

# LOUIS-RIEL TRACK REBELLION

## Team Declarations

Maximum entry limit of 300 athletes. Coaches must declare their intention to compete (starting on February 6th) 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 the meet will fill up quickly to its max capacity.

Three months! That’s the time between this meet and Day 2 at OFSAA Track & Field Championships! Gather your team and spike up for the first indoor tune-up meet of the year!

Open to the Intermediate and High School athletes, the *Track Rebellion* will get your team on the the right track for the season.

No wind, no rain, no snow, no stress! Come on over and get your athletes excited for a great season of track in field in the Nation’s Capital!

## **SCHEDULE**

- 4x100m
- 1000m
- 60m Hurdles
- 60m (Prelims)
- 300m
- 60m (Finals)
- 600m
- 4x200m

\*Long Jump will also be offered for all divisions.

## **DIVISIONS**

Intermediates : Born 2009-2010 (Grades 7 & 8)  
Junior Varsity : Born 2007-2008 (Grades 9 & 10)  
Varsity : Born 2004 -2006 (Grades 11 & 12)



## TRACK EVENTS ENTRY SPECIFICATIONS

- No maximum entries per event / gender / division.
- Schools MAY NOT «bump up» athletes to an older age group. Athletes will only compete in their appropriate age division based on their year of birth.
- There is a FIVE (5) RELAYS MAX per gender / division.
- Note that NO SEED performance times are to be submitted with your entries. All track seeding is «RANDOM» race sections.

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## FIELD EVENTS ENTRY SPECIFICATIONS

- A school may enter a max of FIVE (5) ENTRIES per gender / division.
- Schools MAY NOT «bump up» athletes to an older age group. Athletes will only compete in their appropriate age division based on their year of birth.
- If a school enters more athletes than their allotted quota, meet organizers will simply take the first FIVE (5) individuals (by alphabetical order) on the database file as the school's entries. Please review your entries carefully - no substitution allowed!

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## FIVE EASY STEPS TO SCHOOL PARTICIPATION

1. Starting on February 6th, email us a «Request to participate» with your School name for a particular meet or for several meets at one time. Make it very clear as to the specified Meet(s) & Date(s) and 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 steps required 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.

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

### Step 1 : Request to Compete in the Louis-Riel Track Rebellion

- Send an email to [SEBASTIEN.LALONDE@CEPEO.ON.CA](mailto:SEBASTIEN.LALONDE@CEPEO.ON.CA) and include a «best guess» of your team size. **The «subject» line in your email should read "School name - Track Rebellion".**

- We will send you a confirmation of acceptance for your team

## **TEAM DECLARATION TO COMPETE BEGINS ON FEBRUARY 6<sup>th</sup> 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 the meet implies that another school will not /may not be able to enter the 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 in the meet that is 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 the 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) week 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](http://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 limit of entries.**

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

All athletes must be entered and supervised by their School Coach.

- \$10.00 per athlete per event entered. \$12.00 per relay team.  
(Maximum fee per school: \$525.00)
- **ALL INQUIRIES: [SEBASTIEN.LALONDE@CEPEO.ON.CA](mailto:SEBASTIEN.LALONDE@CEPEO.ON.CA)**

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**ENTRY DEADLINE : MARCH 6th, 11h59pm**

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**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, team package pickup & warm-up.  
Setup your team headquarters on Field #1 (closest field to the entrance)

**11h30 - Coaches Meeting @ Finish Line**

**11h55 - Gun goes BANG!**

- 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 in your team package. We do no invoice schools for fees.

**[ALL FEES PAYABLE TO: "ESP LOUIS-RIEL"](#)**

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## MEET RULES

### ALL TRACK & FIELD EVENTS

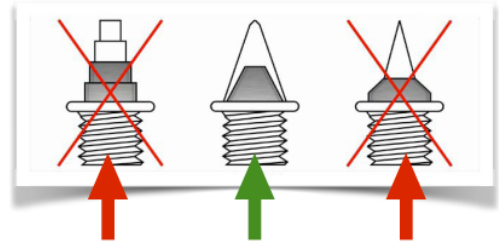
- **Spikes Footwear**

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!

Will 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 (Intermediate - Junior Varsity - Varsity) followed by Boys (Intermediate - Junior Varsity - Varsity) unless otherwise indicated.
- **The Start** : The «No False Start Rule» is in effect at all time.
- **60m & Sprint Hurdles** : a **Four (4) Point Start** is **MANDATORY**.
- **300m** : 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 per heat. We have done this often before and it produces an excellent competitive spirit among the runners and good results.
- **600m & 1000m** : We may choose to conduct the race using a one (1) command start with either a waterfall or box start. Just like the 200m, we have done this often before and it produces an excellent competitive spirit among the runners and good results. We will place 8 to 12 runners in each race depending on age groups and gender.
- **Starting blocks** will only be used for **60m Finals & Sprint Hurdles Events**. \*Depending on entry numbers, we may only allow them for the Varsity Division.\*

- **Relays**

- **4x100m** will be conducted in lanes.

- **Mixed 4x200m** will be run from a waterfall start with no blocks. We will run 8+ teams per relay depending on the age and ability. Team are to be made up of two boys and two girls. It is down to the team to decide in which order they choose to run. Alternating between boys and girls runners isn't necessary!

### **FIELD EVENT**

**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.

### **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 or simply ask to leave the facility.**

## Track Schedule - 11h55 Start

**\*\*THIS IS A ROLLING SCHEDULE - MAKE SURE YOUR ATHLETES ARE AWARE OF WHAT'S GOING ON!\*\***

### Running Order

Girls (Intermediate - Junior Varsity - Varsity) followed by Boys (same division order), unless otherwise indicated.

- 4x100m Relays
- 1000m\*
- 60m Hurdles
- 60m (Preliminaries)
- 300m\*\*
- 60m (Finals)
- 600m
- 4x200m Mixed Relays

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

**\*\*300m:** *Reminder: WATERFALL start with up to 8 athletes per heat. Get out fast!*

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## Field Events - 12h25 Start

- Long Jump  
*A precise long jump schedule will be determined once the entry deadline closed.  
Coaches will be notified via email.*

