY BEFORE EACH MEET! Otherwise, you pay!**
- ★ No entries will be accepted on the day of the meet!

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

* **11:30 am** The Dome Opens for Team arrivals & Warm-ups & Registration Desk Opens for Entry Fee Payment & Team Packet Pick-up

* **1:00 pm** Competition Starts

- ★ Entry fees are paid when the team arrives at the Dome on the day of the competition. Cheques, cash or credit card (VISA or MasterCard only) will be accepted. Receipts will be provided at this time. We DO NOT INVOICE SCHOOLS for fees.

All Fees Payable to: [Ottawa Lions Track & Field](#)

MEET RULES

All Track & Field Events

- ★ Spiked Footwear - **Only “cone” spikes, 7mm maximum, will be allowed.** Please put the shortest spikes possible in your shoes. All spikes will be examined at the start line and if not approved, you may not be allowed to run. The track is the finest rubber and there is no rain in the Dome. We will also inspect footwear at the meet registration table. Replacement spikes will be available for sale and are the identical spikes required for the new Terry Fox Athletics Track. Cost is \$8 per set of spikes. All Ottawa schools should pay strict attention to this matter as there will be zero tolerance for non-compliant spikes in your athletes' footwear at all upcoming meets at Terry Fox Athletics Facility. Spikes will be available at the same cost at the Terry Fox Athletic Facility.
- ★ **Uniforms** - Schools should make every effort to compete in a school uniform. School Relay Teams should all wear identical tops.

Track Events

- ★ **For all Track events**, the general running order will be Girls (Midget, Junior, Senior) followed by Boys (Midget, Junior, Senior) unless otherwise indicated (Hurdles).
- ★ The Start - **The “No False Start Rule” is in effect all the time.**
- ★ **Events 200m and less - 4 Point Start is Mandatory**
No standing starts! The 4 pt start is easy to learn and minimizes false starting.
- ★ **400m** - Because the track has only 4 lanes, we may choose to conduct the race using a 1 command start with either a waterfall or box start. We have done this often before and it produces an excellent competitive spirit among the runners and very good results. We will place 6 to 8 runners in each section depending on age & gender.
- ★ **Starting blocks** will only be used for **100m & Sprint Hurdle events**. Depending on the entry numbers, we will limit the use of starting blocks to the senior age division
- ★ **Sprint Hurdle** events will be conducted according to OFSAA age class rules.
- ★ **300m Hurdles** (There will be no 400m Hurdles)
All 3 Divisions, including Senior, will run the 300m Hurdles with the hurdle heights according to OFSAA Rules for the respective division.
- ★ **Steeple Chase: (1500m):** There will be 4 steeple barriers per lap and no water jump. Barriers are set at the low height (30") for both open girls & open boys ... a good introduction to the event.

Field Events

- ★ **Long Jump / Triple Jump** - All competitors will be allowed **3 attempts**. The use of chalk marks and “masking tape” are NOT allowed on the runway. Duct tape, white adhesive tape and electrical tape are fine.
- ★ **Throws** - All competitors will be allowed **4 attempts**. Implement weight will be according to OFSAA Rules. Schools are encouraged to bring their own implements. We will provide the indoor shots.

MEASUREMENT PROTOCOLS

OPENING HEIGHTS and “MINIMUM DISTANCE” Standards

	All Girls	Mid/Jr Boys	Sr. Boys
High Jump - Opening	1.20 m by 5cm	1.40 m by 5cm	1.40 m by 5cm
Pole Vault - Opening	2.10 m by 10cm	2.40 m by 10cm	2.40 m by 10cm
Long Jump	3.75 m	4.75 m	5.25 m
Triple Jump	7.75 m	8.25 m	10.25 m
Shot	5.60 m	10.00 m	10.00 m
Discus	17.00 m	25.00 m	25.00 m
Javelin	18.00 m	27.00 m	27.00 m

All Throws, Long & Triple Jumps

The minimum distance in the Table must be exceeded to obtain an “official measurement”. For distances below the minimums, the athletes will be given a verbal “best estimate”.

Vertical Jumps (See Table above for Opening Heights)

POLE VAULT Athletes / **We are willing to host the Pole Vault in any of the 5 Dome Meets and will entertain requests from schools with Pole Vault programs.** This event does not appear in our meet schedules. Schools must supply their own poles / Bar Height increments of 10cm until 5 jumpers remain and then by 5cm *

HIGH JUMP Bar Height increments of 5cm until 5 jumpers remain and then by 3cm

Facility Rules

- ★ **NO FOOD** in the Dome (Other than in the designated area)
- ★ **NO Gum in the Dome.**

- ★ **No Spitting in the Dome.**
- ★ WATER is the only beverage / fluid allowed for consumption

The Web Site is: www.ottawalions.com
 The Email is: meetentry@ottawalions.com

Dome High School Track & Field Development Series Meet Schedules

Meet #1 - March 27 (Wednesday)

Track Events	1:00 pm Start (running order)
1500m Steeple	Open Girls then Open Boys
Hurdles	110mH - Sr. Boys followed by 100mH Jr. Boys then Mdg. Boys 100mH - Sr. Girls followed by 80mH - Jr. Girls then Mdg. Girls
100m	Girls then Boys
400m	Girls then Boys
1500m	Girls then Boys
4 x 100m Relay	Girls then Boys
Medley Relay	(400, 200, 200, 800) - Girls then Boys
Field Events	1:30 pm Start
Shot Put	Girls then Boys
High Jump	Girls then Boys
Triple Jump	Boys then Girls
Discus	Follows the Shot Put - Boys then Girls

Meet #2 - April 4 (Thursday)

Track Schedule	1:00 pm Start (running order)
300m Hurdles	Girls then Boys
100m	Girls then Boys
800m	Girls then Boys
3000m	Girls (Divisions may run together if numbers warrant)
3000m	Boys (Divisions may run together if numbers warrant)
4 x 100m Relay	Girls then Boys
4 x 400m Relay	Girls then Boys
Field Events - 1:30 pm Start	
Long Jump	Girls then Boys
High Jump	Boys then Girls
Javelin	Boys then Girls

Meet #3 - April 11 (Thursday)

Track Events	1:00 pm Start (running order)
1500m Steeple	Open Girls then Open Boys
Hurdles	110mH - Sr. Boys followed by 100mH Jr. Boys then Mdg. Boys 100mH - Sr. Girls followed by 80mH - Jr. Girls then Mdg. Girls
100m	Girls then Boys
400m	Girls then Boys
1500m	Girls then Boys
4 x 100m Relay	Girls then Boys
Medley Relay	(400, 200, 200, 800) - Girls then Boys
Field Events	1:30 pm Start
Shot Put	Girls then Boys
High Jump	Girls then Boys
Triple Jump	Boys then Girls
Discus	Follows the Shot Put - Boys then Girls

Meet #4 - April 18 (Thursday)

Track Events	1:00 pm Start (running order)
300m Hurdles	Girls then Boys
100m	Girls then Boys
800m	Girls then Boys
3000m	Girls (Divisions may run together if numbers warrant)
3000m	Boys (Divisions may run together if numbers warrant)
4 x 100m Relay	Girls then Boys
4 x 400m Relay	Girls then Boys
Field Events	1:30 pm Start
Long Jump	Girls then Boys
High Jump	Boys then Girls
Javelin	Boys then Girls

Meet #5 - April 25 (Thursday)

Track Events	1:00 pm Start (running order)
1500m Steeple	Open Girls then Open Boys
Hurdles	110mH - Sr. Boys followed by 100mH Jr. Boys then Mdg. Boys 100mH - Sr. Girls followed by 80mH - Jr. Girls then Mdg. Girls
100m	Girls then Boys
400m	Girls then Boys
1500m	Girls then Boys
4 x 100m Relay	Girls then Boys
Medley Relay	(400, 200, 200, 800) - Girls then Boys
Field Events	1:30 pm Start
Shot Put	Girls then Boys
High Jump	Girls then Boys
Triple Jump	Boys then Girls
Discus	Follows the Shot Put - Boys then Girls

Upcoming Outdoor Track & Field Meets at the Terry Fox Athletics Facility -

Thursday, May 2 - uOttawa High School Invitational

***Thursday, May 9 - National Capital High School
Classic***

FOR MORE INFORMATION

go to

www.ottawalions.com