

OTTAWA LIONS

ATHLETICS / ATHLÉTISME

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 – 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 12TH**

**TWILIGHT #2
JUNE 19TH**

**TWILIGHT #3
JUNE 26TH**

**TWILIGHT #4
JULY 3RD**

**TWILIGHT #5
JULY 10TH**

**TWILIGHT #6
JULY 17TH**

**TWILIGHT #7
JULY 24TH**

**TWILIGHT #8
JULY 31ST**

**TWILIGHT #9
AUGUST 7TH**

**TWILIGHT #10
AUGUST 14TH**

- 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 12th

Track Events – 400m, 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 19th

Track Events – 80/100/110m Hurdles, 100m, 1500m, 200m, 400m Hurdles, 3000m S/C (30"/36")

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

Wednesday June 26th

Track Events – 4x100m relay, 1500m, 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 3rd

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 10th

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 17th

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 24th

Track Events – 80/100/110m Hurdles, 100m, 400m, 1500m, 300/400m Hurdles, 1500m s/c (30"), 2000m s/c (30"/33")

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

Wednesday July 31st (U18 Legion Nationals Last Chance)

Track Events – 1200m, 1500m, 80/100/110m Hurdles, 100m, 2000m, 3000m, 800m, 200m, 200m Hurdles (30"), 400m Hurdles (30"/33")

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

Wednesday August 7th

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 14th

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.