



uOttawa High School Track & Field Invitational

Thursday, May 2nd, 2013

Terry Fox Athletic Facility, Mooney's Bay Park, Ottawa

10:30 am	Registration Opens - Team Packet Pick-Up & Pay Entry Fees
11:30	Track Events start
12:30 pm	Track Events start
6:00 pm	Estimated finish of meet

Five easy steps to participating in the meet

1. Send a Request for an Invitation to the meet.
 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: Request an Invitation

- ★ Send an email to meetentry@ottawalions.com with a "best guess" of your team size.
- ★ The "subject" line in your email should read "**School name - uOttawa Invitational!**"
- ★ We will send you a confirmation of acceptance for your team 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.

Requests for an Invitation will be accepted as of **Monday, March 4th**

- ★ Invitations are accepted on a "first come" basis until the meet is full. The meet has a maximum capacity of 600 athletes.
 - ★ If the meet is full, the school will be advised by email that it is on a waiting list or is refused entry.
-

Step 2: Receive your Meet Entry Files

- ★ Schools will receive an email by the Friday preceding the meet containing two entry files, each works with a

different entry system.

- ★ The email will contain instructions on using the different entry systems & completing your chosen entry file.
- ★ 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 individual entries, 2 relay teams per age group

Field Events: limit of 3 athletes in each event by gender and age group

- ★ Athletes must be entered by their "School Coaches" or a properly school appointed "Coach" .
- ★ Seed times may be included (see info below)
- ★ **\$4.00 per athlete per event entered. \$8 per relay team.**
- ★ **MAXIMUM FEE PER SCHOOL: \$350 or \$300 - school supplies a volunteer worker for the meet.**
- ★ **ALL Entries are to be sent as file attachments to: meetentry@ottawalions.com**
- ★ **Entry Deadline: Monday, April 29 @ 1:00 PM**
- ★ Coaches will receive confirmation 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 YOUR ENTRIES!**
- ★ 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 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.
- ★ **ONLY scratches sent by email before 4:00 pm the DAY BEFORE THE MEET** will not be included in the calculation of the school's final team fees.
- ★ No entries will be accepted on the day of the meet!

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

*** 10:30 am** Registration Desk Opens for Entry Fee Payment & Team Packet Pick-up

*** 11:30** Competition Starts

- ★ Entry fees are paid when the team arrives at the Terry Fox Athletic Facility on the day of the competition. Cheques, cash or credit card (**VISA or MasterCard** only) will be accepted. Receipts will be provided.
- ★ **All Fees Payable to: [Ottawa Lions Track & Field](#)**

Awards	The first three place finishers in all individual events & winning relay teams will receive excellent uOttawa Track & Field T-Shirts
Age Divisions	Midget / Junior / Senior / HS Open
Events	Age Divisions - Midget, Junior, Senior 100m, 400m, 1500m, Hurdles (80m, 100m, 110m, 300m, 400m), 4 x 100m Relay Field - High Jump, Long Jump, Shot Put, Discus, Javelin HS Open Events: 3000 meters (Girls & Boys), Medley Relay (Girls & Boys) order - 400-200-200-800
Entry Limits	Track Events - unlimited Relay Events - 2 Teams per age group per relay event. Field Events - 3 athletes per age group per event.
Seed Times	<ul style="list-style-type: none"> ★ Seed times will be accepted for all track events ★ Please (when possible) indicate a performance time that has been achieved in the 2013 outdoor season or indoors at one of our Dome Series meets. ★ Athletes with no seed times will be placed together as “unseeded”. ★ Instructions on providing seed times will be provided in the email. ★ Field events do NOT require a seed performance.
Uniforms	Please ensure all athletes compete in school team uniforms
Spikes in Footwear	Only cone shaped spikes, maximum length of 7mm, will be allowed. Spikes will be checked at the start line and at field event sites. The proper spikes will be available for sale at the front desk of the Terry Fox Facility at all times.
Check - In	Track Events: Athletes will report to their event start line areas when called, approximately 15 minutes prior to the start of the event. Field Events: Athletes report directly to their field event site 30 min. ahead of start time to determine their competition flight assignment. All warm-ups must be completed by scheduled start.
Implement Weigh-in	@ Registration up to 45 min. before start. Only certified Implements will be allowed in the competition
Results	Posted at the facility during the competition and posted on the web site. www.ottawalions.com - go to “Results and Rankings”

uOttawa High School Invitational

Thursday, May 2nd, 2013

Terry Fox Athletic Facility, Mooney's Bay Park, Ottawa

Track Events

(*We will run up to 30 minutes ahead of schedule if possible)

11:30	4 x 100 meter Relay Sections	MG followed by MB / JG by JB / SG by SB Schools - Please supply your own BATONS!
12:30	400m Sections (no blocks *4pt Start)	MG followed by MB (no starting blocks)
	400m Sections (no blocks *4pt Start)	JG followed by JB (no starting blocks)
	400m Sections (no blocks *4pt Start)	SG followed by SB
1:15	100m Heats (no blocks *4pt. Start)	MG, MB (8 Fastest Times to Final)
	100m Heats (no blocks *4pt. Start)	JG, JB (8 Fastest Times to Final)
	100m Heats (blocks allowed)	SG, SB (8 Fastest Times to Final)
2:15	1500m Sections	MG followed by MB
	1500m Sections	JG followed by JB
	1500m Sections	SG followed by SB
3:00	Sprint Hurdles (80m) Sections	MG, JG (30"/76cm)
	Sprint Hurdles (100m) Sections	SG, MB, JB (30"/76cm) (33"/84cm) (36"/91cm)
	Sprint Hurdles (110m) Sections	SB (36"/91cm)
3:45	100m Final (no blocks *4pt Start)	MG followed by MB
	100m Final (no blocks *4pt Start)	JG followed by JB
	100m Final (blocks allowed)	SG followed by SB
4:00	3000m	Open Girls
4:15	300m Hurdles Sections (no blocks)	MG + JG (30"/76cm)
	300m Hurdles Sections (no blocks)	MB + JB (33"/84cm) (36"/91cm)
	400m Hurdles Sections (blocks allowed)	SG + SB (30"/76cm) (36"/91cm)
5:00	3000m	Open Boys
5:20	Medley Relay (400,200,200,800)	Open Girls & Open Boys

Field Events:

12:30 pm	High Jump	All Boys / Starting Height of 1.40 + increments of 5cm *Results and awards will be separated by age groups
	Javelin	12:30 - MB / 1:15 - JB / 2:00 - SB (3 throws to all) 2:45 - MG / 3:30 - JG / 4:15 - SG
1:30 pm	Long Jump (2 Pits)	1:30 - MB / 2:30 - JB / 3:30 - SB (3 jumps to all) 1:30 - MG / 2:30 - JG / 3:30 - SG
	Discus	1:30 - MB / 2:15 - JB / 3:00 - SB (3 throws to all) 3:45 - MG / 4:30 - JG / 5:15 - SG
2:00 pm	Shot Put	2:00 - MG / 2:45 - JG / 3:15 - SG (3 throws to all) 3:45 - MB / 4:15 - JB / 4:45 - SB
	High Jump	All Girls / Starting Height of 1.20 + increments of 5cm *Results and awards will be separated by age groups

All Results @ www.ottawalions.com