

mbna. Presents the (5th Annual)
Eastern Ontario Elementary Schools
Track & Field
Championships

Saturday, June 11

The Terry Fox Athletics Facility
Mooney's Bay Park, Ottawa

mbna.



Over \$20,000 in Prizes awarded

mbna / Ottawa Lions Track & Field Club / The City of Ottawa

We are proud to present the Eastern Ontario Elementary Schools Track & Field Championships. This is an "OPEN ENTRY" Championship. This means that any school boards listed below and any of the students of those school boards can enter this broad area championship.

This opportunity brings together the best young elementary school aged children from School Boards representing Ottawa and all of Eastern Ontario.

For ALL MEET ENTRY INFO GO TO:
www.ottawalions.com

ALL ENTRIES ARE ACCEPTED from the following Elementary School Boards:

Ottawa-Carleton District School Board
Ottawa-Carleton Catholic School Board
Conseil des écoles publiques de l'Est de l'Ontario
Conseil des écoles catholiques de langue française du Centre-Est
Conseil scolaire de district catholique de l'Est ontarien
Catholic District School Board of Eastern Ontario
The Limestone District School Board
Renfrew County District School Board
Renfrew County Catholic District School Board
Upper Canada District School Board
Algonquin & Lakeshore Catholic District School Board

The Prizes **Shirts for everyone, great medals and over \$20,000 in student scholarship and coaching education opportunities.**

All Entries: Every athlete will receive a Championship T-Shirt.

Individual Winners: Each Individual Event Winner in all Age Groups (both boys & girls) will receive a Scholarship **to an Ottawa Lions Track & Field Club Program**. Each winner in the boys and girls 12 & 13 year divisions will also be given the **opportunity to train and attend** the Ontario U14 Championships in Toronto - July 23 & 24. Travel and accommodation arrangements would be organized by the Ottawa Lions.

Should an athlete not be able to attend any of the programs offered, the athlete may choose to donate this award to another athlete from their own school.

Athletes that have been or are currently in a program of the Ottawa Lions Track & Field Club (within 1 year) are NOT eligible to receive program scholarships but are eligible to win medals.

Top 3 Places: **Championship Final Medals** to the top 3 place finishers (boys & girls) in each individual event.

The Relays: **All Champions Final Medals** to each member of the top 3 teams in all classes.

The Best School: The "**All Champions Best School Plaque**" to remain with the school and the bragging rights for one year. **Two program memberships** (1 male / 1 female) to the Ottawa Lions Programs to be selected by the coach or principal. A coach from that school will receive free entry to any upcoming **Ottawa Coaching Certification Weekends for the upcoming year until the next championship.**

School Scoring: "**Best School**" is awarded to the highest point total combining all points earned from both and girls individual event and relay scores combined ALL the age groups entered. It is a bit of a "chess match". Individual Events Scoring to 10th place (1st = 15pts, 12, 10, 8, 6, 5, 4, 3, 2, 1).

Relays are scored to 8th place (1st = 10pts, 8, 6, 5, 4, 3, 2, 1)

The Events

Age Groups and Events

The Athlete ages for the Divisions is the age of the child as of December 31 of each year

10 Years (Birth Year of 2001) Boys & Girls Divisions
100m, 200m, 800m, Long Jump, Softball Throw, 4 x 100m Relay

11 Years (Birth year of 2000) Boys & Girls Divisions
100m, 200m, 800m, 1500m, Long Jump, Softball Throw, 4 x 100m Relay

12 Years (Birth year of 1999) Boys & Girls Divisions
100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Softball Throw, 4 x 100m Relay

13 Years (Birth year of 1997 & 1998 in Gr. 8) Boys & Girls Divisions
100m, 200m, 400m, 800m, 1500m, * 60m Hurdles,
Long Jump, Triple Jump, High Jump, Softball Throw, 4 x 100m Relay

Open Medley Relay (Birth year 2000 to 1997) Boys & Girls Events
Running order of the relay is 400m-200m-200m-800m. Any combination of the above birth years can be blended together in forming a team. No coed teams are allowed and all athletes must be from the same school.

* **60m Hurdles** (This is a New Event for 2011) - Start is 11m to Hurdle 1 and then 4 hurdles with 7m between. Barrier Height is 30" or 76cm for both boys and girls.

Individual Entry & School Team Entry Rules

Individual Athlete Entry

1. Athletes can be entered as an individual entry by a parent, coach or teacher.
2. Athletes entered in the individual event category **MUST** still represent their school and the school must be listed on the entry form.
3. Athletes can participate in a maximum of 2 individual events.
4. Athletes are eligible for all awards and prizes.
5. Athletes **MUST** compete in their appropriate age group for all individual events and cannot move up an age category to compete in another event(s).
6. Athletes cannot score as a part of a school team or be a member of a relay team.

School Entry

1. School Entry Team Maximum - Each School entry has a total of 20 Individual Event Entries

Each invited school is allowed to enter a "MAXIMUM OF 20 INDIVIDUAL EVENT ENTRIES"

20 Entries = The SUM of all INDIVIDUAL ENTRIES of a School. The total combines all age groups and all boys and girls. Relay Team Entries are NOT considered part of the school's 20 entries total. How a school chooses to reach its 20 individual entry total is up to the coach. It can be any combination of boys and girls and age groups that equals 20 individual event entries. Relay teams can be made of athletes that are only running relay events to involve more students in the school. That is the teacher / coaches choice. **Athletes only running on relay teams must be listed on the school team entry form to be allowed to run and receive a championship t-shirt.**

2. Athlete Event Maximum of 2 Individual Event Entries per athlete. * Not Including Relay Teams

Athletes **MUST** compete in their proper age group division and **CANNOT** compete in a higher age grouping in any individual events. It will be the decision of the coach of a school to determine the placement of the 20 entries and strategies for event participation. **Birth Year** is the deciding factor of age division and not the current age of the athlete on the day of the competition.

Participation in all "Relay Events" is **NOT** considered to be part of the 2 individual event maximum. Athletes **MAY** move up in an age group to be part of a relay team. Athletes **CANNOT** be a member of 2 teams in the same relay event. Example: Athletes cannot participate on both the 4 x 100m Relay 11yr. Boys and the 13yr Boys 4 x 100m Relay. However, athletes can run on a 4 x 100m Team and then again on an Open Medley Team.

3. Exceptions to the 20 Event Maximum - Relay Teams

All Relay Team may include athletes that are only used to participate in a relay. Athletes who will participate only in relay events or act as a potential substitute must be included on the entry form by the school and will receive a t-shirt. Schools will be allowed to enter only one team in each relay event.

Technical Rules

Track Events

No Track Running Spikes Allowed. No Starting Blocks will be used.
If you wear running spikes, you **MUST REMOVE** the spikes from the shoes.
Relay batons will be supplied by the Championship Organizers.

Field Events

No Running or Jumping Spikes Allowed.
Long & Triple Jump - 3 attempts allowed.
Throws - 4 attempts allowed.

HOW DO I ENTER THE MEET?

Meet Entry Protocols - 4 Methods

All methods of entry require payment to be made at the time of entry. There are NO payments to be made on the day of the competition.

1. Mail Your Entries:

Received by **MONDAY, MAY 30th ** Post-marked by May 25.** We strongly advise teachers and parents to use the electronic format below to enter the meet. We will not be able to respond to "the entry is the mail". If you enter by mail - please check our web site for your entry to confirm that it has been received. Do not send cash in the mail - payment to be made by cheque or money order (payable to Ottawa Lions)

2. Entries via Email:

Received by **MONDAY, JUNE 6th - 8:00 pm** with payment made via credit card on the entry form. **SEND** all entry forms as an email attachment to:

meetentry@ottawalions.com

3. Personal Deliver of your Entries to us at the Terry Fox Track - Mooney's Bay Park. Deliver In person to the Main Administration Building on WEEKDAYS (7:30 am to 8:00pm). Deliveries will be accepted starting Monday, May 23 and continue to Tuesday, June 7th at 8pm. Payment by credit card or cheque or cash.

4. PERSONAL ENTRY IMMEDIATELY at our MBNA Bank of America Championship Booth at the Terry Fox Track. At most elementary school boards hosted at the Terry Fox Athletic Facility at Mooney's Bay, we will have a Championship Information Booth. Payment by credit card, cheque or cash.

FOR YOUR CHAMPIONSHIP ENTRY FORMS

General Information & Meet Schedule go to

www.OttawaLions.com

meetentry@ottawalions.com

Still cannot find out what you need - CALL US - (613) 247-4886

Entry Fees

Payable by Cheque, Credit Card or Cash

Fees are payable to the Ottawa Lions. All Fees must accompany all meet entries.

Entry Option - School Teams

\$150.00

School Team Entry with up to the 20 Events Per School Entry Maximum & Relay Teams in all age groupings. The Entries must be completed by the Teacher / Coach. The choice of age groups of the athletes are up to the School Coach. Remember - Relay Team entry is considered "in addition" to the individual 20 individual entry maximum. Relay Entry Fees are considered part of the above entry fee. Athletes running only relays must be listed on the team entry forms in the appropriate age group.

Entry Option - Individual Athlete Entry

\$20.00

Select "Option 2" for "Individual Athlete Event Entry". Athletes choosing this option are eligible for all individual awards. The two (2) event maximum per athlete is allowed. Athletes using this option must be processed separately - One form for each athlete. Athletes choosing this option **CANNOT** enter a relay team and **CANNOT** be a part of a relay team and **CANNOT** be scored in the "Best School Award".

Parents are strongly encouraged to work with teachers, principals at their school whenever possible. Parents should also inquire with your principle about the potential of organizing school team participation. Perhaps a parent or group of parents, with permission from the school, could become the school coach(s) and choose the School / Team Entry Option. We realize that track & field programs are not available at all schools and some staff / teachers cannot attend events hosted on a weekend date ... that is why we have and do encourage the flexibility of allowing the Individual Entry Option.

“All Championship Final” Meet Entries

www.ottawalions.com

Final Entries List posted Monday, June 6th @ 9:00 am and updated daily.
Coaches and Parents please email us any corrections up to
June 10th @ 4:00 pm

SORRY - ABSOLUTELY NO MEET ENTRY “ON THE DAY”

The image shows the logo for mbna, consisting of the lowercase letters 'mbna' in a bold, blue, sans-serif font. A small registered trademark symbol (®) is located at the bottom right of the letter 'a'.