



# CTFL FINAL PRESENTED BY OTTAWA LIONS

Date: Saturday, July 6<sup>th</sup>, 2024

Location: Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4

Sanctioned by: World Athletics (D), Athletics Canada, Athletics Ontario

Age Categories: OPEN Elite Declaration Deadline: TBD

Open Entry Deadline: Wednesday July 3rd @11:59pm 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. Events that run longer than 800m 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: 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. Tentative

schedule is on page 2.

Elite (D) level sections will be held in the evening.

Invite Section Inquiries: All athletes with interest and desire to receive an invite should declare interest

here - Athlete Expression of Interest Form

Any further questions pertaining to the invite selection must be directed to rjohnston@ottawalions.com. CTFL members should also communicate with

Quinn Lyness ctflofficial@gmail.com.

Prizes: The prize structure for D level events – coming soon.

CTFL Final Details: Coming Soon

# **SCHEDULE**

#### PRE-MEET

#### TRACK EVENTS:

2:30PM **OPEN MEN & WOMEN 200M** 2:50PM **OPEN WOMEN 100MH OPEN MEN 110MH** 3:10PM 3:20PM **OPEN MEN 1500M** 3:30pm **OPEN WOMEN 1500M** 3:40PM **OPEN MEN & WOMEN 400M OPEN MEN & WOMEN 100M** 4:00PM **OPEN MEN & WOMEN 800M** 4:30PM **OPEN WOMEN 400MH** 4:50PM 5:00PM **OPEN MEN 400MH** 5:20PM **OPEN 3000M** 

#### FIELD EVENTS

3:00PM	COMBINED OPEN POLE VAULT
3:30PM	COMBINED OPEN LONG JUMP
4:30PM	COMBINED OPEN HAMMER

#### **FINALS (D LEVEL)**

#### TRACK EVENTS

**MEN 400M HURDLES** 6:00PM **WOMEN 400M HURDLES** 6:10PM 6:20PM **MEN 1500M** 6:30PM **WOMEN 1500M MEN 200M** 6:40PM 6:50PM WOMEN 200M 7:00PM **WOMEN 100MH** 7:10PM **MEN 110MH MEN 800M** 7:20PM 7:30PM **WOMEN 800M** 7:40PM **MEN 400M** 7:50PM **WOMEN 400M** 8:00PM **MEN 100M** 8:05PM WOMEN 100M 8:10PM 5000M

#### **FIELD EVENTS**

5:45PM MEN LONG JUMP

**WOMEN SHOT PUT** 

7:00PM WOMEN LONG JUMP

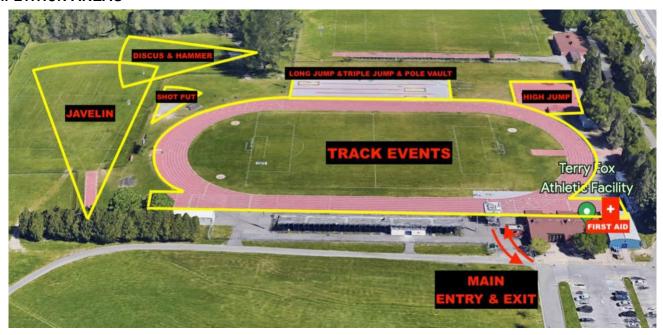
**MEN SHOT PUT** 

### **FACILITY LAYOUT:**

## **STADIUM AREAS**



# **COMPETITION AREAS**



#### **EMERGENCY ACTION PLAN:**

There will be a First Aid Team located on site for the duration of the weekend. The First-Aid station will be located just east of the grandstands. This team is not responsible for RMT or PT but a first response in case of injury or need to call EMS.

A defibrillator 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 Mooneys 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 Mooneys Bay Park. An alternative point of entry would be arriving from Hogs Back Rd, turning into the Mooneys 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. While there are a few change rooms and locations for shelter, they will be limited in space as a 2m physical distancing rule will apply while indoors (along with wearing masks). We ask that athletes, officials and volunteers who drive to the venue take shelter in their respective vehicles until the storm subsides. Please do not welcome others you did not travel with into your vehicle.









