

LOUIS-RIEL INDOOR INTERMEDIATE TRACK & FIELD CHALLENGE

Dates:

Friday, May 6th

Team Declarations

All meets have a maximum entry limit of 300 athletes. Coaches must declare their intention to compete (starting on April 4th) including their “best guess” of how many athletes they’ll be bringing. More info in the «*Team Declaration*» section of this document. Keep in mind that all meets fill up quickly to its max capacity.



About “The Challenge”...

After a two year hiatus due to to pandemic, the *Louis-Riel Indoor Intermediate Track & Field Challenge* is back for a 6th (consecutive) year. We are proud to bring you the only indoor track and field meet hosted exceptionnally for intermediate athletes (Grades 7s and 8s).

Created after the “*Louis-Riel Indoor High School Track & Field Series*”, *The Challenge* provide a reliable opportunity for the younger students to learn new skills all while learning and gaining confidence with the physical challenges of the sport - with no interference from poor weather conditions.

This is also a great way get ready for your School Board’s Championship and build your team’s confidence, pride and chemistry.



MEET SCHEDULE

Track Schedule - 11h30 Start

Running Order (Rolling Schedule)

4x100m	Girls followed by Boys
1500m	Open Girls followed by Open Boys*
200m	Girls followed by Boys
60m Hurdles	Girls followed by Boys (28in/71cm)
100m	Girls followed by Boys
400m	Girls followed by Boys
Medley 4-2-2-4	Girls followed by Boys

Field Events - 11h50 Start

Long Jump	Boys followed by Girls
Shot Put	Girls followed by Boys

TRACK EVENTS ENTRY SPECIFICATIONS

- There is no entry limit for the track events.
- Note that **NO SEED** performance times are to be submitted with your entries. All track seeding is «RANDOM» race sections.

FIELD EVENTS ENTRY SPECIFICATIONS

- A school may enter a max of eight (8) **ENTRIES** per gender / divisions per event.

FOUR EASY STEPS TO SCHOOL PARTICIPATION

1. Email us a «Request to participate» with your School name and how many athletes you will be bringing to each meet (+/- 5 athletes / best guess).

EMAIL US AT 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

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

Step 1 : Request to Compete in the Louis-Riel Indoor High School Series

- Send an email to SEBASTIEN.LALONDE@CEPEO.ON.CA and specify which meet(s) your school wishes to attend and include a «best guess» of your team size. You can ask for all meets or just the meets that work with your school schedule planning.
- **The «subject» line in your email should read «School name - LR Indoor HS Series».**
- We will send you a confirmation of acceptance for your team for each specific Meets and your team size.
- Actual team size for the meet may vary by (+/-) 5 athletes with no consequences. Where actual team size varies by more than 5 athletes, organizers reserve the right to charge a minimum entry fee or refuse entries in excess of the accepted team size.

TEAM DECLARATION TO COMPETE BEGINS ON APRIL 4TH AND ONGOING

- Declarations are accepted on a «first come» basis until each competition is full. All meet have a max capacity of 300 athletes. Coaches must understand that a «confirmed acceptance» to our

meets implies that another school will not /may not be able to enter a meet when it is at max capacity. Coaches are strongly advised to communicate any cancellation of participation plans immediately so that another school may take the opportunity to compete. Email us with any changes, cancellation or a significant reduction in committed participation numbers of a competition so that others can be invited.

- If you wish to participate to the meet less than six (6) days away, please call us directly at 613.590.2233 (ask for Seb Lalonde) during weekday business hours to find out if there is possible space for your team.

Step 2 : Receive your Meet Entry Steps

- Schools confirmed for a meet will receive an email on the necessary steps for our online entry process.
- If your school was accepted but has not received your entry information email within one (1) weeks before the meet, please contact us immediately.

Step 3 : Enter the Meet online

NO EMAILED ENTRIES - NO FAXED ENTRIES - NO TELEPHONE ENTRIES

Coaches must use [TRACKIE.COM](https://www.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.

CALL or EMAIL us if your are having challenges with your team entry.

REMINDER:

Track Events: **NO entry limits.**

Field Events: **Limit of eight (8) athletes in each event by gender / division.**

NO «BUMPING-UP» YOUNGER ATHLETES TO OLDER DIVISIONS.

- All athletes must be entered and supervised by their School Coach.
- \$6.00 per athlete per event. \$10.00 relay team. **(Maximum fee per school: \$500.00)**
- **ALL INQUIRIES: SEBASTIEN.LALONDE@CEPEO.ON.CA**
- **ENTRY DEADLINE FOR MEET #1 : MONDAY, MAY 2nd 23RD (11h59pm)**

Step 4 : Review of Entry Lists (online)

...modify, scratch and add up to time of the meet entry deadline.

Step 5 : Come to the meet, pay the entry fees and participate

11h00 - **Team Arrival:** The dome opens for team arrival & warm-up.

Setup your team headquarters on Field #1 (closest to the entrance)

11h20 - **Coaches Meeting @ Finish Line**

11h35 - **Competition starts**

- Entry fees are paid when the team arrives at the Dome on the day of the meet. School cheques and cash will be accepted. Receipts will be provided at this time. We do not invoice schools for fees.

ALL FEES PAYABLE TO: «ESP LOUIS-RIEL»

MEET RULES

ALL TRACK & FIELD EVENTS

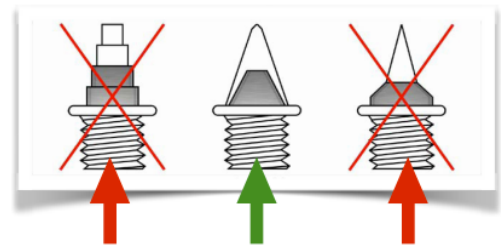
- **Spikes Footwear**

Only «CONE» spikes, 6mm maximum will be allowed.

Please put the shortest spikes possible in your shoes.

All spikes will be examined at the start line and if not approved, you may not be allowed to run. The track is the finest rubber and there is no rain in the Dome!

We will also inspect footwear at the meet registration table. Replacement spikes will be available for sale and are identical spikes required for the Terry Fox Athletics Track. **Cost is \$5.00 per pair of spikes**



- **Uniform**

Schools should make every effort to compete in a school uniform. School relay teams should all wear identical top.

TRACK EVENTS

- **For all Track events**, the general running order will be Girls (Grade 7, Grade 8) followed by Boys (Grade 7, Grade 8) unless otherwise indicated.
- **The Start :** The «No False Start Rule» is in effect at all time.
- **100m & Sprint Hurdles :** a Four (4) 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 track. Maximum of 8 runners per heat. We have done this often before and it produces an excellent competitive spirit among the runners and good results.
- **400m** : We may choose to conduct the race using a one (1) command start with either a waterfall or box start. Again, we have done this often before and it produces an excellent competitive spirit among the runners and good results. We will place 8 to 10 runners in each race depending on age groups and gender.
- **1500m** : The event will be ran as an Open division. Waterfall start. Maximum of 18 runners per heat.
- **4x100m Relay** : will be conducted in lanes. Four point start - no blocks.
- **Medley Relay (400m - 200m - 200m - 400m)** : This is an “anything goes” division! Four athletes per team regardless of age and gender! Your team(s) can be composed of whomever!

FIELD EVENTS

Long Jump - All competitors will be allowed three (3) attempts. The use of chalk marks and «masking tape» is **NOT** allowed on the runway. Duct tape, white adhesive tape and electrical tape are fine. Please note the minimum measurement standards below.

Throws - All competitors will be allowed three (3) attempts. We will provide the indoor shots. Please note the minimum measurement standards below.

Implement Weight : Grade 7 Girls : 2kg Grade 8 Girls : 2kg
 Grade 7 Boys : 3kg Grade 8 Boys : 3kg

MEASUREMENT PROTOCOLS

MINIMUM DISTANCE STANDARDS

	All Girls	All Boys
Long Jump	2.75m	2.95m
Shot Put	6.00m	6.50m

All Throws & Jumps

The minimum distance in the Table must be exceeded to obtain an “official measurement”. For distances below the minimums, the athletes will be given a verbal “best estimate”.

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.

Team found not in compliance with the dome rules will be asked to relocate their team area to an area outside of the soccer field.

COVID PROTOCOLS

ESP Louis-Riel and the Dome @ Louis-Riel will keep monitoring the situation as we move closer to the meet. Coaches will be emailed with any specific instructions if the current situation changes.

Although wearing a mask isn't mandatory at the time this document is being published (April 2022), we strongly encourage athletes to wear the mask when not competing in an event.