



CTFL FINAL

PRESENTED BY OTTAWA LIONS

- Date:** Saturday, July 6th, 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
3:10PM OPEN MEN 110MH
3:20PM OPEN MEN 1500M
3:30pm OPEN WOMEN 1500M
3:40PM OPEN MEN & WOMEN 400M
4:00PM OPEN MEN & WOMEN 100M
4:30PM OPEN MEN & WOMEN 800M
4:50PM OPEN WOMEN 400MH
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

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

