



www.ottawalions.com

2018 - 2019

Ottawa Lions Competitions

(Prepared September 4, 2018 & Updated Regularly)

For confirmation of competitions or programs please contact info@ottawalions.com

RED = OTTAWA HOSTED MEETS

BLUE = ONTARIO or NATIONAL CHAMPIONSHIP

GREEN = INTERNATIONAL CHAMPIONSHIP

2018

SEPTEMBER

6-18		Youth Summer Olympic Games	Athletics Canada	Buenos Aires, ARG
8-20		World Masters Championships	WMA	Malaga, ESP
8	Sat	Ottawa Lions Club Programs Resume	Everyone	Ottawa, ON
13	Thur	Louis-Riel Cookie Meet	High School	Ottawa, ON
15	Sat	McGill X-Country Open	Varsity & Club	Montreal, QC
22	Sat	St. Lawrence XC Invitational	Open	Canton, NY
23	Sun	Army Run (5km / ½ Marathon)	Open	Ottawa, ON
20	Thur	Louis-Riel XC Relays	High School	Ottawa, ON
27	Thur	Glebe Gryphon XC Open	High School	Ottawa, ON
29	Sat	Sherbrooke Vert et Or XC Invitational	Open	Sherbrooke, QC

OCTOBER

5	Fri	Louis-Riel XC Invitational	High School	Ottawa, ON
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RUN OTTAWA & OTTAWA LIONS Presents:

THE CAPITAL XC CHALLENGE

Oct. 12	Fri.	High School XC Challenge (afternoon) Open Entry to All Ontario High School Teams in Eastern Ontario & Western Quebec / 2 Race Divisions Grade 9 & 10 - Combined Teams / Grade 11 & 12 Teams
Oct. 13	Sat.	Eastern Ontario Elementary Schools Cross Country Championships (morning) Open Entry to All Elementary School Athletes / Teams in Eastern Ontario & Western Quebec
Oct. 13	Sat.	Carleton XC Challenge / Jim Howe Memorial (afternoon) Community, Club, University, College, Open

Saturday, October 20th - Ottawa Lions Club Awards Dinner & Gala

5:00 pm - Reception / 6:00 pm - Dinner & Awards

Tickets - \$30 / Order from info@ottawalions.com

Tudor Hall - Riverside and Hunt Club Area (Ottawa Hunt & Golf Club)
3750 N Bowesville Road, Ottawa, K1V 1B8

OCTOBER

17	Wed	Nat. Capital HS East Conference (Hornet's Nest)	High School	Ottawa, ON
18	Wed	Nat. Capital HS West Conference (Kanata Rec)	High School	Ottawa, ON
25	Thur	Nat. Capital HS XC Championships (Kanata)	High School	Ottawa, ON
27	Sat	Quebec University & Club XC Championships	Varsity / Open	Montreal, QC

NOVEMBER

3	Sat	Ontario High School X-Country Championships		Dundas, ON
10	Sat	Canadian University X-Country Championships		Kingston, ON
25	Sat	Canadian Cross Country Championships		Kingston, ON
25	Sat	uOttawa / Carleton / Ottawa Lions / Algonquin Quad Meet		Ottawa, ON

DECEMBER

1	Sat	McGill Open	University & Club	Montreal, QC
1	Sat	Saints Holiday Relays - St. Lawrence U.	University & Club	Canton, NY
17- Jan. 7		OTTAWA LIONS HOLIDAYS TRAINING CAMP		Bradenton, FL

2019

JANUARY

12		Sherbrooke Green & Gold Invitational	University & Club	Sherbrooke, QC
12		U. Albany Greyhound Classic	Varsity & Club	Staten Island, NY
19		uOttawa Winter National Invitational	University & Club	Ottawa, ON
24-26		Armory Dr Sander Invitational - Columbia Challenge	University & Club	NYC, NY
25-26		McGill Team Challenge	University & Club	Montreal, QC

26 New Balance Indoor Grand Prix (Reggie Lewis) Boston, MA

FEBRUARY

1	Harvard Crimson Elite	University	Boston, MA
2	Villanova Wildcat Invitational	University	Staten Island, NY
2	BU Bruce Lehane Scarlet & White Invitational	University & Club	Boston, MA
2	Ithaca College Bomber Invitational	University & Club	Ithaca, NY
8	Fastrack National Invite	University & Club	Staten Island, NY
8-9	BU David Emery Valentine Invitational	University & Club	Boston, MA
10	Cornell Sunday Invitational	University & Club	Ithaca, NY
16	Raven Varsity Last Chance Meet	University, Club, Open	Ottawa, ON
22-23	F-S Ontario University Championships - York	University	Downsview, ON
22-23	F-S Quebec University Championships - McGill	University	Montreal, QC
tba	Ontario Masters Championships	OMA	Toronto, ON

MARCH

7-8-9	Canadian University Championships	University	Winnipeg, MB
tba	Canadian Masters Indoor Championships	CMA	Tba
8-17	Lions Spring Break Camp	High School, Top Club	Myrtle Beach, SC
30	IAAF World Cross Country Championships	Athletics Canada	Aarhus, Norway

APRIL

25-26	Carleton Raven HS Relays	High School	Ottawa, ON
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LIONS ROAR USA COMPETITION TOUR

April & May - Details / Dates TBA

MAY

TBA	St. Laurent Selects Meets - 3 to 4 open meets	Club	St. Laurent, QC
2-3	uOttawa HS Invitational	High School	Ottawa, ON

9-10	National Capital HS Classic	High School	Ottawa, ON
10-11	IAAF World Relay Championships	Athletics Canada	Nassau, BAH
15	National Capital West Conf. Championships	High School	Ottawa, ON
16	National Capital East Conf. Championships	High School	Ottawa, ON
22-23	National Capital HS Championships	High School	Ottawa, ON
TBA	EOSSA HS Championships	High School	TBA, ON
30-31	OFSSA Eastern HS Championships	High School	Ottawa, ON

JUNE

LIONS ROAR EURO COMPETITION TOUR

June - Details / Dates TBA

6-8	OFSAA Championships	High School	Guelph, ON
12	Ottawa Summer Twilight Series #1	For Everyone	Ottawa, ON
19	Ottawa Summer Twilight Series #2	For Everyone	Ottawa, ON
26	Ottawa Summer Twilight Series #3	For Everyone	Ottawa, ON
28-29	Prefontaine Classic Grand Prix		Eugene, OR

JULY

TBA	Athletics Ontario U20 / Open Championships	Athletics Ontario	TBA, ON
TBA	Athletics Ontario U14,16,18 Championships	Athletics Ontario	TBA, ON
TBA	Ontario Legion U16, U18 Championships	District G Command	TBA
TBA	Ontario Masters Championships	OMA	Toronto, ON
TBA	Canadian Masters Championships	CMA	TBA
TBA	Quebec U14,U16, U18 Championships	FQA	TBA, QC

3	Ottawa Summer Twilight Series #4	For Everyone	Ottawa, ON
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BIG ATHLETICS WEEKEND IN THE CAPITAL

5-6-7	APA / NACAC Combined Events Championship	Athletics Canada	Ottawa, ON
5-6-7	Athletics Canada U20 / Open C-E Championships	Athletics Canada	Ottawa, ON
5-6-7	Ottawa Lions Capital Fast Times HP Weekend	Club	Ottawa, ON

5-6-7	Quebec U20, Open, Para, Masters Championships	FQA	TBA, QC
8-14	World University Games (Athletics Dates)	Athletics Canada	Naples, ITA
10	Ottawa Summer Twilight Series #5	For Everyone	Ottawa, ON
12	Quebec High Performance Meet	Club	TBA, QC
13-14	Quebec u14, u16, u18 Championships	Club	TBA, QC
17	Ottawa Summer Twilight Series #6	For Everyone	Ottawa, ON
19-21	Panamerican U20 Championships	Athletics Canada	San Jose, CRC
24	Ottawa Summer Twilight Series #7	For Everyone	Ottawa, ON
25-28	Canadian Championships U20 / OPEN / Para Championship Divisions	Athletics Canada	Montreal, ON
26-Aug. 11	Panamerican Games (Athletics Dates @ End)	Athletics Canada	Lima, PER
31	Ottawa Summer Twilight Series #8	For Everyone	Ottawa, ON
31	Quebec High Performance Meet	Club	Montreal, QC

AUGUST

2	Quebec High Performance Meet	Club	Quebec City, QC
5-7	NACAC U23 Championships (1820m ABOVE sea level!)	Athletics Canada	Queretaro, MEX
7	Ottawa Summer Twilight Series #9	For Everyone	Ottawa, ON
9-11	Canadian Youth Championships	Royal Can. Legion	Sydney, NS
14	Ottawa Summer Twilight Series #10	For Everyone	Ottawa, ON
23 - 1	Para Panamerican Games	Athletics Canada	Lima, PER

LIONS ROAR EUROPEAN COMPETITION TOUR

August - Details / Dates TBA

SEPTEMBER

28 - Oct. 6	IAAF World Championships	Athletics Canada	Doah, Qatar
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OCTOBER

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Open Entry to All Elementary School Athletes / Teams in Eastern Ontario & Western Quebec
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Details to Come

NOVEMBER

7-15 IPC World Championships Athletics Canada Dubai, UAE

2020

March 13-15	IAAF World Indoor Championships	Athletics Canada	Nanjing, CHN
TBA	Canadian Open / U20 / Para Championships	Athletics Canada	Montreal, QC
July 7-12	IAAF World U20 Championships	Athletics Canada	Nairobi, KEN
July 31-Aug 9	Summer Olympic Games (Athletics)	Athletics Canada	Tokyo, JPN

2021

TBA	Canadian Open, U20, Para Championships	Athletics Canada	Langley, BC
TBA	World University Games	Athletics Canada	tba

TBA
August 6-15

NACAC Open Championships
IAAF World Championships

Athletics Canada
Athletics Canada

tba
Eugene, OR