



2013 Ottawa Summer Twilight Series

Athletics - Athlétisme

Excellence since / depuis 1973

Running Since 1988 - Nobody does it better!

Meet #8 - August 7, 2013

estimated start times	TRACK EVENTS this is a "rolling" schedule on the track		FIELD EVENTS
6:15	110m Hurdles - Men's Olympic Development Event (15.00 seeds and faster)		
6:45	60m - Little Kids Sprint and go crazy from the gun trying to stay in their lanes. 10 years and younger	7:00	Pole Vault
7:00	Sprint Hurdles - 80m - 100m - 110m Time Sections Only (Fast Seeds to Slow)	7:00	Hammer Throw to be followed by Javelin Throw
7:30	100m (no finals) Fast Seeds to Slow Grouped by Seed Times - Men followed by Women followed by Mixed races for younger athletes 2001 and younger	8:00	Long Jump will begin 8:00 pm There may be 2 runways used depending on entry numbers. All competitor will receive 4 attempts. If the entry numbers are low, 6 attempts may be allowed - to be announced on the night.
7:50	800m Fast Seeds to Slow Grouped by Seed Times - Men followed by Women followed by Mixed races for younger athletes 2001 and younger		
8:10	2000m followed by 3000m followed by 5000m Fast Seeds to Slow Grouped by Seed Times - Men followed by Women followed by Mixed races for younger athletes 2001 and younger		
8:45	400m - Fast Seeds to Slow Grouped by Seed Times - Men followed by Women followed by Mixed races for younger athletes		
9:00	300m - Fast Seeds to Slow Grouped by Seed Times - Men followed by Women followed by Mixed races for younger athletes		
9:15	200m - Fast Seeds to Slow Grouped by Seed Times - Men followed by Women followed by Mixed races for younger athletes		
9:30	4 x 400m Relays - anything goes - no entry fees Enter when we call the teams to the starting line.		