

# SUPER SATURDAY

## Invitational Athletics Series

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Big TRACK Racing @ Dome @ Louis Riel  
brought to you by uOttawa

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We are now entering Season 7 of our fast paced indoor track and field meets held at the largest indoor track & field facility in Canada. There is simply nothing like it.

### Meet Entries:

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

### Entry Process:

**Team, 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 - \$300 (men / women combined). We strongly encourage groups of 10 or more athletes to contact us in advance (at least 2 days prior to a meet) for a more organized advance entry. This will make your entry very simple on the day. Final adjustments (adds / scratches) can be made on meet day. All Relay Team entries are free.

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

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# Meet Schedule Information

## Saturday, December 17 “Home for the Holidays” Special

<b>Registration</b>	<b>10 am to 12 NOON</b> - Larger groups should enter in advance to avoid line-ups
<b>Field Events</b>	<b>12:30 pm</b> Start - field events will NOT start ahead of time. Male & Female athletes are combined unless other wise indicated.
<b>Track Events</b>	<b>11:30 am</b> 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	12:30 <b>High Jump “Low Bar Group”</b> - 1.16m Opening Height for Males & Females. <b>The bar STOPS @ 1.70 unless</b> permission to continue is issued. The Bar advances by 5cm increments.(+1.55 Jumpers are advised to enter the High Jump “High Bar” Event)
	12:30 <b>Shot Put</b> - 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 <b>Long Jump followed by Triple Jump</b> - 4 jump maximum. Athletes MUST select only one horizontal jump event - you cannot jump in both events. - Triple Jump will follow the conclusion of Long Jump. .
	1:30 <b>High Jump “High Bar Group”</b> - 1.46m - Opening Height for Males / Females. The bar advances by 5cm increments.
	2:00 <b>Pole Vault</b> - 2.26m Opening Height for Males and Females. Warm-ups will also be provided at bar heights of 3.00m & 4.00m
Track	11:30 <b>60m Heats</b> (fastest seeds first) 12 fastest Males + 12 fastest Females advance to a 2 section Final <b>60m Finals</b> will follow the Heats - Male Finals followed by Female Finals
	12:20 <b>1000m</b> (sections)
	12:45 <b>60m Hurdles</b> (U16, U18-Youth, U20-Junior, Open Specs ) Finals will be conducted if entries in a category exceed 10 - immediately after all heats.
	1:15 <b>150m</b> (sections) - Blocks for the first 10 heats - NO Run-outs
	1:45 <b>300m</b> (sections) - Blocks for the first 10 heats - NO Run-outs
	2:15 <b>600m</b> (sections)
	2:40 <b>1500m</b> (sections)
	3:10 4 x 200m Relays followed by
	3:25 4 x 400m Relays

# Meet Schedule Information

## Saturday, January 14, 2012

### Registration 10 am to 12 NOON

Groups should enter in advance to avoid line-ups

**Field Events 12:00 pm** 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
- 12:00 **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. (All weights are available)
- 1:00 **Long Jump followed by Triple Jump** - 4 jump maximum. Athletes MUST select only ONE EVENT - you cannot jump in both LJ & TJ.  
Triple Jump will follow the conclusion of Long Jump.
- 1:00 **Pole Vault** - 2.16m Opening Height for Males and Females  
10 min. Warm-ups will also be provided at bar heights of 3.00m & 4.00m
- 1:30 **High Jump "Low Bar Group"** - 1.16m Opening Height for Males & Females.  
**This bar STOPS @ 1.70 Maximum.** The Bar advances by 5cm increments.  
(+1.55 Jumpers are advised to enter the High Jump "High Bar" Event)
- 2:30 **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) followed by FINALS  
18 fastest Males + 18 fastest Females advance to 3 section Finals  
60m Finals will follow the Heats - Female Finals followed by Male Finals
- 12:20 1000m (sections)
- 12:45 150m (sections) \* Blocks for the first 10 heats \* No run-outs
- 1:20 60m Hurdles (Order - OM, JM, YM, OW, MB, YW, MG Specifications)  
Finals will be conducted if entries in a category exceeds 6 - immediately after all sections first run.
- 2:00 300m (sections) \* Blocks for the first 10 heats \* No run-outs
- 2:30 600m (sections)
- 2:50 1500m (sections)
- 3:20 3000m (sections)
- 3:45 4 x 200m Relays
- 4:00 4 x 400m Relays

# Saturday, February 11

## uOttawa Winter National Capital Invitational

### ADVANCED Meet Entry Process with 2 Age Divisions

1. University & Open Ages

2. Under 18 (Youth) Ages

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

[www.ottawalions.com](http://www.ottawalions.com) for meet information

Friday Evening - Feb. 10 (4x800m Relays ONLY) by REQUEST

## Meet Schedule Information

### Saturday, March 3

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

**Field Events**      **12:00 pm** Start - field events will NOT start ahead of time. Male & Female athletes are combined unless otherwise 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                      1:00      **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)

1:00      **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 followed Triple Jump** - 4 jump maximum  
Athletes MUST select only one event - you cannot jump in both events.  
Triple Jump will follow the conclusion of Long Jump.

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

2:00      **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 2012!  
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!**

