

2025 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

SATURDAY – February 15th

TIME	EVENT (Heats)	
10:00am	3000m – Women (1)	
10:15am	3000m – Men (2)	
10:55am	4x200m Relay – Women (2)	
11:10am	4x200m Relay – Men (3)	
11:30am	1000m – Women (3)	
11:45am	1000m – Men (4)	
12:00pm	60m Heats - Women (13)	(Top 12 times advance to A & B Final)
12:25pm	60m Heats - Men (20)	(Top 12 times advance to A & B Final)
12:55pm	60m Hurdle Heats - Women (3)	(Top 6 times advance to Final)
1:10pm	60m Hurdle Heats - Men (2)	(Top 6 times advance to Final)
1:20pm	600m - Women (5)	
1:35pm	600m - Men (5)	
1:55pm	60m Finals - Women	(B final followed by A)
2:00pm	60m Finals - Men	(B final followed by A)
2:05pm	60m Hurdle Final - Men	
2:10pm	60m Hurdle Final - Women	
2:20pm	4x800m – Women (1)	
2:35pm	4x800m – Men (1)	
2:45pm	300m – Women (18)	(Blocks for only top 7 heats)
3:05pm	300m - Men (23)	(Blocks for only top 7 heats)
3:35pm	1500m - Women (3)	
3:55pm	1500m - Men (5)	
4:15pm	4x400m Relay - Women (1)	Waterfall Start

4:25pm 4x400m Relay - Men (2) Waterfall Start

FIELD

Time	Event (Entries)
10:30am	Weight Throw – Women (10) / Men (6) throw together (separate weights) Pole Vault – Women (9) / Men (13) Combined (progress through heights together) Long Jump – Women (27) 2 flights
11:30am	High Jump – Women (10)
12:30am	Shot Put – Women (12) followed by Men (12) Long Jump – Men (29) 2 flights
2:30pm	Triple Jump – Women (11) High Jump – Men (19)
3:30pm	Triple Jump – Men (16)

OTTAWA LIONS U-16 OPEN

SATURDAY – February 15th

TRACK

TIME	EVENT: (sections)
8:30am	1000m (Girls & Boys Combined)
8:35am	60m – Girls (5)
8:45am	60m – Boys (3)
8:55am	60m Mini/u18/u20 Hurdles
9:15am	500m – Girls (1)
9:18am	500m – Boys (1)
9:20am	150m – Girls (7)
9:30am	150m – Boys (6)
9:40am	4x100m

FIELD

TIME	EVENT: (entries)
8:30am	Long Jump (10) Boys & Girls Combined – 3 jumps