



ATHLETICS / ATHLÉTISME

2020 SUMMER TWILIGHT SERIES

Twilights since 1988!

COVID-19 Event precautions and guidelines can be found [HERE](#)

*Our guidelines below are based off the Athletics Canada "Back on Track" strategy with provincial and municipal modifications.

ALL Entries (Online)

- Register at trackiereg.ca – deadline for each meet will be at 11:59pm Tuesday the week of. (payment must be made via credit card).
- There will be NO onsite entries or cash exchanges.
- \$25.00/Athlete (2 events max)
- Athletes & Coaches MUST be an active registered member of their respective PSO.
- A health questionnaire must be completed before entering the facility. Please follow this [LINK](#) to complete before arrival.

Procedure of events

- Final schedule of events will be posted the morning of the event.
- Competition is open to all ages and all ability levels. As long as they are an active AC member. *5000m entrants must be born in 2004 or earlier.
- Running events with a cut in may be seeded to avoid a creation of a "peloton" and minimize the amount of passing.
- Track events will run fast to slow, men precede women with the exception of hurdles (in cases where entries allow, men and women may race together).
- 4 throws & 4 attempts for field events.
- Some events will be capped due to facility restrictions.
- Throwers are asked to bring their own implements. A limited number will be available through the club.

**TWILIGHT
#1
JULY
29TH**

**Ottawa Lions Members Only*

**TWILIGHT
#2
AUGUST
5TH**

**TWILIGHT
#3
AUGUST
12TH**

**TWILIGHT
#4
AUGUST
15TH**

**TWILIGHT
#4
AUGUST
19TH**

- Athletes are asked to not linger and leave the facility after competing.
- Warm-up areas are marked in the facility maps below. 10-person max will be allowed in each respective area to conduct warm-ups and prepare for their event.
- Field event warm-up areas will alternate depending on the event that is taking place.
- 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).

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 July 29th – 6:30pm start (Ottawa Lions Intrasquad Twilight – Club members only)

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

Field Events – Discus Throw, Shot Put

Wednesday August 5th – 6:30pm start - [Registration](#)

Track Events – 80/100/110m Hurdles, 100m, 400m, 1500m, 200m, 300/400m Hurdles.

Field Events – High Jump, Long Jump, Hammer Throw, Javelin Throw

Wednesday August 12th – 6:30pm start - [Registration](#)

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

Field Events – Long Jump, Triple Jump, Discus Throw, Shot Put

Saturday August 15th – 5:30pm start - [Registration](#)

Track Events – 80/100/110m Hurdles, 100m, 800m, 200m, 300/400m Hurdles, 5000m

Field Events – Long Jump, Triple Jump, Discus Throw, Shot Put

Wednesday August 19th – 6:30pm start - [Registration](#)

Track Events – 600m, 80/100/110m Hurdles, 100m, Mile, 200m, 300/400m Hurdles.

Field Events – High Jump, Long Jump, Hammer Throw, Javelin Throw

Facility Layout

The Terry Fox Athletic Facility has a very strict policy pertaining to a 100-person capacity (athletes, coaches, volunteers, meet organizers combined).

All individuals entering the facility must complete a health questionnaire found [HERE](#)

It is the upmost importance for all participants to respect the physical distancing regulations that have been put in place by the public health officials.

All athletes, coaches, volunteers and officials must enter the facility at the North entrance (facing Riverside drive). Here meet organizers will confirm registration and that the event health questionnaire has been completed and passed prior to entry.

All athletes, coaches, volunteers and officials must exit using the main gais located behind the timing tower. Under the scenario of severe weather (lightning, tornado warning) participants will be asked to take shelter in their vehicles as indoor facilities are limited in both availability and capacity while respecting physical distancing.

Hand sanitizer will be provided at the entrance and exit of the facility.

If not competing or warming-up athletes and coaches are going to be asked to wear a mask.

Warm-up Areas

- Refer to page 5
- 10 per area (athletes & coaches combined).
- Athletes are asked to stay within these areas for the entirety of their warm-up.
- Track Warm-up area 3 can be shared between Area 1 & 2 as long as the capacity of 10 is followed.
- Track warm-up areas 4 & 5 can use the back stretch of the track as long as it does not interfere with an event taking place and physical distancing is maintained.
- Once done competing athletes will be expected to depart from the facility to allow for the next group of athletes enter and begin their warm-ups.
- Throws Warm-up area 1 & 2 may alternate depending on the events that are being contested. Example (If Javelin is being contested, athletes are asked to warm up in the discus/hammer area).
- Jumps Warm-up area 1 & 2 may alternate depending on the events that are being contested. Example (If a Long Jump competition is being contested, athletes not competing are asked to warm-up on the high jump apron).

Competition Area's

- Refer to page 5
- Maximum of 10 permitted in each area (volunteers, officials, athletes and coaches combined).
- A coaching area will be created to not interfere with the area capacity.
- With typical track etiquette we ask athletes respect the competitive areas and to not interfere with them as an event is taking place.
- Athletes are asked to clear the competitive area as soon as possible when done competing.
- We ask that athletes do not linger in the facility as we will need sufficient space for athletes competing in the latter part of the evening.

Track

- Four athletes per heat. Every other lane will be used for all events 100m up to 400m (including hurdles).
- 800m will start in every other lane at the 4x400m start with a 3 turn stagger.
- 1500m will start in every other lane at the 300m start lines.
- Mile-5000m will start with a spread-out waterfall or tiered waterfall.
- Athletes are not to draft during a distance race.
- If passing another athlete, you will be expected to give a wide berth.
- The red boxes shown on the facility map will serve as the assembly areas for the heat that is “on deck” and the heat that will be “in the hole” based on the events respective start line.

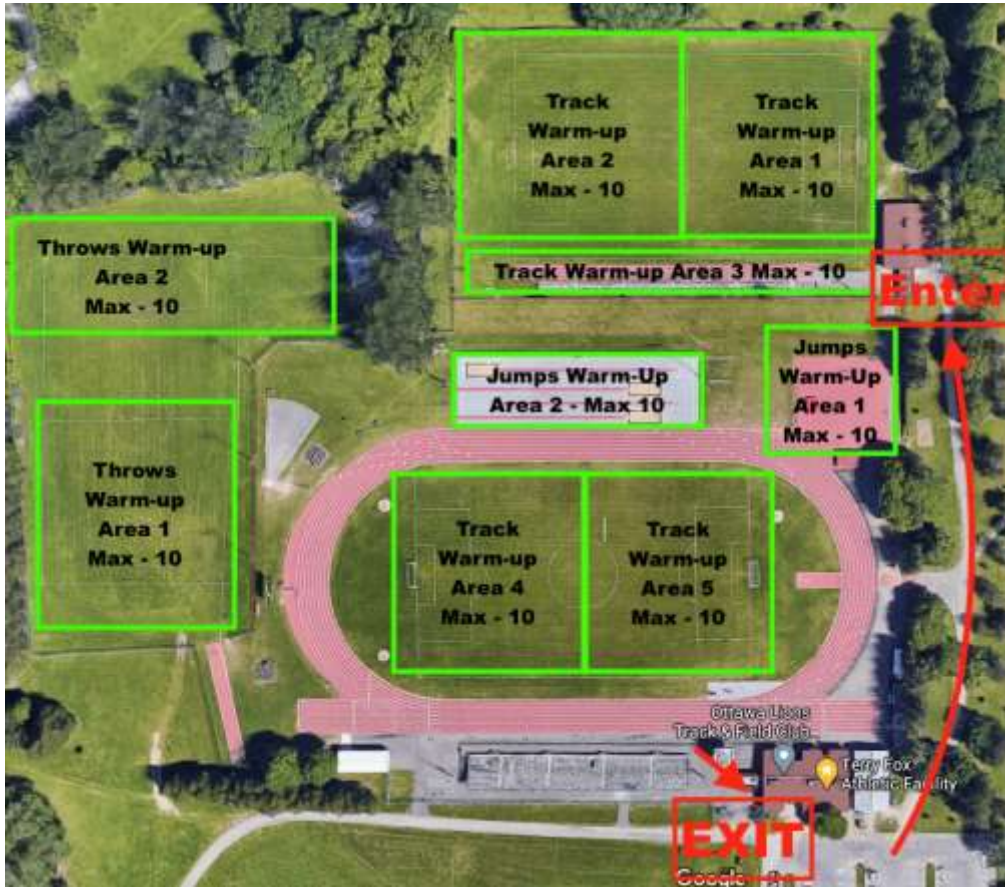
Jumps

- Long Jump & Triple Jump
 - 6 per flight with officials and volunteers included in the area capacity.
 - Athletes are to spread themselves out by a minimum of 6ft when not jumping.
 - 4 attempts will be permitted for all athletes.
- High Jump
 - 7 per flight with officials and volunteers included in the area capacity.
 - Athletes must have their own personal tarp that is to be placed on the mat prior to their attempt and when their attempt is completed.

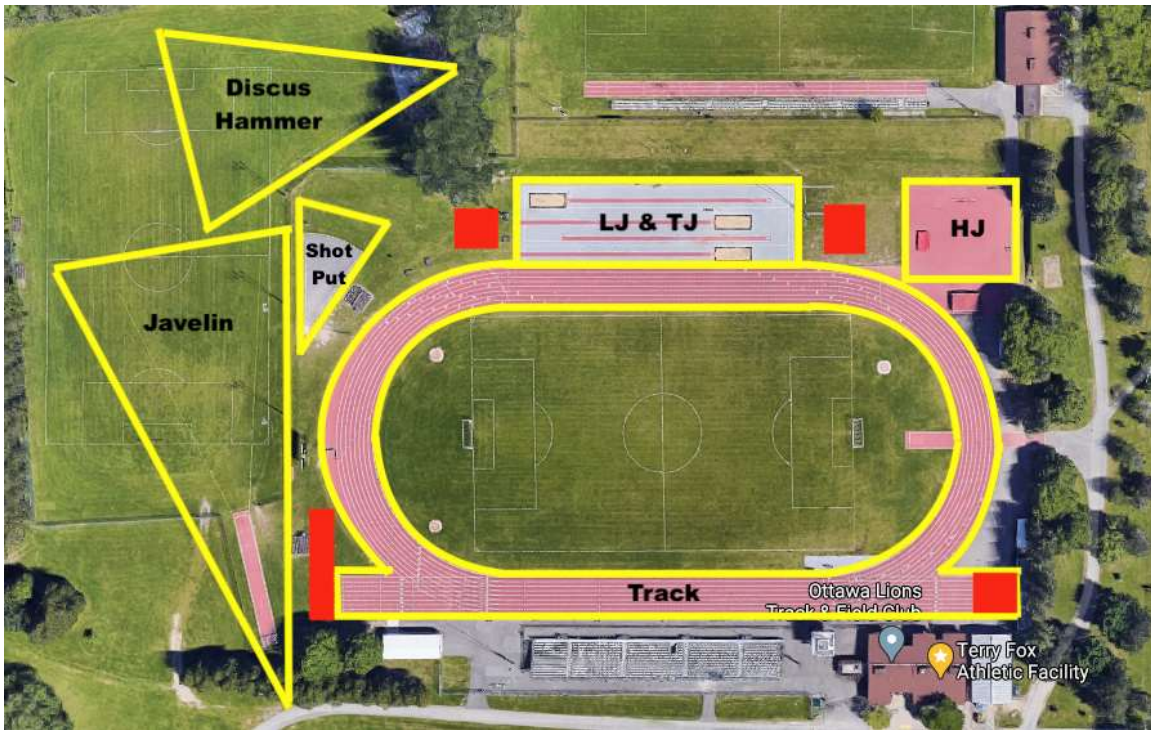
Throws

- Maximum of 8 throwers per flight with officials and volunteers included in the area capacity,
- Throwers will have their own implements. Requests must be made well in advance if you wish to use Ottawa Lions equipment as only a limited number of implements will be available.
- Throwers must retrieve their own implements.
- 4 throws for all athletes will be permitted.

Warm-up Areas



Competition Areas



Sample technical package.



OTTAWA TWILIGHT #1

DATE:	Wednesday, July 29 th 2020
LOCATION:	Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4
SANCTIONED BY:	Athletics Ontario
AGE CATEGORIES:	OPEN
ENTRY DEADLINE:	Tuesday, July 28 th 2020 11:59pm
ENTRIES:	trackiereg.com
FEES:	\$25.00 / Athlete
IMPLEMENTS:	Athletes are asked to bring their own. A limited number of implements may be available but requests must be made with plenty of time. Ottawa Lion members receive priority.
CHECK IN:	Checking In with the completion of your health questionnaire at the entrance will serve as check-in. Athletes in events that do not stay in the same lane will require hip numbers that can be picked up when checking in.
SCHEDULE OF EVENTS:	Events will be scheduled with at least a 90 second window between heats when possible. Track events will be run Men followed by Women (with the exception of Hurdles). If the field size permits, we will combine men and women. Field events will be run Women followed by Men or together based on field size.
TRACK EVENTS:	
Time	Event (Entry Cap)
6:30pm	400m (16)
6:50pm	80mH (16)
7:00pm	100mH (16)
7:10pm	110mH (12)
7:15pm	100m (32)
7:45pm	800m (16)
8:10pm	200m (32)
8:45pm	300mH (12)
9:00pm	400mH (12)
FIELD EVENTS: 4 throws, 4 attempts	
6:30pm	Discus Throw (8)
	Shot Put (8)

Care & Recommendations



Remember!
Practice physical distancing

If keeping your distance is difficult, wear a **non-medical mask** (i.e. cloth mask).

N'oubliez pas!
Pratiquez la distanciation physique

⋮ S'il est difficile de maintenir une bonne distance par rapport aux autres, portez un **masque non médical** (c.-à-d. un masque en tissu).

OttawaPublicHealth.ca/Coronavirus
SantePubliqueOttawa.ca/CoronavirusFR

Coronavirus Disease 2019 (COVID-19)

Cleaning and Disinfection for Public Settings

This document provides guidance on cleaning and disinfection of public settings, including schools, transit, colleges/universities and other workplaces in Ontario. For more information, please contact your local public health unit.

What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.

Clean frequently touched surfaces twice per day

- In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected twice per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.

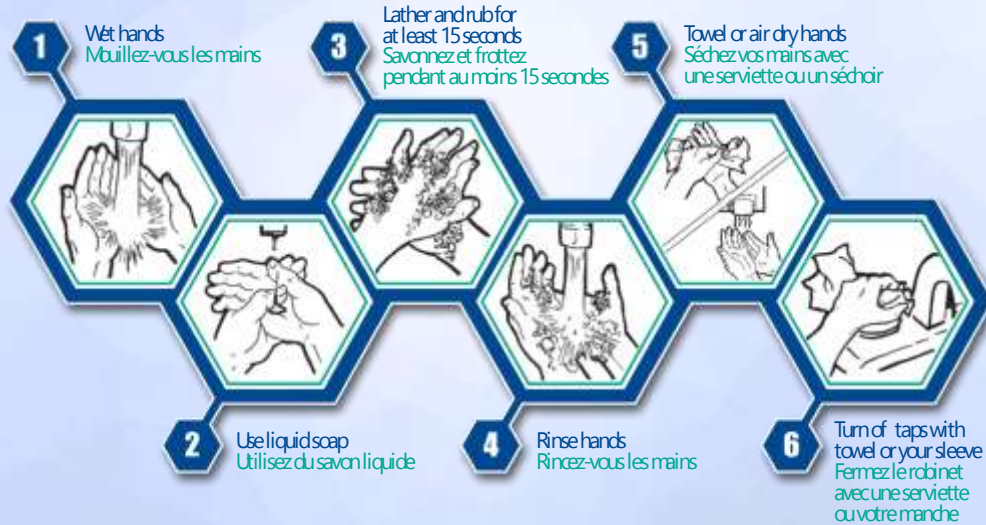


Ottawa's health is in **your hands**

Proper handwashing helps prevent the spread of germs!

La santé d'Ottawa est entre **VOS mains**

Bien se laver les mains aide à prévenir la propagation des germes!



Ottawa Public Health.ca
Santé Publique Ottawa.ca

613-580-6744
TTY/ATS : 613-580-9656



/Ottawa Health
/Ottawa Santé

Cover Your Cough



1. Cover your mouth and nose when you cough, sneeze or blow your nose.



2. Put used tissue in the garbage.



3. If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.



4. Clean your hands with soap and water or hand sanitizer (minimum 70% alcohol-based).

Stop the Spread of Germs

Always Cover Your Cough

- Covering your cough or sneeze can stop the spread of germs.
- If you don't have a tissue, cough or sneeze into your sleeve.
- Keep your distance (more than 2 metres/6 feet) from people who are coughing or sneezing.