

University of Ottawa & Ottawa Lions

present the 6th Annual

uOttawa 2012 WinterNational

Invitational

Saturday, February 11th

Location: The Dome @ Louis-Riel
A 400m Indoor Mondo Rubber Competition Track & Soccer Facility with full field event facilities and pro-turf grass infield. Located on the campus of The Louis Riel School at 1659 Bearbrook Road in Blackburn Hamlet (Ottawa East). www.ottawalions.com and click on the DOME for driving directions.

Divisions: **University & Open**
Events: 60m, 60mH, 300m, 600m, 1000m, 1500m, 3000m
4 x 200m, 4 x 400m, **** 4 x 800m** / PV, HJ, LJ, ****TJ**, SP, Weight Throw
**** We will host the 4 x 800m Relay on Friday evening - Feb. 10th @ 8:30 pm**
**** Long Jump & Triple Jump events are LIMITED to 4 Jumps ONLY**

Youth - U18 : (Born 1995 & Younger)
Events: 60m, 60mH, 300m, 600m, 1000m, 1500m, 3000m, PV, HJ, LJ, SP
4 x 200m, 4 x 400m Relays (U18 Hurdles are the IAAF Youth Standards)
**** Long Jump event is LIMITED to 4 Jumps ONLY**

Entry: Contact us in advance to request a group or individual entry invitation.
meetentry@ottawalions.com

Deadline for Entries = Thursday, February 9th - 8:00 pm (est)

Email entry protocols Only - see details below

NO ENTRIES ON THE DAY OF THE COMPETITION

Fees: University & Open \$12 per event / \$20 per Relay
University Teams - \$250 Maximum Per Team (by Gender) or \$400.00 Entry Fee
Team Maximum (University Teams, High Schools and Clubs).
Go to www.ottawalions.com for entry information, hy-tek Team Manager Events File and other details. All Fees are payable on arrival to: Ottawa Lions TFC. (Cash / Cheque / C.Card)

Youth U18 Division \$10 per event / Relay Events are **"FREE"**.

Accommodations: Call or email us for suggestions.

Competition Andy McInnis - Meet Director
Information: Email: meetentry@ottawalions.com
 Tel: (613) 830-1993 (ext. 225)

REGISTRATION DEADLINE

DEADLINE: Thursday, February 9th at 8:00 pm

EMAIL: Choose 2 ways -

Choose Hy-Tek Team Manager or Team Manger Lite entry process.

Down load the "Meet Events" File from our Meet Information Web Site and import it into your Team Manager Software. Complete your entries and email us the meet entry export file. Ottl@bellnet.ca

Choose the MS Word Entry Form Documents that can be completed online and then saved to your computer and then sent as an attached file by email to meetentry@ottawalions.com You must use the correct entry forms. Do not save the entry form document until you have fully completed it.

Email steps for Word Document Forms:

1. Open the MS World entry form for the appropriate age and gender and fully complete the form. Choose the format (PDF File or MS Word) that works with your computer's word processing software.
2. As each form is completed go to "File" in the top left of the screen and select "Save". The entry form files will generally be saved under the folder of "My Documents".
3. Then open up your email services and create an email to meetentry@ottawalions.com

Title the email as " Meet Entries" and go to "Insert" ... then go to the folder where you have saved all the entry forms and attach each entry form file to the email. Once this has been completed ... go to "SEND". We will send you an email confirmation that the entries have been received ... within 12 hours or sooner. If you do not get a confirmation email or are have trouble with the forms Call us at 613-830-1993 Ext. 225.

Attention: We will host a "special event program" on Friday, February 10th at 8:30 pm for the OPEN 4 x 800m Relay (Men / Women) for CIS qualification purposes. Contact the Meet Director by Monday, February 7th to declare interest to participate.

Meet Schedule - Saturday, Feb. 11th

Track Events		Field Events	
11:00	60m Hurdles - Section Finals Youth U18 - M/F (Youth Hurdle Standards)	11:30	Long Jump - Youth U18 followed by Uni & Open M ** Limited to 4 jumps
11:15	60m Hurdles Qualifying - Uni / Open F / M top 12 - Males / 12 Females Advance to Finals	11:30	Shot Put Youth U18 M & Uni/Open M Combined
11:45	1000m - Finals - Uni / Open M / F 1000m - Finals - Youth U18 - M / F	12:00	Pole Vault Youth U18 F & Uni/Open F Combined
12:15	600m - Finals - Uni / Open M / F 600m - Finals - Youth U18 - M / F	12:00	High Jump Youth U18 M & Uni/Open M Combined
12:40	60m Qualifying - Youth U18 - M / F top 12 Males & 12 Females advance to finals	12:30	Shot Put Youth U18 F & Uni / Open F Combined
1:00	60m Qualifying - Uni / Open M / F top 12 males & 12 females advance to 2 sec. finals	1:00	Long Jump - Youth U18 F followed by Uni & Open F ** Limited to 4 jumps
1:30	3000m - Youth U18 - M / F	1:30	High Jump Youth U18 F & Uni / Open F Combined
1:45	60m Hurdles - Final - Uni / Open M / F	2:00	Pole Vault Youth U18 M & Uni / Open M Combined
2:05	3000m - Uni / Open - M / F	2:30	Triple Jump - Uni & Open M / F (Combined) ** Limited to 4 Jumps
2:30	60m Finals - Youth U18 - M / F	<p>All Results</p> <p>www.ottawalions.com</p>	
2:45	60m - Finals - Uni / Open M / F		
3:05	300m - Finals - Youth U18 - M / F 300m - Finals - Uni / Open M / F		
3:40	1500m - Finals - Uni / Open M / F 1500m - Finals - Youth U18 - M / F		
	TRACK BREAK - 20 MINUTES		
	4 x 200m Relays - Youth U18 - M / F 4 x 200m Relays - Uni / Open M / F		
	4 x 400m Relays - Youth U18 - M / F 4 x 400m Relays - Uni / Open M / F		