

Updated – February 15th

2024 OTTAWA LIONS u16 CHILLY OPEN & RAVENS U-SPORT LAST CHANCE

FINAL SCHEDULE



- *WE WILL RUN UP TO 20MIN AHEAD IF POSSIBLE
- *ALL EVENTS WILL BE RUN WOMEN FOLLOWED BY MEN (UNLESS NOTED OTHERWISE)
- *ALL EVENTS WILL BE TIMED FINALS (UNLESS NOTED OTHERWISE)
- *SECTIONS WILL BE RUN FASTEST SEEDS TO SLOWEST SEEDS
- *U16 MEET SCHEDULE IS BELOW THE LAST CHANCE

RAVENS U-SPORT LAST CHANCE

FRIDAY – February 16th

TIME	EVENT (Heats)
TRACK	
7:00 PM	400m - Women (1)
7:02 PM	400m - Men (3)
7:10 PM	3000m - Women (1)
7:25 PM	3000m - Men (2)
7:55 PM	4x200m Relay - Women (2)
8:05 PM	4x200m Relay – Men (1)
8:10 PM	4x800m Relay – Women (1)
8:20 PM	4x800m Relay - Men (1)

SATURDAY – February 17th

TIME	EVENT (Heats)	
TRACK		
11:30 AM	1000m – Women (2)	
11:40 AM	1000m – Men (4)	
12:00 PM	60m Heats - Women (11)	(Top 12 times advance to A & B Final)
12:15 PM	60m Heats - Men (16)	(Top 12 times advance to A & B Final)
12:35 PM	60m Hurdle Heats - Women (3)	(Top 12 times advance to A & B Final)
12:50 PM	60m Hurdle Heats - Men (3)	(Top 12 times advance to A & B Final)
1:05 PM	600m - Women (3)	
1:15 PM	600m - Men (4)	
1:30 PM	60m Final - Women	(B final followed by A)
1:35 PM	60m Final - Men	(B final followed by A)
1:45 PM	60m Hurdle Final - Men	(B final followed by A)
1:55 PM	60m Hurdle Finals - Women	(B final followed by A)
Track Break		
2:15 PM	300m - Women (25)	(Blocks for only top 7 heats)

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2:40 PM	300m - Men (35)	(Blocks for only top 7 heats)
3:10 PM	1500m - Women (3)	
3:30 PM	1500m - Men (4)	
3:45 PM	4x400m Relay - Women (2)	
3:55 PM	4x400m Relay - Men (2)	

FIELD

Time	Event (Entries)
10:30 AM	Pole Vault – Women (4) /Men (8) Combined Long Jump – Men (Flight 1) followed by (Flight 2) *top 8 between the two flights will advance
11:00 AM	Weight Throw – Men (4) /Women (5) Combined
12:00 PM	High Jump - Women (11) followed by Men (9)
12:45 PM	Long Jump – Women(16) Shot Put – Men (14) Followed by Women (17)
2:30 PM	Triple Jump – Men (7)
3:30 PM	Triple Jump – Women (11)

OTTAWA LIONS U-16 OPEN

SATURDAY – February 17th

TRACK

TIME	EVENT (HEATS):
9:00 AM	1000m – Girls & Boys (1 section combined)
9:10 AM	60m – Girls (2)
9:12 AM	60m – Boys (5)
9:25 AM	60m Mini/u18/u20 Hurdles – Girls (1)
9:40 AM	60m Mini/u18/u20 Hurdles – Boys (1)
9:55 AM	500m – Girls & Boys (1 section combined)
10:00 AM	150m – Girls (4)
10:05 AM	150m – Boys (8)
10:20 AM	4x100m Relay - Mixed

FIELD

TIME	EVENT (ENTRIES):
10:00 AM	Long Jump (1)