

LOUIS-RIEL WINTER CHALLENGE



The indoor track season is right around the corner - It's time to take care of business!
Lace 'em up! ...your track spikes, not your boots!
Friday, February 17th

LR CHALLENGE QUICK INFO:

WHEN:
FRIDAY
FEBRUARY 17TH 2012

WHERE:
DÔME @ LOUIS-RIEL
 Perfect 400m Mondo Track.
 No rain, no wind, no excuses!

TIME:
11H00
 Dôme Opens &
 Team Packages Pick-up
11h50
 Start of the Meet
15h00
 Estimated Finish Time

MEET DIRECTOR:
SEB LALONDE

TIMING & RESULTS:
OTTAWA LIONS
TIMING CREW
 Accurate Timing & Results
 using technologies' best
 equipment.

Welcome the fourth annual Louis-Riel Winter Challenge. With two weeks to go before the Dome High School Meet Series, it's time to take care of business!

The Louis-Riel Winter Challenge is the ideal meet for athletes to evaluate their high school track objectives and reevaluate their fitness level. Furthermore, it gives you coaches, a chance to find hidden talent and evaluate your training programs for the upcoming season. Now is your chance to start building your T&F Team and get excited about Track & Field!

The Dôme @ Louis-Riel, offers the only 400m indoor track in North America. Perfect running conditions - no rain, no wind... ..no excuses!

*Entry form info:

As usual, we will be using the OTTL Timing Crew registration form. Everything is done via Microsoft Excel. You'll be able to do it from school and from home. Make sure to read the few instructions on top of the forms and you'll be a pro at it! Keep in mind that this will be the entry method for all high school track meets this season - and for the years to come.

May you have any question, email the Meet Director.

Q&A

Read carefully...

Who can enter?

Any student-athlete ranging from Grade 7th to Grade 12th.

Will my Grade 7 be running against Grade 12?

Of course not! For this meet, grades 7 and 8 will be entered as Midgets. We will do our very best to group the 7 and 8 together in heats.

Grades 7, 8: Intermediates

Grade 9 : Midgets

Grade 10: Juniors

Grade 11 & 12: Seniors

What are the schedule events?

For all age group, the schedule events will be:
60m - 300m - 600m - 1500m - 4x200m - 4x400m - Long
Jump - Shot Put*

*Please note that the 60m will have a preliminary and a final round. (Top 12 times per divisions will advance to finals. Slowest section (Final B) will go first, followed by the fastest (Final A).)

**Please note that all relay events may be mixed (gender and/or divisions).

(You can run a team composed of different genders and different age groups. Participation is key here - let the athletes run and have fun!)

How can I enter the meet?

Entries will only be accepted by email at seblalonde@rogers.com or sebastien.lalonde@cepeo.on.ca

You **must** use the proper registration form. (Excel Registration Form will be sent via email).

How much?

You decide. According to the entry deadline you get to choose!

1st deadline:

Monday, February 13th (17h00)

\$6.00/Athlete, \$1.00 per relay teams*

OR \$150.00 Team Max

*Relays: 2-for-1 (\$1.00 will get you two teams!)

2nd deadline:

Wednesday, February 15th (17h00)

\$6.00/Athlete, \$1.00 per relay teams

No Team Max

What if I have changes or scratches after I send my initial team roster?

Please notify the Meet Director as soon as possible for any changes. The meet will be seeded on February 16th at 12h00pm. Please note that you will not be reimbursed on the day of the Meet for your scratches if they are not submitted before February 16th (11h59am).

*Adds will be accepted on Meet Day only if there's an empty lane available. Be ready to pay the \$10.00 late fee.

How can I pay?

You will be able to pay on the day of the meet at the Registration Desk. Only cash or cheque will be accepted. (Make cheques payable to "E.S.P. Louis-Riel".)

**Other Important Info...****Uniforms**

Please ensure that all athletes compete in team uniform/colors. Matching tops are ideal.

Bibs

No bibs will be given. Hip/Heart Numbers will be distributed at the 600m and 1500m start lines only.

Check-In

All athletes must report to the check-in areas for their events. The check-in areas will be conducted at the start line of each events. Any athlete who forgets to show up could be eliminated from the event.

Results

Results will be posted at the facility during the competition. They will be posted online immediately after the completion of the last event on the meet's webpage. Coaches will also receive them by email.

Spikes

Spikes are allowed. However, they must be no more than 5mm.

PLEASE NOTE THE FOLLOWING:

Absolutely no food, no sport drink and no gum are allowed inside the Dôme. Any athlete who doesn't respect this will be asked to leave the area and will have his bib number taken. Coaches, no coffee inside either! Please also advise your parents!

ONLY WATER WILL BE ACCEPTED INSIDE THE DÔME!

**LOUIS-RIEL
WINTER
CHALLENGE****ROLLING SCHEDULE**

ORDER OF EVENTS:
IG, MG, JG, SG, IB, MB, JB, SB

Meet starts at 11h50

- 60m (Prelims)
- 60m (Finals - Top 12 athletes
per divisions advances)
- 600m
- 300m
- 1500m
- 4x200m
- 4x400m

A final schedule will be sent to all coaches on February 15th. It will include start times for all field events (Long Jump and Shot Put)

If possible, we will go up to 10min ahead of schedule. Make sure your athletes are warmed-up accordingly.