



# OTTAWA TWILIGHT #5

- DATE:** Wednesday, August 19<sup>th</sup>, 2020
- LOCATION:** Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4
- SANCTIONED BY:** Athletics Ontario
- AGE CATEGORIES:** OPEN
- ENTRY DEADLINE:** Tuesday, August 18<sup>th</sup> at Noon
- ENTRIES:** Athlete 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 only at the time of their check in window. The bulk of warm-ups are to be conducted 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 Window)	Competition Window Begins
High Jump	5:00pm	5:30pm
600m, 80mH, 100mH, 110mH, Hammer Throw	6:00pm	6:30pm
100m (Men), Javelin Throw, Long Jump (Women)	7:00pm	7:30pm
100m (Women), 300mH, 400mH	7:30pm	8:00pm
200m (men & women), Long Jump (Men)	8:00pm	8:30pm
Mile	8:30pm	9:00pm

**TRACK EVENTS:**

6:30pm Combined 600m  
 Women 80mH  
 Women 100mH  
 Men 100mH  
 Men 110mH

8:30pm Men 200m  
 Women 200m  
 9:00pm Men Mile  
 Women Mile

**FIELD EVENTS: 4 throws, 4 attempts**

7:30pm Men 100m  
 Women 100m  
 8:00pm Women 300mH  
 Women 400mH  
 Men 400mH

5:30pm High Jump (Combined)  
 6:30pm Hammer Throw (Combined)  
 7:30pm Javelin (Combined)  
 Long Jump (Women)  
 8:30pm Long Jump (Men)