

# RAVEN U-SPORT LAST CHANCE INVITATIONAL

## Saturday, February 17<sup>th</sup>

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

Ages 16 years and older born 2002 Event Schedule 12 PM to 4 PM

**MEET ENTRY Process:**

### ONLINE ADVANCED ENTRY

1. This competition is an “invitational” event. Schools, Clubs and coaches can email us to request an invitation to register. We reserve the right to refuse an entry request.
2. School Teams can request an Events File for Hy-Tek Team Manager. Files are to be sent in by Thursday, Feb. 15<sup>th</sup> – 12 noon to: [meetentry@ottawalions.com](mailto:meetentry@ottawalions.com)
3. EVERYONE ELSE – IS ONLINE ENTRY @ 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 the meet will open as follows:

### OTTAWA LIONS CLUB ATHLETES

EARLY ENTRY! Thursday, February 1 to Thursday, Feb. 8 – 12 noon

### OTHER INVITED CLUB ATHLETES

ENTRY - February 9 to Feb. 15 – 12 noon.

All entries close by the Thursday, Feb. 15<sup>th</sup> @ 12:00 Noon

Each event 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](mailto: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 **NO ENTRIES ACCEPTED.**

## **Entry Fees \$\$\$: ONLINE ENTRY**

Open Events \$20 per person per event

## **Ottawa Lions Athlete Meet Entry Fees**

Open Events **\$15 per person per event (Feb. 1 to Feb. 9 Only)**

## **University / College Teams Meet Entry Fees**

\$20 per athlete (not per event) to a maximum team fee of \$250.00 per Team Gender. Entries must be completed via Hy-Tek Team Manager.

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**Track Events** Race times on the track “may” start up to 15 minutes ahead of the scheduled times. Listen for announcements - be prepared. Order of running on the track will be FEMALE followed by MALE sections. **Track events are conducted FAST seeded sections to SLOWER sections. A REVISED – FINAL MEET SCHEDULE** will be posted the day before the competition based on online entries.

**Field Events** Field events will NOT start ahead of time. Male & Female athletes are combined sections unless otherwise indicated.

**Warm-Up Areas** **The Dome is available for warm-ups starting at 11:00 AM. Warm-ups must be contained to the Track Areas and not the Grass Fields Personal gear must be kept on the track areas and on D-Zone areas At 11:00 AM to 4:00 PM – All 3 grass soccer fields are available for placing gear and for warm-ups as well.**

## **Meet Schedule**

### **Field Events**

12:30 **Pole Vault** – Low Bar Opening Height – 2m21 by 20cm to 2m81 then by 10cm followed by – High Bar Opening Height – 3m41 by 20mcm to 3m81 then by 10cm

1:00 **Shot Put – M & F combined – 4k, 5k, 6k, 7.26k. Implement weights will be recorded on results. Enter the “Open Division” Shot Only**

**Weight Throw will follow the Shot Put**

1:00 **High Jump – Low Bar COED** - 1.26m Opening Height. The Bar advances by 5cm increments. Followed by **High Jump – High Bar COED** (30 min. after the “Low Start Group” finishes competition) 1.46m - Opening Height for Males / Females. The bar advances by 5cm increments.

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

# 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 16<sup>TH</sup>

**12:30 PM**

## Track Events

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

1000m – 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 may 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