



# Championnats provinciaux Universitaires RSEQ

et

## Championnats québécois FQA

### Pentathlon Junior et Heptathlon Sénior

DATES: 22-23 février, 2019

SITE: Université McGill, Montréal, QC



BULLETIN TECHNIQUE #1



#### 1. ORGANIZING COMMITTEE/COMITÉ ORGANISATEUR

**Address :** McGill University, Athletics and Recreation

475 ave des pins ouest

Montreal, Quebec

H2W 1S4

**Phone :** (514) 398 –7000 ext 0132

**Fax:** (514) 398– 3754

**Website:** [www.mcgillathletics.ca](http://www.mcgillathletics.ca)

POSITION	NAME	TELEPHONE	EMAIL
Convenor	Lisen Moore	(514)398-7000 ext 0132	lisen.moore@mcgill.ca
Administrative Assistant	Frankie Iacovelli	(514)398-7003	frankie.iacovelli@mcgill.ca
Meet Manager	Stephen Debaridi	(514)244-1828	sdebaridi@hotmail.com
Communications	Earl Zukerman	(514)983-7012	earl.zukerman@mcgill.ca
Results—Timing	Rashed Din		Rashed_din@hotmail.com

Announcer	Francois Jarry		
Medical Staff	Julie Gardiner	(514) 398-2355	Julie.Gardiner@mcgill.ca
Facilities	Andrew Persons	(514)715-7229	andrew.persons@mcgill.ca
Ceremonies/Medal Cere- monies	Shawn Lipson/Francois Jarry	(514)398-7000 ext 09836	Shawn.lipson@mcgill.ca
RSEQ League Office	Anne-Renee Thibault	(514)252-3300 ext 3604	arthibault@rseq.ca
Volunteer Coordinator	Kayla Michaud	(514)834-4573	kayla.michaud@gmail.com

## 2. SCHEDULE OF EVENTS FOR MEDAL PRESENTATIONS and OPENING CEREMONIES

Friday Feb. 22	11h45	Championship begins
	14h25	<b><u>Medals:</u> Pole Vault F - 60m F/M - 1500m F/M - 4 X 200m F/M</b>
	17h55	<b><u>Opening Ceremonies /National Anthem</u></b>
	18h00	<b><u>Medals:</u> Pole Vault M - Triple Jump M - 600m F/M Shot Put M - Pent F</b>
	18h55	<b><u>Medals:</u> Triple Jump F - Shot Put F - 4 X 800m F/M</b>
	19h10	End of Session
Saturday Feb. 23	11h00	Championship begins
	13h50	<b><u>Medals:</u> Weight Throw F/M - High Jump M - 1000m F/M</b>
	14h50	<b><u>Medals:</u> 60mH F/M - 300m F/M - Long jump F</b>
	16h45	<b><u>Medals:</u> High Jump F - Long Jump M 3000m F/M - 4 X 400m F/M - Hept M—Closing Ceremonies</b>

\*\*Medal presentations will take place even if the athlete is absent. A teammate can step forward to accept

\*\*Les présentations auront lieu même si l'athlète est absent. Un membre de l'équipe pourrait accepter la médaille.

## 3. WARM UP TIMES / PÉRIODES D'ÉCHAUFFEMENT

<b>Thursday Feb. 21</b>	<b>17h—20h</b>	Track available only. McGill University, Currie Gym
<b>Friday Feb. 262</b>	<b>8h—11h</b>	Track available McGill University, Currie Gym

#### 4. COMPETITION SCHEDULE / HORAIRE DE LA COMPÉTITION

**Vendredi 22 février 2019 / Friday, February 22, 2019 - SESSION # 1**

##### HEURE/TIME

11h45	60mH	F	Pent
12h00	60m	F	Prelim
12h15	60m	M	Prelim
12h30	60m	M	Hept
12h55	60m	F	Finale
13h00	60m	M	Finale
13h05	Perche/Pole Vault	F	Finale
13h10	Longueur/Long Jump	M	Hept
13h15	1500m	F	T.S.C.
13h25	Hauteur / High Jump	F	Pent
13h35	1500m	M	T.S.C.
13h55	600m	F	Finale
14h15	600m	M	Finale
14h20	Poids / Shot Put	M	Hept
<b>14h25</b>	<b>Médailles/Medals: Perche/ Pole Vault F - 60m F/M - 1500m F/M - 600m F/M</b>		
14h45	Triple saut / Triple Jump	M	Finale
15h00	Perche/Pole Vault	M	Finale
15h15	Poids / Shot Put	F	Pent
15h25	4x200m	F	T.S.C.
15h30	Hauteur / High Jump	M	Hept
15h40	4x200m	M	T.S.C.
16h15	Longueur/Long Jump	F	Pent
16h30	Poids / Shot Put	M	Finale
17h20	800m	F	Pent
17h30	Triple saut / Triple Jump	F	Finale
17h50	Poids / Shot Put	F	Finale
17h55	Opening Ceremony - National Anthem		
<b>18h00</b>	<b>Médailles/Medals: Perche/ Pole Vault M - Triple saut/ Triple Jump M - 4 X 200m F/ M/ Poids/Shot Put M - Pent F</b>		
18h25	4 X 800m		
18h40	4 X 800m		
<b>18h55</b>	<b>Médailles/Medals: Triple saut/Triple Jump F - Poids/ Shot Put F - 4 X 800m F/M</b>		
<b>19h10</b>	<b>FIN DE LA SESSION</b>		

\*Note: T.S.C. = Timed Section/Finale, sections chronométrées

## 4. COMPETITION SCHEDULE

### Samedi 23 février 2019 / Saturday, February 23, 2019 - SESSION # 2

<u>HEURE/TIME</u>	<u>ÉPREUVE/EVENT</u>	<u>F/M</u>	
09h45	Marteau/Weight Throw	F	Finale
11h00	Marteau/Weight Throw	M	Finale
11h05	Hauteur/High Jump	M	Finale
12h50	60mH	M	Hept
13h00	60mH	F	Prelim
13h05	Longueur/Long Jump	F	Finale
13h15	60mH	M	Prelim
13h25	<i>Perche/Pole Vault</i>	M	Hept
13h30	1000m	F	T.S.C.
13h45	1000m		
<b>13h50</b>	<b><i>Médailles/Medals: Marteau/Weight Throw F/M - Hauteur/High Jump M - 1000m F/M</i></b>		
14h00	60mH	F	Finale
14h10	60mH	M	Finale
14h25	300m	F	T.S.C.
14h40	Hauteur/High Jump	F	Finale
14h45	300m		
<b>14h50</b>	<b><i>Médailles/Medals: 60mH F/ M - 300m F/M - Longueur F/Longjump F</i></b>		
15h00	Longueur/Long Jump	M	Finale
15h10	3000m	F	Finale
15h35	3000m	M	Finale
16h05	1000m	M	Hept
16h15	4 X 400m	F	Finale
16h25	4 X 400m		
<b>16h45</b>	<b><i>Médailles/Medals: Hauteur/High Jump F - Longueur/Long Jump M/3000m F/M - 4 X 400m F/M - Hept M</i></b>		
	<b><i>Ceremonie Protocolaire/ Closing Ceremonies</i></b>		

Note: T.S.C. = Timed Section/Finale, sections chronométrées

## 5. REGISTRATION and ACCREDITATION / INSCRIPTION ET ACCRÉDITATIONS

### 5.1 Registrations/Inscriptions

Registrations for the competition must be submitted no later than **5pm** on the **Monday February 18, 2019**. Registrations must be completed using the Team Manager Light software, or AVS ([www.avs-sport.com](http://www.avs-sport.com)). Instructions on how to operate the Team Manager Light software are sent at the start of the season.

Les inscriptions doivent être soumises au plus tard à 17h00 lundi, le 18 février 2019. Les inscriptions peuvent être complétées sur AVS ([www.avs-sport.com](http://www.avs-sport.com)), ou en utilisant Team Manager Light.

### 5.2 Bibs/Dossards

Each student-athlete has already received a permanent bib at the start of the season. Student-Athletes will be charged \$5 for a replacement bib. These fees are invoiced (charged) by the host institution after the meet. Athletes competing in the FQA pentathlon and heptathlon championships must use their permanent FQA bib.

Chaque étudiant athlète a reçu son dossard permanent au début de la saison. Les frais pour un dossard perdu sont de 5\$ et seront facturés par l'Université McGill. Les athlètes participant au Championnat FQA pentathlon et heptathlon doivent porter leur dossard permanent de la FQA.

### 5.3 Fees/Frais d'inscription

- Single entrance: \$25 fees per athlete/tryout. These fees are invoiced (charged) by the host institution/25\$ *par athlete. Les frais seront facturés par le comité organisateur.*
- Provincial championship: \$300/female team and \$300/male team / *Championnat provincial : 300\$ par équipe féminine, 300\$ par équipe masculine.*
- Teams will be invoiced by the RSEQ/ *Les équipes seront facturées par le comité organisateur*

### 5.4 Team staff accreditation / Accréditation de l'équipe d'encadrement

Please complete the **Accreditation Form** on the last page of the bulletin and return no later than **5pm** on **Monday February 18 2019** to [Frankie-locavelli@mcgill.ca](mailto:Frankie-locavelli@mcgill.ca)

All team accreditation bracelets will be distributed at the technical meeting.

Veillez remplir le Formulaire d'accréditation à la dernière page de ce bulletin, au plus tard lundi le 18 février à 17h00 : [Frankie-locavelli@mcgill.ca](mailto:Frankie-locavelli@mcgill.ca)

Vos bracelets d'accréditation seront distribués lors de la réunion technique.

## 6. SPONSORSHIP/COMMANDITAIRES

**Please support our sponsors**—We encourage our guests and participating RSEQ teams to support these important partnerships. /*Nous encourageons nos participants d'appuyer nos commanditaires.*



## 7. THERAPY / MEDICAL SERVICES – SOINS MÉDICAUX

### Physiotherapy—Event Coverage / Services de physiothérapie

A McGill medical team member will meet with the visiting team therapist to review event etiquette and establish an Emergency Reaction Plan. The McGill medical team will coordinate transportation of any emergency that may occur during an athletic event. Medical assistance will be available for one half hour (30 minutes) following the conclusion of the meet each day.

Un membre de l'équipe médicale de McGill rencontrera chaque thérapeute d'équipe afin de revoir les procédures du plan d'action d'urgence. L'équipe médicale de McGill coordonnera la transportation pour toute urgence qui survient. Les soins médicaux seront disponibles durant les 30 minutes qui suivent la fin de chaque journée de compétition.

**Visiting Team Therapists / Thérapeutes des équipes:** In the case of a therapist not traveling with a visiting team, we ask that you notify our **Julie Gardiner** at 514-398-7000 ext. 2355, in advance, in order to make alternative arrangements. A taping area will be provided for the visiting teams to use. Ice will be available prior to the meet each day.

Si vous voyagez sans équipe, veuillez en aviser Julie Gardiner au 514-398-7000, poste 2355. Un endroit pour effectuer des soins athlétiques sera fourni aux équipes. La glace sera disponible en tout temps.

**Emergency Hospital / Hôpital:** The official receiving hospital of the McGill Athletics Department is the Montreal General Hospital which is located at 1650 Cedar Avenue, 514-934-1934./ *L'hôpital officiel est l'Hôpital Général de Montréal, 1650 Avenue des Cèdres, 514-934-1934.*

For further information contact: **Julie Gardiner** at 514-398-7000 ext 2355 or the Sports Medicine Clinic reception at 514-398-7007. / *Pour plus de renseignements, veuillez contacter Julie Gardiner au 514-398-7000, poste 2355*

## 8. THE CHAMPIONSHIP HOST HOTEL

It will be the responsibility of each university to call and confirm the reservation. If rooming lists are required, it is the responsibility of each university to forward that information to the Delta Hotel.



**Address:** 475 Avenue President Kennedy

**Phone:** For all group requests, call **514-286-1986**, press **6** for **SALES** on the options menu.

**Groups are required to specify that they are with the McGill Athletics.**

**Room Rates / Frais:** \$119.00+ (additionally applicable taxes apply) Note: based on room availability rate is subject to change.

**Distance from Competition Site/Distance du stade :** 8 minute walk / 8 minutes à pied

## 9. TECHNICAL MEETING / RÉUNION TECHNIQUE

Meeting will be held on FRIDAY FEBRUARY 22, 2019 at 8h45 in the Currie Gym room 352 . Attendance for the technical meeting is mandatory for / *La réunion aura lieu vendredi le 22 février à 8h45 au gymnase Currie (salle 352). La présence est obligatoire pour :*

- Head Coaches / *Entraîneurs-chef*
- Head of Officials / *Responsable des officiels*
- Organizing Committee Chair and delegates (including medical) / *Chef du comité organisateur et l'équipe médicale*
- RSEQ delegates / *Délégués du RSEQ*

**Agenda to follow / Ordre du jour à suivre**

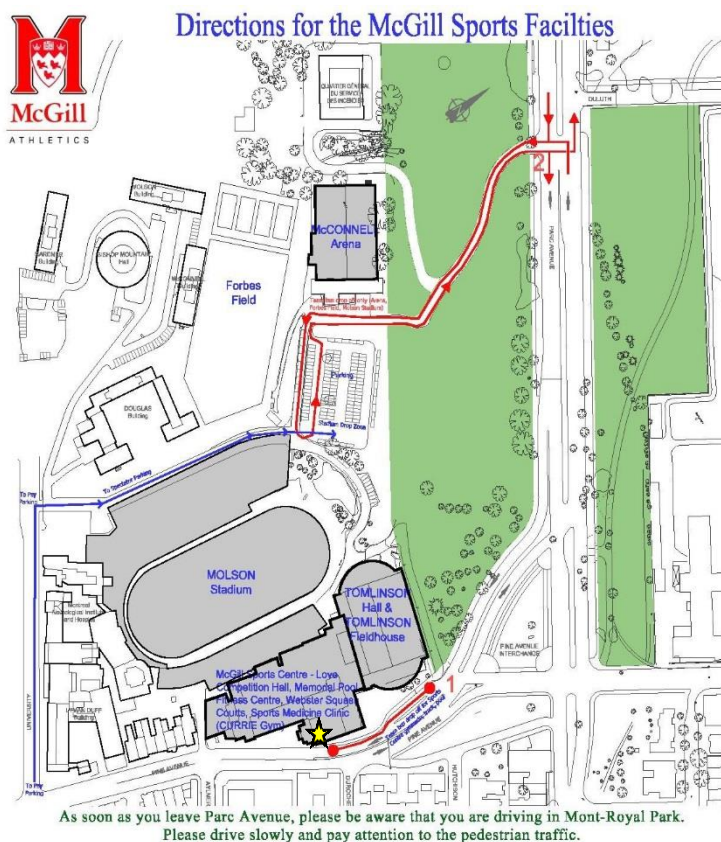
## 10. DIRECTIONS AND BUS DROP-OFF POINT



The McGill Sports Complex is located at 475 avenue des Pins West, less than a 10 minute walk from the Delta Montreal.

**Access to parking** is from University Street. The parking lot is located behind the North Stands and in front of McConnell Arena. There is a daily charge for parking.

**Drop off point** for team buses is located on Ave des Pins west in front of R.H. Tomlinson Fieldhouse. **No parking for an extended period of time allowed in this area.** Entrance to the sports complex is at 475 avenue des Pins West.



## 11. LIVE STREAMING / DIFFUSION WEB

The meet will be streamed live on the McGill website at [www.mcgillathletics.ca](http://www.mcgillathletics.ca)

La diffusion en direct sera disponible au [www.mcgillathletics.ca](http://www.mcgillathletics.ca)



## 12. MEDIA ACCREDITATIONS / ACCRÉDITATION DES MÉDIAS

Please submit all Media accreditation requests to Earl Zukerman at [earl.zukerman@mcgill.ca](mailto:earl.zukerman@mcgill.ca) by Friday, February 22, 2019.

Veillez soumettre toute demande d'accréditation à Earl Zukerman : [earl.zukerman@mcgill.ca](mailto:earl.zukerman@mcgill.ca), au plus tard vendredi le 22 février.



**13. RELAY CARD**

**2016 RSEQ Track and Field Championship**

**ÉQUIPE DE RELAIS / RELAY TEAM**

Épreuve / Event :  4 x 200 m      Catégorie :  Univ / Ouv      Sexe :  Femme / Women  
 4 x 400 m             Homme / Men  
 4 x 800 m

Université / University : \_\_\_\_\_  
 Club

		<u>Dossard</u> <u>Bib number</u>	<u>Nom</u> <u>Last name</u>	<u>Prénom</u> <u>First name</u>
<u>Ordre :</u>	# 1	_____	_____	_____
<u>Order :</u>	# 2	_____	_____	_____
	# 3	_____	_____	_____
	# 4	_____	_____	_____
	# 5	_____	_____	_____
	# 6	_____	_____	_____

# ACCREDITATION FORM

Please complete form and return by 5 p.m. EST on Monday February 18, 2019 to

[Frankie.Iacovelli@mcgill.ca](mailto:Frankie.Iacovelli@mcgill.ca)

C – Coach, A – Assistant Coach, T – Therapist, VIP – Senior University Official

	Name	Category
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