



OTTAWA TWILIGHT #8

DATE:	Wednesday, July 31 st , 2019
LOCATION:	Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4
SANCTIONED BY:	Athletics Ontario
AGE CATEGORIES:	OPEN
ENTRY DEADLINE:	Wednesday, July 31 st , 2019 6:30pm
ENTRIES:	trackiereg.com by Noon/in person at the Ottawa Lions Tent
IMPLEMENTS:	A limited number of throwing implements will be provided by meet management. You are welcome to use your own.
CHECK IN:	Athletes will check in at the respective start line or event location 15min prior to the start. Athletes in events that do not stay in the same lane (1500m, Steeple Chase) will require hip numbers that can be picked up at the Ottawa Lions Tent under the timing tower.
SCHEDULE OF EVENTS:	Events will proceed on a rolling schedule when possible. Track events will be run Men followed by Women (with the exception of intermediate Hurdles). Field events will be run Women followed by Men or together based on field size.
TRACK EVENTS:	
6:15pm	Youth 60m Mini-Hurdles followed by 60m Dash
6:30pm	1200m (Combined)
6:40pm	1500m (Combined)
6:50pm	300m (Men/Women)
7:00pm	110H/100H/80H (Men/Women)
7:25pm	100m (Men/Women)
7:45pm	2000m (Combined)
7:55pm	3000m (Combined)
8:10pm	800m (Men/Women)
8:20pm	200m (Men/Women)
8:45pm	200m Hurdles (Combined)
8:50pm	400m Hurdles (Women/Men)
9:00pm	4x100m (Combined)
FIELD EVENTS: 4 throws, 4 attempts (excluding Pole Vault)	
6:30pm	Pole Vault (Combined)
6:45pm	Hammer Throw (Combined)
	Triple Jump (Combined)
7:45pm	Long Jump (Combined)
	Javelin Throw (Combined)