

Série Montréal-Québec

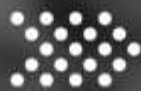
High performance track and field meets

July 11th



Montreal
Centre Claude-Robillard

July 13th



Quebec
PEPS - Université Laval

National Events

- 1st : 200\$ - 2nd : 100\$ - 3rd : 50\$ -

Montreal :

100m W + M , 400m W, 800m W+M,
100m hurdles W, 400m wheelchair W+M,
long jump M, High jump M.

Quebec :

200m W + M, 1500m W + M, 10 000m W + M,
800m wheelchair W+M, Long jump W,
Triple jump M, Hammer throw W+M.

High performance events will take place in the evening
at the end of the competition. A program of
Provincial heats will begin in the late afternoon.

Contact :

Montreal : Alfredo Villar-Sbaffi : alfredo_v_s@hotmail.com

Quebec : Félix-Antoine Lapointe : felix-antoine.lapointe@sas.ulaval.ca



The Montréal-Québec Series brings together two high-performance competitions with a provincial and national component whose goal is to promote high-level athletics in Quebec.

Meet directors

- Laurent Godbout – Series director and National events entries manager (lgodbout@athletisme.qc.ca)
- Club d’Athlétisme Saint-Laurent Sélect – Alfredo Villar-Sbaffi (alfredo_v_s@hotmail.com)
- Club d’Athlétisme Université Laval – Félix-Antoine Lapointe (Felix-Antoine.Lapointe@sas.ulaval.ca)

Competitions

• MONTRÉAL

- **Date** : Wednesday, July 11 2018
- **Facility** : Complexe Sportif Claude-Robillard
1000 Émile-Journault, Montréal, QC, H2M 2E7
- **Meet director** : Alfredo Villar-Sbaffi (alfredo_v_s@hotmail.com)
- **Program of events**
 - **National (Invitation)** : 100m (Men & Women), 400m (Women), 800m (Men & Women), 100m Hurdles (Women), 400m Wheelchair (Men & Women), Long jump (Men), High jump (Men).
 - **Provincial** : 400m (Men), 800m (Men & Women), 110m Hurdles (Men), 400m Hurdles (Men & Women), Long jump (Women), Javelin throw (Men & Women), 100m para (men & women), 800m para (men & women).

• QUÉBEC

- **Date** : Friday, July 13 2018
- **Facility**: PEPS (Université Laval)
- **Meet director** : Félix-Antoine Lapointe (Felix-Antoine.Lapointe@sas.ulaval.ca)
- **Events**
 - **National (Invitation)** : 200m (Men & Women), 1500m (Men & Women), 10 000m (Men & Women), 800m Wheelchair (Men & Women), Long jump (Women), Triple jump (Men), Hammer (Men & Women).
 - **Provincial** : 100m (Men & Women), 400m (Men & Women), 1500m (Men & Women), 10 000m (Men & Women), Shot put (Men & Women), Pole vault

(Men & Women), 100m para (men & women), 400m para (men & women), 1500m para (men & women).

Prizes and awards

The first 3 athletes for each National event will be awarded 200\$ for 1st place, 100\$ for 2nd and 50\$ for 3rd. In Montréal and Québec, other prizes will be awarded in some National Events by our sponsors Mizuno, BV Sport, Currex and MATHsport.



Schedule

The provincial events are held late in the afternoon, starting at 4 :00 PM and early in the evening for National events with a 6 :00 PM start. A final schedule will be published a few days before the meets.

Entries

Registrations for the National events will be by invitation. If you wish to be considered for this component, contact Laurent Godbout lgodbout@athletisme.qc.ca

There are no registration fees for National events athletes. A portion of travel or accommodation costs could be covered (depending on the athlete's level).

Registration for the provincial component will be made on www.avs-sport.com . The registration fee (non-refundable) will be \$ 25 per event and must be paid online (by credit card) before the start of the competition. **The registration deadline for both competitions is Friday, July 6th at 11:59 pm.**

For both provincial and national events, athletes must be registered with their respective provincial or national associations. Provincial registrations must be completed through your Trackie club account at least four (4) days prior to the competition.

Lodging

Montréal

- Résidence étudiante du Collège Ahuntsic (less than 200m from the track and 5 min walk from Crémazie Metro station)
- 8755 rue Saint-Hubert, Montréal (QC) H2M 0A2
- 514-389-2124 ext. 7050 or 7052
- Contact : Marie-Lou.Pearson@collegeahuntsic.qc.ca
- 2 lodging options:
 - Double unit with kitchen and bathroom for 83.30\$ per night (41.65\$ per person)
 - Simple unit with kitchen and bathroom for 45\$ per night et per person (studio)
 - Rooms have AC
- Please book as early as you can and until July 4 at the latest. Athletes cannot check-in before 3 :00 PM on July 9. **Rooms are limited and available on a first come first serve basis.**
- A certain number of rooms will be booked in advance for invited National event athletes when agreed with the Elite events manager Laurent Godbout (lgodbout@athletisme.qc.ca)

Québec

- Résidences de l'Université Laval, one kilometer from the competition site.
- Pavillon Alphonse-Marie-Parent
2255, rue de l'Université
Université Laval
Québec (Québec) G1V 0A7
- Rooms available in double occupancy Thursday July 12 and Friday July 13.
- 30\$ per night per person (double occupancy, breakfast included).
- Limited number of rooms, on first come first served basis.
- To book your room, please contact felix-antoine.lapointe@sas.ulaval.ca.

Events specifications

- All middle distance National events will be assisted with pace makers (rabbits).
- Sprints, horizontal jumps and pole vault will be held with tailwinds.
- All the heats will run from fastest to slowest with a precise schedule for the fast heats
- Field events will have a maximum of 12 athletes and a minimum of 8 athletes.
- Qualifying rounds and finals will be run in short sprints and hurdles. All rounds will be seeded as finals.
- Athletes invited for the National events will have access to a ressource person identified to assist them during their competition and stay in Montréal and Québec.

- A sports therapist will be available for Elite athletes on competition day and during the last official warm up on the day before the meet.

Final instructions

Final details for each meet will be communicated through social media (facebook.com/athletismequebec) and the FQA website (athletisme-quebec.ca) 72 hours before the competition. Please make sure you have read this information before you show up at the meets.

