

4th Annual
Ottawa & Region Elementary
Schools Track & Field

Open All-Champions
Final

*** Presented by MBNA Bank of America ***

Saturday, June 26

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

mbna

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OTTAWA
LIONS

Athletics - Athlétisme

Excellence since / depuis 1973

 **Ottawa**

Over \$20,000 in Prizes awarded

We are proud to present the Elementary Schools “All Champions Final” bringing together the best elementary school aged athletes from School Boards representing Ottawa and its surrounding Regions.

For ALL MEET ENTRY INFO: 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

The Prizes **Over \$20,000 in Program Scholarship Prizes**

All Entries: Every athlete will receive an “All Champions Final” T-Shirt

Individual Winners: Each Individual Event Winner in all Age Groups (both boys & girls) will receive a Scholarship **to the Ottawa Lions Programs**. Each winner in the boys and girls 12 & 13 year divisions will also be given the **opportunity to attend** the Ontario U14 Championships in London, ON - July 23 to 25.

Should an athlete not be able to attend any of the programs, 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.

Top 3 Places: **All Champions Final Medals** to the top 3 place finishers (boys & girls) in each and every 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 Weekend**.

School Scoring: **“Best School”** is awarded to the highest point total combining all earned points from both and girls and from all age groups and relays.
Individual Events Scoring to 10th place (1st = 15pts, 12, 10, 8, 6, 5, 4, 3, 2, 1).
Relays to 8th place (1st = 10pts, 8, 6, 5, 4, 3, 2, 1)

The Events

Age Groups and Events

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

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

12 Years (Birth year of 1998) Boys & Girls Divisions
100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, 4 x 100m Relay

13 Years (Birth year of 1996 & 1997 in Gr. 8) Boys & Girls Divisions
100m, 200m, 400m, 800m, 1500m, Long Jump, Triple Jump, High Jump,
4 x 100m Relay

Open Medley Relay (Birth 2000 to 1996) Boys & Girls Events
Running order of 400m + 200m + 200m + 800m. Any combination of the above birth years can be blended together in forming a team.

All must be from the same school.

Individual Entry & Team Entry Rules

Individual Athlete Entry

- 1. Athletes can be entered as individual by parents, coaches or teachers.**
- 2. Athletes entered in the individual category must still represent their school.**
- 3. Athletes can participate in a 2 event entry maximum.**
- 4. Athletes are eligible for all awards and prizes.**
- 5. Athletes cannot participate in school team scoring or as part of a relay.**

School Entry

1. School Maximum of 20 Individual Event Entries

Each invited school is allowed to enter a “MAXIMUM OF 20 INDIVIDUAL EVENTS”

20 Entries = The SUM of all ENTRIES of a School. This combines all age groups and all boys & girls age groups. Relay Team Entries are NOT considered part of the school’s 20 entries total.

2. Athlete Event Maximum of 2 Individual Event Entries per athlete.

*** Not Including School 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 (i.e. You cannot participate on both the 4 x 100m Relay 11yr. Boys and the 13yr Boys 4 x 100m Relay). Athletes can run on a 4 x 100m Team and 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. Schools will be allowed 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

Long & Triple Jump - 3 attempts allowed.
Throws - 4 attempts allowed.

Meet Entry Protocols

Mail Your Entries: Received by - June 21 ** Post-marked by June 14

Entries via Email: Tuesday, June 22nd - 8:00 pm with credit card payment

Deliver your Entries On-Site to the Terry Fox Track - Mooney's Bay Park:

Deliver In person - Deliveries will be accepted starting June 16 and continue to Wednesday, June 23rd at 8pm.

Please call (613) 247- 4886 for the hours of delivery.

FOR YOUR CHAMPIONSHIP ENTRY FORMS

General Information & Schedule

www.OttawaLions.com

ottl@bellnet.ca

Entry Fees

Payable by Cheque, Credit Card or Cash

Fees are payable to the Ottawa Lions T.F. Club. Fees must accompany entry.

Entry Option - School Teams

\$150.00

School Team Entry with up to the 20 Events Per School Entry Maximum & Relay Team 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.

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. Athlete 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 and their school programs whenever possible. We realize that track & field programs are not available at all schools and that is why we have the Individual Entry Option.

"All Championship Final" Meet Entries

Entries Posted on the web site starting Wed. June 23

www.ottawalions.com

Final Entries List posted Friday, June 25th @ 9:00 am

Coaches / Parents please email us any corrections up to June 25th @ 6:00 pm

NO ENTRY "ON THE DAY"

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