

RAVEN U-SPORT LAST CHANCE INVITATIONAL

Saturday, February 17th

Meet Entry Info: [MEETENTRY @OTTAWALIONS.COM](mailto:MEETENTRY@OTTAWALIONS.COM)

AGE DIVISIONS Meet Entry has 2 Divisions

U16 DIVISION ages born in 2003 (15 yrs and Younger)
Event Schedule 10 AM to 12 PM

OPEN DIVISION ages 16 years and older born 2002
Event Schedule 12 PM to 4 PM

MEET ENTRY Process:

ONLINE ADVANCED ENTRY

1. School Teams can request an Events File for Hy-Tek Team Manager. Files are to sent in by Thursday, Feb. 15th – 10pm – meetentry@ottawalions.com
2. EVERYONE ELSE - ONLINE @ TRACKIE.COM - Go to TRACKIE-REG ... Go to "FIND EVENT" ... find our Meet and enter the meet. Pay for entry fees online. Ottawa Lions Athletes pay a preferred fee.

Entry to each meet will open 10 days before the competition date and close by the Thursday evening – Feb. 15th - 11:59 PM on the week of the Meet – Ottawa Time.

Each Meet will have event entry quota limit. Entries will stop once the entry threshold limit is reached. At this point you will need to email meetentry@ottawalions.com to see if you can still enter the event by a request. The past meet was sold-out in all the track running events offered.

ENTRY ON THE DAY of the competition are **NOT ACCEPTED**.

Entry Fees: ONLINE ENTRY

U16 Events \$10 per person – 3 event maximum

Open Events \$15 per person per event

Ottawa Lions Athlete Meet Entry Fees

2:00 **Simultaneous Horizontal Jumps** Competition split by Gender
Long Jump – 4 jump maximum. (Male followed by Female)
Triple Jump – 4 jump maximum (Female followed by Male)

OPEN DIVISION
Track Events

11:00 AM – Athletes can move all gear on to All 3 inner turf fields. Please conduct the majority warm-ups on the grass fields. Spikes can be worn on turf. Shot Put and Weight Throw will be conducted on the turf fields.

TRACK COMPETITION BEGINS – 12:30 PM - RUNNING ORDER LISTED BELOW – FINAL MEET SCHEDULE WILL BE POSTED on FRIDAY, FEB 16TH

12:30 PM Track Events

1000m – Section Finals – Women / Men

60m Hurdles Qualifying – Women / Men top 12 advance to 2 sec. finals

60m Qualifying – Women / Men top 12 advance to 2 sec. finals

600m – Section Finals – Women / Men

60m Hurdles – Finals – Women / Men

60m - Finals – Women / Men

3000m – Women & Men

300m – Section Finals – Women / Men
** First 3 Heats in each Gender will have the option of starting blocks ** NO RUN-OUTS allowed

1500m – Section Finals – Women / Men

4 x 200m Relays – Women / Men

4 x 400m Relays – Women / Men