



2013 Ottawa Summer Twilight Series

25th Anniversary Year

Running Since 1988 - Nobody does it better!

Dates of Events	All Wednesday Evenings - 8 meets June - 19, 26 / July - 3, 10, 17, 24, 31 / August - 7
Meet Schedule	Track Events start at 7:00 pm and will run in the order listed (rolling schedule). Field Events start at 7:00 pm
Meet Entry	The Registration Table OPENS AT 5:30 pm Meet Entries are only accepted on the evening of each competition. Entries close for the first 2 track events listed for that night at 6:30 pm. REGISTRATION for ALL EVENTS CLOSSES AT 6:45 pm.
Entry Fees	Ottawa Lions Members pay \$5.00 per meet for a 2 event maximum. All Guests pay \$10 per event Any Relay Events listed are FREE to all participants Large Teams & Clubs - entry maximums may be negotiated - please contact us via email in advance to set terms - info@ottawalions.com
Ability Levels	Competition is open to all ages and all ability levels. Competitors are grouped by ability levels rather than grouping by age.
Para Athletes	Paralympic athletes are welcome to compete and will always be integrated into the competitions when and where possible. Contact us with any questions.
Conduct of Events	All events are conducted in sections or flights as entry numbers warrant. Track Events: the order will be from fast to slow . Field Events: if two flights required, the top seeds in the first flight.
Special Requests	Coaches and Clubs from outside of Ottawa wishing to contest a specific field or track events on a specific date are asked to contact us via email (info@ottawalions.com) at least 14 days in advance. Events will not be added on the night of competition.
Sanction	All meets are sanctioned by Athletics Ontario. All participants should be members of their respective Branch or IPC or IAAF Federations. Those who are not members will be subject to an additional fee.

Individual Meet Information / Schedule of Events

Wednesday, June 19	<p>Track Events: Long Hurdles (200m - 300m - 400m) , 100m, 1200m, 1500m, 300m</p> <p>Field Events: High Jump to be followed by Long Jump, Discus to be followed by Shot Put</p>
Wednesday, June 26	<p>Track Events (F/M): 80-100-110m Hurdles, 100m, 800m, 3000m, 200m, National Youth Steeple Qualifiers - 1500m Steeple F&M (76cm / 30" barriers & no water jump), 2000m Steeple F = 76cm / 30" & M = 84cm / 33" * All athletes can run.</p> <p>Field Events: Triple Jump, Pole Vault, Hammer Throw to be followed by Javelin</p>
Wednesday, July 3	<p>Track Events: 100m, 800m, 3000/5000m, 200m, 400m, 600m, Long Hurdles (200-300-400), 4 x 100m Relays</p> <p>Field Events: High Jump to be followed by Long Jump, Discus to be followed by Shot Put</p>
Wednesday, July 10	<p>Track Events: 4 x 100m Relays, 80-100-110m Hurdles, 1200m, 1500m, 100m, 800m, National Youth Steeple Qualifiers - 1500m Steeple F&M (76cm / 30" barriers & no water jump), 2000m Steeple F = 76cm / 30" & M = 84cm / 33" * All athletes can run.</p> <p>Field Events: Triple Jump, Pole Vault, Hammer Throw to be followed by Javelin</p>
Wednesday, July 17	<p>Track Events: 100m, 800m, 2000m / 3000m / 5000m, 200m, 300m, 400m, 600m, Long Hurdles (200-300-400)</p> <p>Field Events: High Jump to be followed by Long Jump, Discus to be followed by Shot Put</p>
Wednesday, July 24	<p>Track Events: 80-100-110m Hurdles, 60m, 150m, 1200m, 1500m, 300m, 400m, 4 x 100m Relays</p> <p>Field Events: Triple Jump, Pole Vault, Hammer Throw to be followed by Javelin</p>
Wednesday, July 31	<p>Track Events: 100m, 800m, 1500m, 200m, 300m, 400m, 600m, Long Hurdles (200-300-400)</p> <p>Field Events: High Jump to be followed by Long Jump, Discus to be followed by Shot Put</p>
Wednesday, August 7	<p>Track Events: 80-100-110m Hurdles, 100m, 800m, 2000m / 3000m / 5000m, 400m, 300m, 200m, 600m, 4 x 400m Relays</p> <p>Field Events: Long Jump, Pole Vault, Hammer Throw to be followed by Javelin</p>