



# OTTAWA LIONS INTERSQUAD

**Saturday, November 23<sup>RD</sup> 2019**

Assess our athletes' state of fitness / skill from "general fitness and strength development programs. In the case of cross country trained athletes, it will be to assess and test the level of aerobic fitness from a race season recently concluded and explore other event area abilities. Field events will be limited and modified.

The event is the first MANDATORY event for all Varsity Program Athletes with Lions Competitive Program athletes welcome to join. Registered athletes will be separated into one of four teams.

Team Garnet – uOttawa

Team Grey – uOttawa

Team Black – Lions & Ravens

Team Red – Lions & Ravens

Event results will be scored in the same fashion as Usport 10-8-6-5-4-3-2-1

Athletes will participate in a **minimum** of two events.

Athletes with medical limitations will serve as supporting the event as technical volunteers. If you have an academic conflict – notify the Head Coach immediately.

Entry fee: \$5.00 entry fee for unlimited events.

ENTRIES: All entries will be completed on [trackie.ca](http://trackie.ca) by following this link.

Post event: With the entry fee's all athletes will be rewarded with pizza at the conclusion of the event with the remaining funds to be donated towards the winning team's charity in light of the holiday season approaching (Children's wish foundation, CHEO, Ottawa Mission, Oxfam etc.).

## **Track Events**

Rolling Schedule – we will go ahead whenever possible.

9:30am - 3000m/5000m - (Men & Women combined)

10:05am - 60m - (Women followed by Men)

10:30am - 1000m - (Women followed by Men)

10:50am - 300m - (Women followed by Men) no starting blocks

11:30am - 500m - (Women followed by Men) waterfall start

11:45am – 4x200m – (Mixed Relay) waterfall start

## **Field Events**

10:00am – Pole Vault (Men & Women combined)

10:30am – Throwers – Shot / Weight Throw (Men & Women combined)

10:45am – Long Jump – (Men & Women combined)

11:00am – Triple Jumpers – 5m Run-In to 6 Alternate Leg Bounds for Distance (Men & Women combined)

Athletes are encouraged to wear “team colors”.

Additional team points available.