



The Ottawa Lions Track and Field Club Present the sixth annual Candy Cane Relays.

Date: Saturday, December 16th, 2023

Location: Louis Riel Dome (1659 Bearbrook Road)

Meet Entry: <https://www.trackie.com/event/candycanerelays2023>

Entry Fee: \$5

Entry Deadline: Thursday, December 14th at 11:59pm

Contact: Timing (timing@ottawalions.com)

Events: 60m, 150m, 300m, 600m, 1000m, Long Jump, Shot Put, 4x200m Relay.

Not all events are available for all age categories. See schedule or registration page for more information.

Age Categories: u10 (2014-2017), u14 (2010-2013), u16 (2008-2009), u18 (2006-2007)

Check-in: Athletes competing in 600m or longer will need to pick up their hip numbers at the check in table located in the jumps area. Field events check in at the event location.

Results: Will be posted at ottawalions.com/results

SCHEDULE

The meet will be split up into two sections u10 and u14 athletes will be competing between 8:45am and 10:25am u16 and u18 athletes will be competing between 10:25am and 12:00pm

8:15am	Enter Facility & Warm-Up	
8:45am	Long Jump	
9:00am	600m	
9:10am	60m Hurdles	u10 / u14
9:30am	60m	u10 / u14
9:45am	1000m	u10 / u14
9:45am	Shot Put	u10 / u14
9:50am	150m	u14 u10 /
10:05am	4x200m Relay	u14
		Combined
10:25am	60m	
10:45am	150m	u16 / u18
11:00am	Long Jump	u16 / u18
11:05am	1000m	u16 / u18
11:15am	300m	u16 / u18
11:45am	4x400m Relay	u16 / u18
		Combined

- We may move ahead of schedule due to facility constraints.
- All events will run girls followed by boys and youngest to oldest