



OTTAWA BIG ATHLETICS WEEKEND

Friday/Saturday/Sunday

July 5-7, 2019

The Ottawa Lions will be hosting three consecutive days of athletic competition in the lead up to the Canadian Championships later in the month in Montreal. Events will run Friday evening, Saturday afternoon and Sunday

FACILITY: The Terry Fox Athletic Facility, which is situated in the picturesque Mooneys Bay Park, recently played host to the 2017 & 2018 Canadian National Championships. The facility features the following Mondo covered surfaces: an eight lane track, five jump runways, two javelin runways and a high jump apron. The facility also includes five concrete throwing circles.

LOCATION: Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, Ontario K1V 8N4

ENTRY FEE: \$20.00 for the first event, \$10.00 for all additional events over the three days of competition.

Unattached athletes will be charged \$25.00 for the first event and \$15.00 for all additional events over the three days of competition.

ENTRY DEADLINE: Wednesday, July 3rd, 2019 at 11:59pm EDT.

MEET ENTRY: TrackieReg.com/ottawahighperformancemeet

ELIGIBILITY: Athletics Canada members and International Athletes

ACCOMMODATIONS: Email us for suggestions.

FINAL SCHEDULE: A final schedule will be released and emailed to all entrants (Thursday, July 4th). If there are insufficient entries, events will be removed from the schedule. Cancelled events will have entry fees refunded. The final schedule will work around the Combined Events Jamboree taking place on Saturday and Sunday.

AGE CLASS:

Accommodations will be allowed for specific age class events if not already scheduled. Please contact prior to entry deadline to request.

CONTACT:

All inquiries are to be directed towards Richard Jonston
(rjohnston@ottawalions.com)

SCHEDULE OF EVENTS:

BIG ATHLETICS WEEKEND					
FRIDAY, JULY 5TH					
TRACK			FIELD		
TIME		EVENT	TIME		EVENT
5:00PM	W	400M - TIMED FINAL			
	M	400M - TIMED FINAL			
	W	3000M S/C (30")			
	M	3000M S/C (36")			
	W	5000M			
	M	5000M			
SATURDAY, JULY 6TH					
TRACK			FIELD		
TIME		EVENT	TIME		EVENT
10:00AM	W	HEPTATHLON - 100M HURDLES	10:45AM	W	HEPTATHLON - HIGH JUMP
10:30AM	M	DECATHLON - 100M	11:15PM	M	DECATHLON - LONG JUMP
10:45AM	W/M	2000M (U16)	12:10PM	W	HEPTATHLON - SHOT PUT
	W/M	110M(36")/100M(30")/80M(30") HURTL	12:30PM	M	DECATHLON - SHOT PUT
	W/M	300M (U16)	1:30PM	M	DECATHLON - HIGH JUMP
	W/M	200M HURDLES (U16)	3:00PM	M	POLE VAULT
	W/M	1200M (U16)		W	LONG JUMP
1:30PM	W	HEPTATHLON - 200M		M	JAVELIN
	W	100M - HEATS	4:00PM	M	LONG JUMP
	M	100M - HEATS		W	JAVELIN
	W	100M HURDLES - HEATS	6:00PM	W	POLE VAULT
	M	110M HURDLES - HEATS		W	SHOT PUT
	W	400M - TIMED FINAL	7:00PM	M	SHOT PUT
	M	400M - TIMED FINAL			
5:30PM	M	DECATHLON - 400M			
6:00PM	W	100M - A/B FINALS			
	M	100M - A/B FINALS			
	M	110M HURDLES - A/B FINALS			
	W	100M HURDLES - A/B FINALS			
	W	800M - TIMED FINAL			
	M	800M - TIMED FINAL			
	W	200M - TIMED FINAL			
	M	200M - TIMED FINAL			
SUNDAY, JULY 7TH					
TRACK			FIELD		
TIME		EVENT	TIME		EVENT
10:30AM	M	DECATHLON - 110M HURDLES	11:15AM	M	DECATHLON - DISCUS
11:00AM	W	400M HURDLES		W	HEPTATHLON - LONG JUMP
	M	400M HURDLES		W	TRIPLE JUMP
	W	200M - TIMED FINAL	12:15PM	M	HIGH JUMP
	M	200M - TIMED FINAL	12:10PM	W	HEPTATHLON - JAVELIN
	W	1500M	12:30PM	M	DECATHLON - POLE VAULT
	M	1500M	1:00PM	M	DISCUS
	W	HEPTATHLON - 800M	1:30PM	M	TRIPLE JUMP
	M	DECATHLON - 1500M		W	HIGH JUMP
				M	DECATHLON - JAVELIN
				W	DISCUS