

2020 OTTAWA LIONS CHILLY OPEN & RAVENS U-SPORT LAST CHANCE

FINAL - Meet Schedule



***WE WILL RUN ON A ROLLING SCHEDULE AND WILL PROCEED 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**

9:00 AM – Athletes / Teams can arrive – however DO NOT access the Soccer Fields.

11:00 AM – Athletes can move all gear on to 2 of inner turf fields.

OTTAWA LIONS U-16 OPEN

TRACK (4PT START FOR ALL SPRINTS/NO BLOCKS)

9:30AM 60m – Girls (3) / Boys (2)

9:40AM 60m Mini Hurdles – Girls (2) / Boys (1)

9:50AM 60m Hurdles (Girls 30", 33" Boys 36" & 39") – Girls (1) / Boys (1)

10:00AM **YOUTH 60M RACE**

10:05AM 800m – Girls (1) / Boys (1)

10:15AM 150m – Girls (5) / Boys (4)

10:30AM 2000m – Girls & Boys Combined (1)

10:40AM 4x100m Relay – Girls & Boys Combined (1)

FIELD (3 JUMPS)

9:45AM Long Jump – Girls & Boys Combined (18)

RAVENS U-SPORT LAST CHANCE

TRACK

12:00 PM 60m Hurdle Heats (33"/42") – Women (2) / Men (2)
(top 12 advance to A & B finals)

12:15 PM 60m Heats – Women (9) / Men (11)
(top 12 advance to A & B finals)

12:45 PM 600m – Women (3) / Men (4)

1:10 PM 1500M – Women (2) / Men (3)

1:40PM 60m Hurdles Finals – Men (2) / Women (2)
(Men followed by Women)

2:00PM 60m Finals – Women (2) / Men (2)

2:10PM 3000m – Women (1) / Men (1)

2:40PM 300m – Women (14) / Men (20)
(First 4 Heats in each gender will have the option of starting blocks ** NO RUN-OUTS allowed)

3:15PM 1000M – Women (2) / Men (2)

3:35PM 4 x 200m Relays – Women (3) / Men (2)

3:55PM 4 x 400m Relays – Women (1) / Men (2)

FIELD

- 12:00 PM** Shot Put Women (18) followed by Men (14)
(Combined when possible – 4k, 5k, 6k, 7.2k)
Pole Vault Women (6) followed by Men (6)
(Combined when heights match)
- 12:30 PM** Long Jump Men (16)
(Top 8 get 3 additional jumps)
Triple Jump Women (8)
(Top 8 get 3 additional jumps)
- 1:45 PM** Weight Throw Men (14) followed by Women (13)
(Combined when possible – 20lb, 35lb)
High Jump Women (6) followed by Men (9)
(Combined when heights match)
- 2:15 PM** Long Jump Women (14)
(Top 8 get 3 additional jumps)
- 3:00 PM** Triple Jump Men (8)
(Top 8 get 3 additional jumps)