



OTTAWA TWILIGHT #4

- DATE:** Saturday, August 15th, 2020
- LOCATION:** Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4
- SANCTIONED BY:** Athletics Ontario
- AGE CATEGORIES:** OPEN
- ENTRY DEADLINE:** Friday, August 14th at Noon
- ENTRIES:** Athletes Registration [HERE](#) | Coach/Official/Volunteer Registration [HERE](#)
- FEES:** \$25.00 (2 event max)
- 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:** Checking In with the completion of your health questionnaire via this [LINK](#) prior to entering will serve as check-in. Athletes are asked to enter the facility 30min prior to their event block 5:00/6:00/7:00. The bulk of warm-ups are to be completed outside the facility.
- SCHEDULE OF EVENTS:** Events will be scheduled with at least a 90 second window between heats when possible. Track events will be run Men followed by Women (with the exception of Hurdles). If the field size permits, we will combine men and women. Field events will be run Women followed by Men or together based on field size.

Events	Enter Facility (Check In)	Competition Window Begins
800m, 80mH, 100mH, 110mH, Discus Throw, Long Jump	5:00pm	5:30pm
100m, 300mH, 400mH, Shot Put, Long Jump	6:00pm	6:30pm
200m, 5000m, Triple Jump	7:00pm	7:30pm

TRACK EVENTS:

- 5:30pm Men 800m
- Women 800m
- Women 80mH
- Women 100mH
- Men 100mH
- Men 110mH
- 6:30pm Men 100m
- Women 100m
- Women 300mH
- Men 300mH
- Women 400mH
- Men 400mH

- 7:30pm Men 200m
- Women 200m
- Combined 5000m

FIELD EVENTS: 4 throws, 4 attempts

- 5:30pm Discus Throw
- Long Jump
- 6:30pm Shot Put
- Long Jump (Flight 2)
- 7:30pm Triple Jump

Facility Layout

The Terry Fox Athletic Facility has a very strict policy pertaining to a 100-person capacity (athletes, coaches, volunteers, meet organizers combined). Due to the facility capacity we will not be permitting any spectators inside the facility.

All individuals entering the facility must complete a health questionnaire found [HERE](#)

It is the upmost importance for all participants to respect the physical distancing regulations that have been put in place by the public health officials.

All athletes, coaches, volunteers and officials must enter the facility at the North entrance (facing Riverside drive). Here meet organizers will confirm registration and that the event health questionnaire has been completed and passed prior to entry.

All athletes, coaches, volunteers and officials must exit using the main gaits located behind the timing tower. Under the scenario of severe weather (lightning, tornado warning) participants will be asked to take shelter in their vehicles as indoor facilities are limited in both availability and capacity while respecting physical distancing.

Hand sanitizer will be provided at the entrance and exit of the facility.

If not competing or warming-up athletes and coaches are going to be asked to wear a mask.

Warm-up Areas

- Refer to page 4
- 10 per area (athletes & coaches combined).
- Athletes are asked to stay within these areas for the entirety of their warm-up. They can leave their bags/gear at the flagged areas marked with X on the warm-up map
- Track Warm-up area 3 can be shared between Area 1 & 2 as long as the capacity of 10 is followed.
- Track warm-up areas 4 & 5 can use the back stretch of the track as long as it does not interfere with an event taking place and physical distancing is maintained.
- Once done competing athletes will be expected to depart from the facility to allow for the next group of athletes enter and begin their warm-ups. If registered for another event you will be permitted back into the facility. Please try to complete as much of your warm-up as possible outside.
- Throws Warm-up area 1 & 2 may alternate depending on the events that are being contested. Example (If Javelin is being contested, athletes are asked to warm up in the discus/hammer area).
- Jumps Warm-up area 1 & 2 may alternate depending on the events that are being contested. Example (If a Long Jump competition is being contested, athletes not competing are asked to warm-up on the high jump apron).

Competition Area's

- Refer to page 4
- Maximum of 10 permitted in each area (volunteers, officials, athletes and coaches combined).
- A coaching area will be created to not interfere with the area capacity.
- With typical track etiquette we ask athletes respect the competitive areas and to not interfere with them as an event is taking place.
- Athletes are asked to clear the competitive area as soon as possible when done competing.

- We ask that athletes do not linger in the facility as we will need sufficient space for athletes competing in the latter part of the evening.

Track

- Four athletes per heat. Every other lane will be used for all events 100m up to 400m (including hurdles).
- 800m will start in every other lane at the 4x400m start with a 3 turn stagger.
- 1500m will start in every other lane at the 300m start lines.
- Mile-5000m will start with a spread-out waterfall or tiered waterfall.
- Athletes are not to draft during a distance race.
- If passing another athlete, you will be expected to give a wide berth.
- The red boxes shown on the facility map will serve as the assembly areas for the heat that is “on deck” and the heat that will be “in the hole” based on the events respective start line.

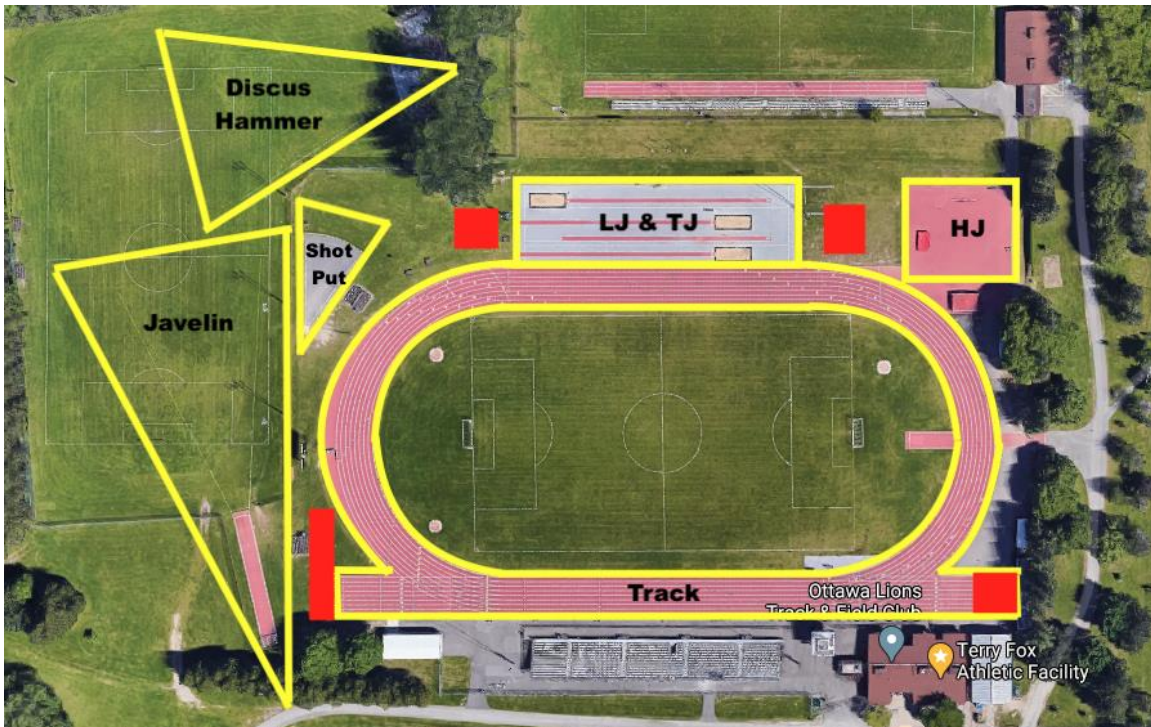
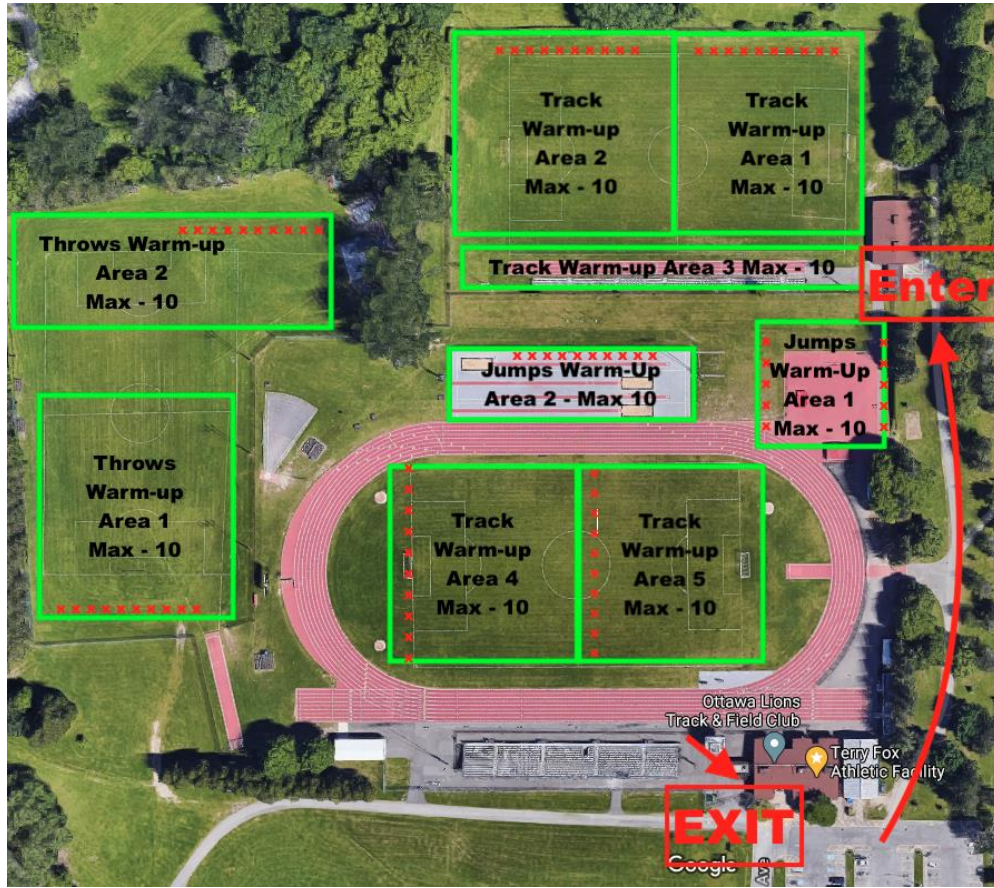
Jumps

- Long Jump & Triple Jump
 - 6 per flight with officials and volunteers included in the area capacity.
 - Athletes are to spread themselves out by a minimum of 6ft when not jumping.
 - 4 attempts will be permitted for all athletes.
- High Jump
 - 7 per flight with officials and volunteers included in the area capacity.
 - Athletes must have their own personal tarp that is to be placed on the mat prior to their attempt and when their attempt is completed.

Throws

- Maximum of 8 throwers per flight with officials and volunteers included in the area capacity,
- Throwers will have their own implements. Requests must be made well in advance if you wish to use Ottawa Lions equipment as only a limited number of implements will be available.
- Throwers must retrieve their own implements.
- 4 throws for all athletes will be permitted.

Warm-up Areas



Competition Areas

Care & Recommendations



Remember!
**Practice physical
distancing**

If keeping your distance is difficult, wear a **non-medical mask** (i.e. cloth mask).

N'oubliez pas!
**Pratiquez la
distanciation physique**

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S'il est difficile de maintenir une bonne distance par rapport aux autres, portez un **masque non médical** (c.-à-d. un masque en tissu).

OttawaPublicHealth.ca/Coronavirus
SantePubliqueOttawa.ca/CoronavirusFR

Coronavirus Disease 2019 (COVID-19)

Cleaning and Disinfection for Public Settings

This document provides guidance on cleaning and disinfection of public settings, including schools, transit, colleges/universities and other workplaces in Ontario. For more information, please contact your local public health unit.

What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.

Clean frequently touched surfaces twice per day

- In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected twice per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.

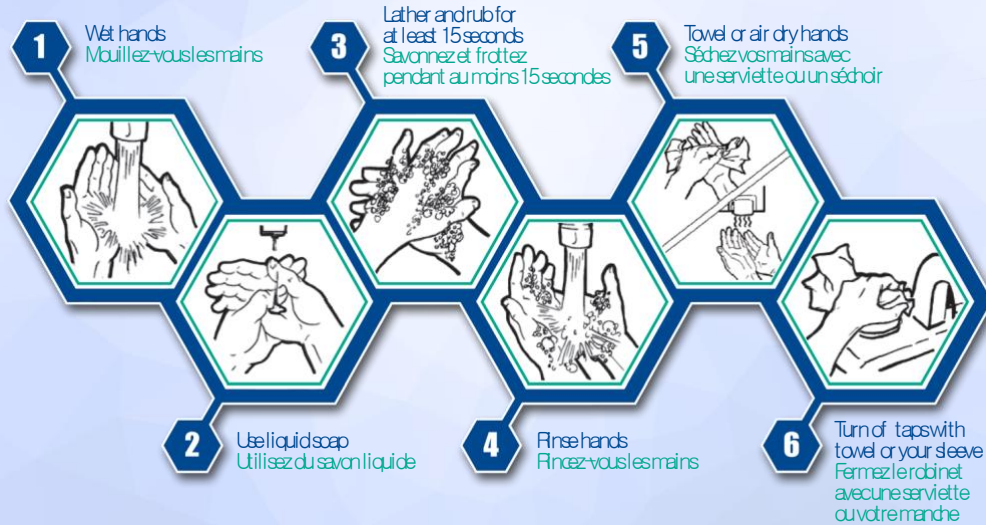


Ottawa's health is in **your hands**

Proper handwashing helps prevent the spread of germs!

La santé d'Ottawa est entre **VOS mains**

En se laver les mains aide à prévenir la propagation des germes!



Ottawa Public Health.ca
Santé Publique Ottawa.ca

613-580-6744
TTY/ATS : 613-580-9656



/Ottawa Health
/Ottawa Santé

Cover Your Cough



1. Cover your mouth and nose when you cough, sneeze or blow your nose.



2. Put used tissue in the garbage.



3. If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.



4. Clean your hands with soap and water or hand sanitizer (minimum 70% alcohol-based).

Stop the Spread of Germs

Always Cover Your Cough

- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 2 metres/6 feet) from people who are coughing or sneezing