



## 2019 SUMMER TWILIGHT SERIES

---

**31 years & running...twilights since 1988!**

Track events start at 6:30pm and will run in the order listed on a rolling schedule. Field events will start at 7:00pm.

### Entries (Early)

- Pay less and register at [trackiereg.ca](http://trackiereg.ca) – deadline for each meet will be at noon on the day of the meet. (payment must be made via credit card)
- Ottawa Lion Members - \$10.00 up to 3 events
- All guests - \$10.00 per event
- Relays are free for all participants

### Entries (Onsite)

- Onsite registration opens at 5:00pm (underneath the timing tower)
- Entries close for the first two track events at 6:00pm.
- Registration for ALL events close at 6:30pm
- Ottawa Lion Members - \$10.00 per event
- All guests - \$15.00 per event

### Entries (Late)

- Entries after 6:30pm "MAY" be accepted and result in a late entry fee of \$20.00 (cash). This applies to all Lion members and guests.

### Procedure of events

- All events will run on a rolling schedule
- Competition is open to all ages and all ability levels. Heats/sections will be arranged by ability levels rather than age.
- Track events will run fast to slow, men precede women (in cases where entries allow, men and women may race together).

**TWILIGHT #1**  
**JUNE 12<sup>TH</sup>**

---

**TWILIGHT #2**  
**JUNE 19<sup>TH</sup>**

---

**TWILIGHT #3**  
**JUNE 26<sup>TH</sup>**

---

**TWILIGHT #4**  
**JULY 3<sup>RD</sup>**

---

**TWILIGHT #5**  
**JULY 10<sup>TH</sup>**

---

**TWILIGHT #6**  
**JULY 17<sup>TH</sup>**

---

**TWILIGHT #7**  
**JULY 24<sup>TH</sup>**

---

**TWILIGHT #8**  
**JULY 31<sup>ST</sup>**

---

**TWILIGHT #9**  
**AUGUST 7<sup>TH</sup>**

---

**TWILIGHT #10**  
**AUGUST 14<sup>TH</sup>**

---

- Field events; if two flights are needed, top seed will compete in the first flight
- Para athletes are welcome to compete and will always be integrated into the competition when and where possible. (Please give advance notice for tie down throws)
- Changes to scheduled events will be posted the Monday prior to the meet.

#### Special requests

- Coaches and Clubs from outside Ottawa wishing to contest a specific track or field event on a specific date are asked to contact us via email at least 14 days in advance. Events will not be added on the date of a twilight meet.

#### Sanction

- All meets are sanctioned by Athletics Ontario and have IPC approval. All participants should be members of their respective branch, IPC or IAAF Federation. Those who are not members are subject to additional fees.

## Events Scheduled

### Wednesday June 12<sup>th</sup>

Track Events – 80/100/110m Hurdles, 100m, 800m, 200m, 3000m/5000m (combined), 400m Hurdles.

Field Events – High Jump...to be followed by Long Jump, Discus...to be followed by Shot Put

### Wednesday June 19<sup>th</sup>

Track Events – 80/100/110m Hurdles, 100m, 1500m, 200m, 400m Hurdles

Field Events – Triple Jump...to be followed by Long Jump, Hammer Throw...to be followed by Javelin

### Wednesday June 26<sup>th</sup>

Track Events – 4x100m relay, 100m, 800m, 400m, 80/100/110m Hurdles, 200m, 400m Hurdles

Field Events – High Jump...to be followed by Long Jump, Discus...to be followed by Shot Put

### Wednesday July 3<sup>rd</sup>

Track Events – SMR, 800m, 80/100/110m Hurdles, 100m, 3000m/5000m (combined), 200m

Field Events – Triple Jump...to be followed by Long Jump, Hammer Throw...to be followed by Javelin Throw

### Wednesday July 10<sup>th</sup>

Track Events – 4x100m relay, 80/100/110m Hurdles, 400m, 100m, 1500m, 300/400m Hurdles.

Field Events – High Jump...to be followed by Long Jump, Discus...to be followed by Shot Put

### Wednesday July 17<sup>th</sup>

Track Events – 80/100/110m Hurdles, 100m, 800m, 3000m/5000m (combined), 200, 300/400m Hurdles.

Field Events – Triple Jump...to be followed by Long Jump, Hammer Throw...to be followed by Javelin Throw

### Wednesday July 24<sup>th</sup>

Track Events – 80/100/110m Hurdles, 100m, 400m, 1500m, 300/400m Hurdles

Field Events – High Jump...to be followed by Long Jump, Discus Throw...to be followed by Shot Put

### Wednesday July 31<sup>st</sup>

Track Events – 80/100/110m Hurdles, 100m, 300/400m Hurdles, 800m, 200m

Field Events – Triple Jump...to be followed by Long Jump, Hammer Throw...to be followed by Javelin Throw

### Wednesday August 7<sup>th</sup>

Track Events – 80/100/110m Hurdles, 200m, 3000m/5000m (combined), 800m, 300/400m Hurdles.

Field Events – High Jump...to be followed by Long Jump, Discus...to be followed by Shot Put

**Wednesday August 14<sup>th</sup>**

**Track Events – SMR, 80/100/110m Hurdles, Mile, 150m, 600m, 3000m/5000m (combined) 300m**

**Field Events - Triple Jump...to be followed by Long Jump, Hammer Throw...to be followed by Javelin Throw.**