

# OTTAWA LIONS ATHLETICS / ATHLÉTISME



## 2024 TWILIGHT SERIES

Established in 1988

### ALL Entries (Online)

- Register on trackiereg.ca (links are listed below) – deadline for each meet will be at 11:59pm on Tuesday the week of! All payments must be made online.
- There will be NO onsite entries or cash exchanges.
- \$25.00/Athlete (2 events max). Each additional event will be \$25.00.
- Athletes & Coaches MUST be an active member of their respective Provincial Sport Organization/International.

### Procedure of events

- All events offered; primary events listed below.
- 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/10,000m entrants must be born in 2009 or older.
- 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).
- Heats and Finals will be offered for 100m, 200m, Senior 100m Hurdles/Senior 110m Hurdles.
- Warm-ups may be conducted throughout the entire facility if they do not interfere with active competition.
- Para athletes are welcome to compete and will be integrated into the competition when and where possible. Please give advance notice for tie down throws, wheelchair entry or preferred lane for a visual impairment.

### Sanction

- All meets are sanctioned by World Athletics, Athletics Ontario and have IPC approval. All participants should be registered members of their respective branch, IPC or World Athletics Federation. Athletes who are not registered will not have performances track and face additional fees.

**TWILIGHT 1  
JUNE 5<sup>th</sup>**

**TWILIGHT 2  
JUNE 12<sup>TH</sup>**

**TWILIGHT 3  
JUNE 19<sup>TH</sup>**

**TWILIGHT 4  
JUNE 26<sup>TH</sup>**

**TWILIGHT 5  
JULY 6<sup>TH</sup>**

**TWILIGHT 6  
JULY 10<sup>TH</sup>**

**TWILIGHT 7  
JULY 17<sup>TH</sup>**

**TWILIGHT 8  
JULY 24<sup>TH</sup>**

**TWILIGHT 9  
JULY 31<sup>ST</sup>**

**TWILIGHT 10  
AUGUST 14<sup>TH</sup>**

**Series Scheduled**

This schedule represents the focus events of each meet; however, a full schedule is available, we need 30 days in advance for added events. The listed events are not in the order in which they will be contested. Please note that all events take place on Wednesday evenings (except for **Twilight 5 which is Saturday, July 6th**).

**#1 Wednesday June 5th – 6:00pm start ([Registration](#))**

Track Events – 200m, 400m, 800m, 3000m, 80m/100m/110m Hurdles, 3000m Steeple Chase, 4x400m Relay

Field Events – High Jump, Long Jump, Triple Jump, Discus Throw, Javelin Throw

**#2 Wednesday June 12th – 6:00pm start (CTFL Regular Season) ([Registration](#))**

Track Events – 100m, 300m, 400m, 1500m, 5000m, 200m/300m/400m Hurdles, 4x100m Relay

Field Events – Long Jump, Hammer Throw, Shot Put, Pole Vault

**#3 Wednesday June 19th– 6:00pm start ([Registration](#))**

Track Events – 200m, 400m, 800m, 2000m, 3000m, 80m/100m/110m Hurdles, SMR (200/200/400/800)

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

**#4 Wednesday June 26th – 6:00pm start ([Registration](#))**

Track Events – 100m, 300m, 1200m, 2000m, 200mH/300mH/400mH, 4x100m

Field Events – Triple Jump, Discus Throw, Shot Put, Pole Vault

**#5 Saturday July 6th – 2:00pm start (CTFL FINAL) ([Registration](#))**

Track Events – 100m, 200m, 400m, 800m, 1500m, 5000m, 100mH/110mH/400mH, Mixed 4x400m

Field Events – Long Jump, Shot Put, Hammer Throw, High Jump, Pole Vault

**#6 Wednesday July 10th– 6:00pm start ([Registration](#))**

Track Events – 200m, 400m, 1200m, 2000m, 80m/100m/110m Hurdles, Legion Medley Relay

Field Events – High Jump, Triple Jump, Discus Throw, Javelin Throw

**#7 Wednesday July 17th – 6:00pm start (Hugh Conlin Classic) ([Registration](#))**

Track Events – 100m, 300m, 800m, Mile, 80m/100m/110m/200/300/400m Hurdles, 1500/2000m SC, SMR (200/200/400/800)

Field Events – Long Jump, Pole Vault, Hammer Throw, Shot Put

**#8 Wednesday July 24th– 6:00pm start ([Registration](#))**

Track Events – 200m, 400m, 800m, 1200m, 2000m, 200/300/400m Hurdles, 4x100m

Field Events – Long Jump, Hammer Throw, Shot Put, Pole Vault

**#9 Wednesday July 31st – 6:00pm start ([Registration](#))**

Track Events – 100m, 800m, 1500m, 3000m 80/100/110m Hurdles, 4x400m

Field Events – High Jump, Triple Jump, Pole Vault, Discus Throw, Javelin Throw

**#10 Wednesday August 14th – 4:00pm start (Season Finale) ([Registration](#))**

Track Events – 200m, 400m, 800m, 1500m, 10,000m, 100m/110m/400m Hurdles, Shuttle Hurdle Relay, Mixed 4x400m

Field Events – Long Jump, Hammer Throw, Shot Put, Pole Vault

## **FACILITY LAYOUT**

### **WARM-UP AREA**

- The north field provides ample space to conduct warm-ups without interfering with events in the main stadium.
- There is also a 3x90m stretch of mondo surface where blocks and hurdles will be available for warm-ups.
- Washrooms are in the main building closest to the finish line and located in the north field.

### **COMPETITION AREA**

- Please refer to page 5 for a site map.
- All track events will be conducted in the main stadium.
- All jumps will be conducted in the main stadium (on the north side).
- All throws will be conducted in the west field, except for the shot put which is in the northwest corner of the main stadium.
- We ask that everyone follows typical track etiquette and that athletes/coaches respect the competitive areas and to not cross over with the other event areas if competition is taking place. This has been an issue during LJ/TJ and the 200m events.
- Athletes are asked to clear the competitive area as soon as possible when done competing. No lingering in the starting area of the 200m or finish line area.

### **TRACK**

- Check-in: All athletes must report to your respective start line no later than 15min before the event start to receive heat and lane assignments.
  - These will also be posted online at [www.liveresults.ottawalions.com](http://www.liveresults.ottawalions.com)
- Any events 600m or longer must check in at the Ottawa Lions tent below the timing tower to collect your chest and hip numbers before going to their respective start line.
- All sprint events (100m, 200m, 80mH/100mH/110mH) may have heats and finals.
- If you do not wish to race a final, please notify the timing team IMMEDIATELY so that another athlete may take the opportunity to race again.
- Relay entries are free. Teams are asked to assemble at the near the finish line no later than 15min before the scheduled start time. Relay cards should be submitted if coaches/athletes wish to be included in the results.
- We will move on a rolling schedule so events may run ahead of the meet schedule that was released. We will not move more than 20min a head of schedule.
- Hurdle Heights MUST be indicated upon entry.

### **JUMPS**

- Max 15 athletes per flight of all jumping events.
- Men and Women may be combined into 1 flight if the numbers permit.
- 3 Jumps per athlete will be permitted. Top 8 performances from the initial 3 rounds will receive another 3 jumps in the finals.
- High Jump progression will be determined onsite with the HJ officials.
- Pole Vault progression will be determined onsite with the PV officials.

### **THROWS**

- Maximum of 15 throwers per flight.
- Men and Women may be combined into 1 flight if the numbers permit.
- 3 throws per athlete will be permitted. Top 8 performances from the initial 3 rounds will receive another 3 throws in the finals.

- Throwers will have their own implements. Requests must be made well in advance if you wish to use Ottawa Lions equipment. We have a limited number of implements will be available.

### COACHES

- Coaches registered with AO and respective Provincial branches are permitted entry into the venue and have the freedom to interact with your athletes if it does not interfere with the competition.

### SPECTATORS

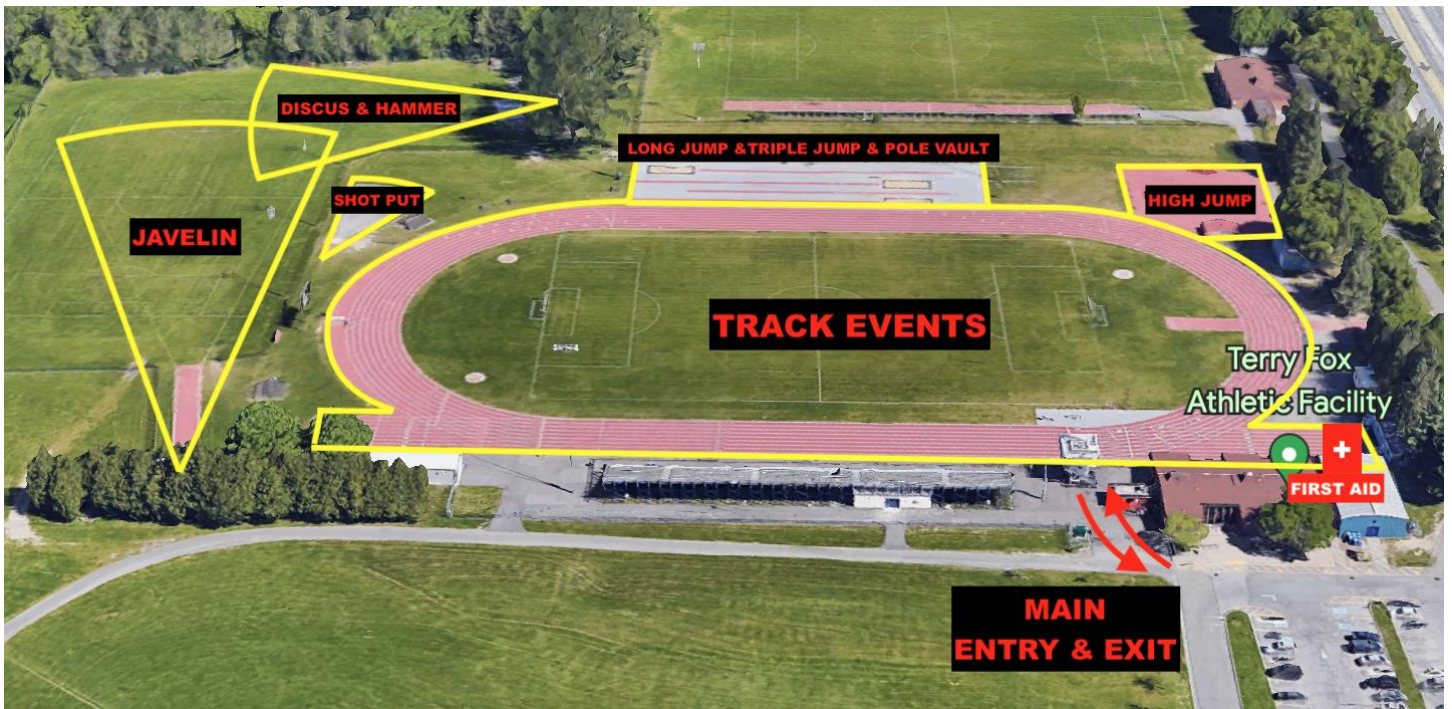
- Only permitted free entry to view the events.
- Spectators are asked to remain in the grandstands or seated in off to the side (in a safe location) of field event competition area.
- Admission will only be charged at Twilight #5 for the CTFL Final

### EMERGENCY ACTION PLAN

- There will be a First Aid Team located on site for the duration of the event. The First-Aid station will be located under the timing tower. This individual is not responsible for massage therapy or Physio Therapy but a first response in case of injury or need to call EMS.
- A defibrillator (AED) is in the main building of the Terry Fox Athletic Facility.
- If EMS is required at the Terry Fox Athletic Facility, the address is 2960 Riverside Dr. Ottawa Ontario K1V 8N4 (Inside Mooney's Bay Park). The best point of access is from the intersection of Riverside Dr. and Ridgewood Avenue, they should take an immediate right once inside Mooney's Bay Park. An alternative point of entry would be arriving from Hogs Back Rd, turning into the Mooney's Bay Boat launch entrance and pulling up to the West Field.
- Under a severe weather warning or arrival of a thunder/lightning storm there are very few locations for shelter. There are a few change rooms located in the main Terry Fox Athletic Facility building, and north building but space is limited. The high jump shed and 100m start line shed may also be used for shelter. Spectators, Athletes, coaches, officials, and volunteers who drive to the venue can also take shelter in their respective vehicles until the storm subsides.
  - We will monitor the situation and make announcements for when competition may resume if there is a weather delay. If longer than 30min we will provide a mini warm-up period.



**COMPETITION AREAS**





## OTTAWA TWILIGHT #3

**DATE:** Wednesday June 1<sup>st</sup>, 2022  
**LOCATION:** Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4  
**SANCTIONED BY:** Athletics Ontario.  
**AGE CATEGORIES:** OPEN  
**ENTRY DEADLINE:** Tuesday, May 31<sup>st</sup> at Noon  
**ENTRIES:** Must be completed HERE  
**FEES:** Online - \$25.00  
**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:** Athletes are asked to marshal at the start line of their event no later than 10min prior to the start. Distance runners will be required to pick up a hip/chest number at the Ottawa Lions tent located under the timing tower.  
**PARKING:** Limited parking will be available at the venue. Pay and display parking in the Mooneys Bay lot will also be available. With the Mooneys Bay park attractions the lots will fill up quickly.  
**LIVE RESULTS:** [www.liveresults.ottawalions.com](http://www.liveresults.ottawalions.com)  
**SCHEDULE OF EVENTS:** Will be run men before women (unless indicated otherwise). Seeded/fast sections will be run first. Events may be combined if entries are low.

6:00pm Combined Hammer Throw

Combined Long Jump

Combined Pole Vault

**TRACK EVENTS:**

5:45pm Youth 60m & 60m mini-Hurdles

6:50pm Combined Shot Put

6:00pm Men 200m

Women 200m

6:20pm Men 400mH

Women 400mH

6:35pm Combined 1500m

6:45pm Men 100m Heats

Women 100m Heats

7:00pm Combined 800m

7:15pm Men 100m Final

Women 100m Final

7:30pm 4x100m

**FIELD EVENTS:**