

SUPER SATURDAY

Invitational Athletics Series

Big TRACK Racing - “Le Dome @ Louis Riel”

We are now entering Season 6 of fast paced indoor track and field meets held at the largest indoor domed track & field facility in Canada. There is simply nothing like it.

Meet Entries: FORMAT CHANGE!! - TAKE NOTE

Coaches / Clubs / Schools / Individuals are required to email our Meet Management Team for an “**INVITATION**” to a specific Dome Meet or make a request to attend the “Series”. We will respond to you with a reply within 24 - 36 hours. For athletes traveling to Ottawa, we strongly encourage you make a request well in advance so you can confirm your travel plans. This request must be initiated at least 2 days prior to each meet. If an acceptance to the “Series” is granted to a group or individual ... no further requests will be required to participate in the 2010 - 2011 Series. Ottawa Lions / uOttawa Athletes do not require an invitation.

TO REQUEST AN INVITATION - EMAIL [“INFO@OTTAWALIONS.COM”](mailto:INFO@OTTAWALIONS.COM)

Entry Process:

Invited groups or individuals enter the meet on the day of the competition. Entry must be completed by 12:00 NOON. Registration opens at 10:00 am at the Dome.

Ability Levels: Meet Entry is open to all invited ages and ability levels. Track events are grouped by ability levels rather than age / gender.
Track events are conducted with the FASTEST seeds first!

Foot Wear: Track spikes are limited to 7MM Length spikes. NO EXCEPTIONS
If you are not in compliance, you must wear normal running shoes.

Entry Fees: **Invited Guests:** \$10 per event to a Team or Club Maximum - \$250
We strongly encourage groups of 10 or more athletes to please contact us in advance (2 days prior to a meet) for an organized advance entry. This will make your entry very simple on the day. Final adjustments (adds / scratches) can be made on meet day. Relay Team entries are free.

Ottawa Lions Athletes:
\$5.00 for a 3 event maximum. Relay Team entry free.

Meet Schedule Information

December 18 Saturday “Home for the Holidays” Special

Registration **10 am to 12 NOON** - Groups should enter in advance to avoid line-ups

Field Events **11:30 am** Start - field events will NOT start ahead of time. Male & Female athletes are combined unless other wise indicated.

Track Events **11:00 am** Start - the indicated race times “may” start up to 30 minutes ahead of the posted time once the track meet begins. Arrive early and be prepared.

Field	11:30	High Jump “Low Bar 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)
	11:30	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.
	1:00	Long Jump / Triple Jump - 4 jump maximum Athletes MUST select only one event - you cannot jump in both events. Jumping on both runways is conducted at the same time.
	1:00	Pole Vault - 2.16m Opening Height for Males and Females Warm-ups will also be provided at bar heights of 3.00m & 4.00m
	1:00	High Jump “High Bar Group” - 1.46m - Opening Height for Males / Females. The bar advances by 5cm increments.
Track	11:00	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
	12:00	600m (sections)
	12:20	60m Hurdles (U16, U18-Youth, U20-Junior, Open Specs) Finals will be conducted if entries in a category exceed 12 - immediately after all heats.
	12:45	150m (sections) ... 150m Sprint - not 1500m!
	1:10	1500m (sections)
	1:35	300m (sections)
	2:00	1000m (sections)
	2:20	4 x 400m Relays

January 15 Saturday

Registration 10 am to 12 NOON - Groups should enter in advance to avoid line-ups

Field Events 11:30 am Start - field events will NOT start ahead of time. Male & Female athletes are combined unless other wise indicated.

Track Events 11:30 am Start - the indicated race times "may" start up to 30 minutes ahead of the posted time once the track meet begins. Arrive early and be prepared.

Field	11:30	High Jump "Low Bar Group" - 1.16m Opening Height for Males & Females. The bar STOPS @ 1.70 Maximum. The Bar advances by 5cm increments. (+1.55 Jumpers are advised to enter the High Jump "High Bar" Event)
	11:30	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.
	1:30	Long Jump / Triple Jump - 4 jump maximum Athletes MUST select only one event - you cannot jump in both events. Jumping on both runways is conducted at the same time.
	1:30	Pole Vault - 2.16m Opening Height for Males and Females Warm-ups will also be provided at bar heights of 3.00m & 4.00m
	1:30	High Jump "High Bar Group" - 1.46m - Opening Height for Males / Females. The bar advances by 5cm increments.
Track	11:30	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
	12:30	600m (sections)
	12:50	60m Hurdles (U16, U18-Youth, U20-Junior, Open Specs) Finals will be conducted if entries in a category exceed 8 - immediately after all heats.
	1:20	150m (sections) ... 150m Sprint - not 1500m!
	1:50	1500m (sections)
	2:15	300m (sections)
	2:45	1000m (sections)
	3:00	4 x 200m Relays
	3:15	4 x 400m Relays

February 12

uOttawa Winter National Capital Invitational

ADVANCED Meet Process with 2 Divisions of Entry

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

Field Events Start @ 10 am / Track Events Start @ 11 am

www.ottawalions.com for meet information

Friday Evening - Feb. 11 (4x800m Relays ONLY)

March 5 Saturday There are 2 Meet Event Start Times

1. 9:00 am U15 Years of Age Athletes - Quadrathlon (2 Runs / 1 Jump / 1 Throw). (Ages 8 - min. to 14 years max). * Email us @ ottl@bellnet.ca if you have interest in participating. We will notify you of the specific events.
2. 11:30 am Super Saturday Open - All other Age Groups

Registration 8:00 am for the Youth Quadrathlon

10 am to 12 NOON - Open Meet - Groups should enter in advance to avoid line-ups

Field Events 11:30 am Start - field events will NOT start ahead of time. Male & Female athletes are combined unless other wise indicated.

Track Events 11:30 am Start - the indicated race times "may" start up to 30 minutes ahead of the posted time once the track meet begins. Arrive early and be prepared.

Field	11:30	High Jump "Low Bar 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)
	11:30	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.
	1:00	Long Jump / Triple Jump - 4 jump maximum Athletes MUST select only one event - you cannot jump in both events. Jumping is conducted on both runways at the same time.
	1:00	Pole Vault - 2.16m Opening Height for Males and Females Warm-ups will also be provided at bar heights of 3.00m & 4.00m
	1:00	High Jump "High Bar Group" - 1.46m - Opening Height for Males /

Females. The bar advances by 5cm increments.

Track	11:30	100m (fastest seeds first) * Your First 100m Event in Canada for 2011! 12 fastest Males + 12 fastest Females will advance to a Final
	12:00	800m (sections) ** uOttawa 4 x 800m CIS Relay Challenge
	12:30	100m FINALS
	12:50	60m Hurdles (U16, U18-Youth, U20-Junior, Open Specs) Finals will be conducted if entries in a category exceed 8 - immediately after all heats.
	1:15	1500m (sections)
	1:40	200m (sections) ** uOttawa 4 x 200m CIS Relay Challenge
	2:10	3000m (sections)
	2:25	400m (sections) ** uOttawa 4 x 400m CIS Relay Challenge

End of the Dome Super Saturday Competitions

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

