



**THE REBELLES'**  
**INTERMEDIATE OPEN INTERMÉDIAIRE**  
**DES REBELLES**

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**Friday, May 5th**

**[louisrielathxc.com](http://louisrielathxc.com)**

This is your chance, an early season Intermediate-Only Meet! Get your athletes pumped up about the upcoming season and expose them to the sport of track & field. This is a great opportunity for them to get familiar with the sport in the best environment possible, the Louis-Riel Dome. No wind, no rain, no sunburn!

This meet will be maxed out at 400 athletes. Historically, this meet sells out fast - don't wait and register now!

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### **SCHEDULE**

\*Unless stated otherwise, all events will run in the following order:

Grade 7 Girls, Grade 8 Girls, Grade 7 Boys, Grade 8 Boys

#### TRACK:

1200m	Open Girls followed by Open Boys
4x100m	Girls followed by Boys
200m	Girls followed by Boys
800m	Girls followed by Boys
100m	Girls followed by Boys
400m	Girls followed by Boys
Medley Relay (400m-200m-200m-400m)	Open - Anything goes!

#### FIELD:

Long Jump & Shot Put

## **MEET RULES**

**100m:** No starting blocks. Four point start is mandatory.

**200m:** Only four (4) lanes! Due to the popularity of the event, we will conduct a waterfall start to keep the meet on time. Maximum of 8 per heat.

We have done this often before and it produces an excellent competitive spirit among the runners and good results. This will be a one command start!

**400m:** Just like the 200m, except we will place up to 12 runners in each race depending on age groups and gender. This is a one command start!

**4x100m:** Ran in lanes! 30m exchange zone is between the small yellow triangle and the last larger yellow triangle within the lane.

**Medley:** We will be run from a waterfall start with no blocks. We will run 8+ teams per relay depending on ability.

**Shot Put and Long Jump:** No more than 5 athletes per school per field event per division. Three (3) attempts per athletes

**Spikes:** Anything longer than 6mm pyramid pins will be prohibited. Pyramid shape only.



## REGISTERING FOR THE MEET

**\*\*\*DEADLINE : Monday, May 1st, 8pm\*\*\***

1. Email us a «Request to participate» with your School name for the meet. Make it very clear as to how many athletes you will be bringing to each meet (+/- 5 athletes / best guess). Email us at [SEBASTIEN.LALONDE@CEPEO.ON.CA](mailto:SEBASTIEN.LALONDE@CEPEO.ON.CA)
2. Supply us with any other email addresses for your coaching staff at this time for increased communication options (cell phone and work numbers).
3. We will then promptly advise you of your school acceptance to the meet or meets requested or give you other meet entry options if the particular meet requested is full - the maximum entries reached.
4. We will then email the registration link for you to complete your meet entries. You can review your entry list online and make the necessary changes and scratches up to the close of entry.

Coaches must use TRACKIE.COM to register. If it's your first time, setup an account, find the meet you want to sign up for, enter your roster and then do your entries. For returning coaches, login, find the meet you want to sign up for, adjust your roster (if needed) and do your entries.

5. Come to meet, pay entry fees and participate.

### **ENTRY FEES:**

\$10.00 per athlete per event entered.

\$12.00 per relay team. (Maximum fee per school: \$525.00)

**MEET SCHEDULE:**

10h30 - Team Arrival:

The dome opens for team arrival, team package pickup & warm-up. Setup your team headquarters on Field #1 (closest field to the entrance)

11h00 - Coaches Meeting @ Finish Line

11h20 - Competition starts

*NOTE: Entry fees are paid when the team arrives at the Dome on the day of the meet. School cheques and cash will be accepted. Invoice/Receipt will be provided in your team package. We do not invoice schools for fees.*

**TRACK: 11h20**

We are using a *rolling schedule*. No start times - we simply move on to the next event once we finish one. Make sure your athletes are properly warmed-up and ready to go!

\*Unless stated otherwise, all events will run in the following order:

Grade 7 Girls, Grade 8 Girls, Grade 7 Boys, Grade 8 Boys

1200m\*                    Open Girls followed by Open Boys

4x100m                    Girls followed by Boys

200m\*\*                    Girls followed by Boys

800m                      Girls followed by Boys

100m                      Girls followed by Boys

400m                      Girls followed by Boys

Medley Relay            Open - Anything goes!

(400m-200m-200m-400m)

*\*Divisions may run together if numbers warrants.*

*\*\*200m: Reminder: WATERFALL start with up to 8 athletes per heat. Get out fast!*

**FIELD:** \*Event start times will be indicated on the final schedule - once entry closes.

Long Jump & Shot Put

**FACILITY RULES**

- NO Food on the Track nor on the Fields.
- NO Gum in the Dome • NO Spitting in the Dome
- WATER is the only beverage / fluid allowed for consumption inside the dome.

**RESULTS** will be posted on site following each event. They will also be available online at [louisrielathxc.com](http://louisrielathxc.com) during and after the meet.