



## 2021 TWILIGHT SERIES

Twilights since 1988

---

COVID-19 Event precautions and guidelines can be found [HERE](#)

\*Our guidelines below are based off the provincial and municipal safety measures.

### ALL Entries (Online)

- Register on trackiereg.ca (links are listed below) – deadline for each meet will be at Noon Tuesday the week of. All payment must be made via credit card.
- There will be NO onsite entries or cash exchanges.
- \$25.00/Athlete (2 events max).
- Athletes & Coaches MUST be an active registered member of their respective PSO.
- All attendee's must complete their health questionnaire before entering the facility (with-in 24 hrs of event start). Please follow this [LINK](#) to complete before arrival.

### Procedure of events

- Final schedule of events will be posted the morning of the event.
- Competition is open to all ages and all ability levels. As long as they are an active AC member. \*5000m entrants must be born in 2006 or earlier.
- Track events will run fast to slow, men precede women with the exception of hurdles (in cases where entries allow, men and women may race together).
- Heats and Finals will be offered for 100m, 200m, 80/100/110m Hurdles
- Warm-up areas and capacity limits are marked in the facility maps below.
- Para athletes are welcome to compete and will be integrated into the competition when and where possible. (Please give advance notice for tie down throws or wheelchair entry).

**TWILIGHT 9  
JUNE 30<sup>TH</sup>**

**TWILIGHT 10  
JULY 7<sup>TH</sup>**

**TWILIGHT 11  
JULY 14<sup>TH</sup>**

**TWILIGHT 12  
JULY 21<sup>ST</sup>**

**TWILIGHT 13  
JULY 28<sup>TH</sup>**

**TWILIGHT 14  
AUGUST 4<sup>TH</sup>**

**TWILIGHT 15  
AUGUST 11<sup>TH</sup>**

**Sanction**

- All meets are sanctioned by Athletics Ontario and have IPC approval. All participants should be members of their respective branch, IPC or IAAF Federation. Those who are not members are subject to additional fees.

**Events Scheduled** (order of events not final)

**Wednesday June 30<sup>th</sup> – 6:00pm start** ([Registration](#))

Track Events – 100m, 400m, 3000m, 80/100/110m Hurdles

Field Events – High Jump, Discus Throw, Javelin Throw

**Wednesday July 7<sup>th</sup> – 6:00pm start** ([Registration](#))

Track Events – 200m, 800m, 1500m, 200/300/400m Hurdles

Field Events – Long Jump, Hammer Throw, Shot Put

**Wednesday July 14<sup>th</sup> – 6:00pm start** ([Registration](#))

Track Events – 100m, 400m, 5000m, 80/100/110m Hurdles

Field Events – High Jump, Triple Jump, Discus Throw, Javelin Throw

**Wednesday July 21<sup>st</sup> – 6:00pm start** ([Registration](#))

Track Events – 200m, 800m, 1500m, 200/300/400m Hurdles

Field Events – Long Jump, Hammer Throw, Shot Put

**Wednesday July 28<sup>th</sup> – 6:00pm start (Parade of Nations – Represent your Heritage)** ([Registration](#))

Track Events – 100m, 400m, 3000m, 80/100/110m Hurdles

Field Events – High Jump, Triple Jump, Discus Throw, Javelin Throw

**Wednesday August 4<sup>th</sup> – 6:00pm start** ([Registration](#))

Track Events – 200m, 600m, Mile, 200/300/400m Hurdles, 2000m Steeple Chase

Field Events – Long Jump, Hammer Throw, Shot Put

**Wednesday August 11<sup>th</sup> – 6:00pm start (Season Finale)** ([Registration](#))

Track Events – 100m, 400m, 1000m, 10,000m, 80/100/110m Hurdles

Field Events – High Jump, Triple Jump, Discus Throw, Javelin Throw

## **FACILITY LAYOUT**

The Terry Fox Athletic Facility has a very strict policy pertaining to capacity limits and the flow of traffic. Officials, staff, meet volunteers have been deemed separate from the capacity limits.

The only time an athlete is permitted to remove their mask is during warm-up and during the competition. Coaches, Officials, Volunteers and Media must wear masks at all times.

Our schedules will be broken up into blocks that allow athletes to enter and exit the facility in a staggered manner. Athletes will not be permitted into the respected areas until the schedule says. If additional prep time is needed, athletes will have to be done outside the venue fence line.

Athletes are asked to leave the facility when their event is complete. If an athlete will be competing again, they will be asked to re-enter the facility during that respective event block.

It is the upmost importance for all participants to respect the physical distancing (3m) regulations that have been put in place by the public health officials. The facility maps below indicate the warm-up and training areas.

All individuals entering the facility must complete a health questionnaire found [HERE](#). Please complete prior to arrival to avoid holding up the line (especially if you do not have data on your mobile device).

All athletes, coaches, volunteers and officials must enter the facility at the North field entrance (facing Riverside Drive). It is here that 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) an announcement will be made for participants, Officials, Volunteers and Coaches 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.

## **WARM-UP AREA**

- Refer to page 5
- Athletes will only be permitted into the venue when appropriately scheduled.
- Athletes are asked to stay within the respective warm-up area or competition area and not cross over with the others while events are taking place.
- Athletes will be asked to maintain 3m of physical distancing while in the war-up area.

## **COMPETITION AREA**

- Refer to page 5
- With typical track etiquette we ask athletes respect the competitive areas and to not cross over with the other event areas if competition 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**

- All sprint events (100m, 200m, 80mH/100mH/110mH) may have heats and finals. If numbers permit and there will be a possibility of a A & B final.
- If passing please give the other athlete 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

- Max 10 athletes per flight of all jumping events.
- Men and Women may be combined into 1 flight if the numbers permit.
- Athletes are to spread themselves out by a minimum of 3m when not jumping.

## THROWS

- Maximum of 10 throwers per flight.
- Men and Women may be combined into 1 flight if the numbers permit.
- Athletes are to spread themselves out by a minimum of 3m when not throwing.
- Throwers will have their own implements. Requests must be made well in advance if you wish to use Ottawa Lions equipment. Only a limited number of implements will be available.
- Throwers must retrieve their own implements.

## EMERGENCY ACTION PLAN

- There will be a First Aid Team located on site for the duration of the weekend. The First-Aid station will be located just east of the grandstands. This team is not responsible for RMT or PT but a first response in case of injury or need to call EMS.
- A defibrillator is located in the main building of the Terry Fox Athletic Facility.
- If EMS is required at the Terry Fox Athletic Facility, the address is 2960 Riverside Dr. Ottawa Ontario K1V 8N4 (Inside Mooney's Bay Park). The best point of access is from the intersection of Riverside Dr. and Ridgewood Avenue, they should take an immediate right once inside Mooney's Bay Park. An alternative point of entry would be arriving from Hogs Back Rd, turning into the Mooney's Bay Boat launch entrance and pulling up to the West Field.
- Under a severe weather warning or arrival of a thunder/lightning storm there are very few locations for shelter. While there are a few change rooms and locations for shelter, they will be limited in space as a 3m physical distancing rule will apply while indoors (along with wearing masks). We ask that athletes, officials and volunteers who drive to the venue take shelter in their respective vehicles until the storm subsides. Please do not welcome others you did not travel with into your vehicle.

## COACHES

- Registered coaches with their provincial branch will be permitted into the facility and able to coach during the event.
- Will still be required to wear a mask during the events.
- Must maintain 3m of physical distancing
- Must complete the event health questionnaire before entering the facility.
- Integrated support teams – are asked to set up outside the facility grounds.

## SPECTATORS

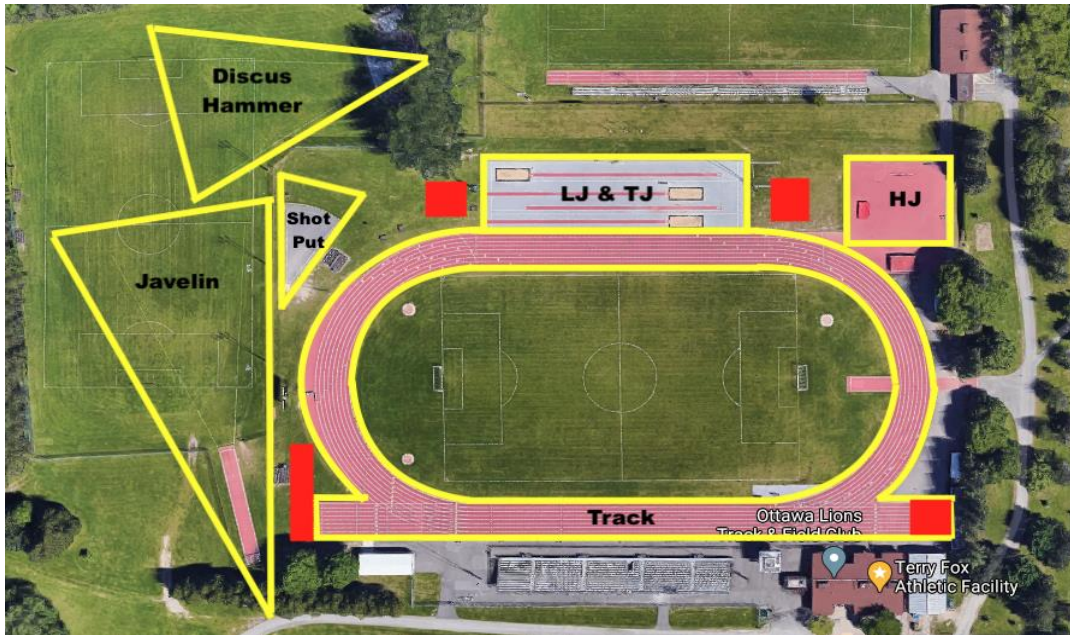
- In Step 2 and 3 of the provincial re-opening we will be allowing spectators to watch the event from the Terry Fox Grandstands (only). Step 2 – 25% capacity of the grandstands.
- Spectators will enter the venue and complete the health assessment required by the City of Ottawa staff before entering.
- Spectators are asked to leave through the main exit gate, located behind the timing tower.

## WARM-UP AREA





**COMPETITION AREA**



SAMPLE FINAL TECHNICAL PACKAGE *\*DOES NOT PERTAIN TO 2021*


---

## OTTAWA TWILIGHT #3

---

<b>DATE:</b>	Wednesday, August 12 <sup>th</sup> , 2020
<b>LOCATION:</b>	Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4
<b>SANCTIONED BY:</b>	Athletics Ontario
<b>AGE CATEGORIES:</b>	OPEN
<b>ENTRY DEADLINE:</b>	Tuesday, August 11 <sup>th</sup> at Noon
<b>ENTRIES:</b>	Must be completed <a href="#">HERE</a>
<b>FEES:</b>	\$25.00 (2 event max)
<b>IMPLEMENTS:</b>	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.
<b>CHECK IN:</b>	Checking In with the completion of your health questionnaire via this <a href="#">LINK</a> prior to entering will serve as check-in. Athletes are asked to enter the facility 30min prior to their event block 6:00/7:00/8:00. The bulk of warm-ups are to be completed outside the facility.
<b>SCHEDULE OF EVENTS:</b>	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	6:00pm	6:30pm
100m, 400m, Shot Put, Long Jump	7:00pm	7:30pm
200m, 300H, 400H, Triple Jump	8:00pm	8:30pm

**TRACK EVENTS:**

6:30pm	Men 800m		
	Women 800m		
	Women 80mH	8:30pm	Men 200m
	Women 100mH		Women 200m
	Men 100mH		Women 300mH
	Men 110mH		Men 300mH
7:30pm	Men 100m		Women 400mH
	Women 100m		Men 400mH
	Men 400m		
	Women 400m		
		<b>FIELD EVENTS: 4 throws, 4 attempts</b>	
		6:30pm	Discus Throw

**Updated – June 30<sup>th</sup>, 2021**

	Long Jump
7:30pm	Shot Put
	Long Jump (Flight 2)
8:30pm	Triple Jump

## 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**

⋮ 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.



# 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

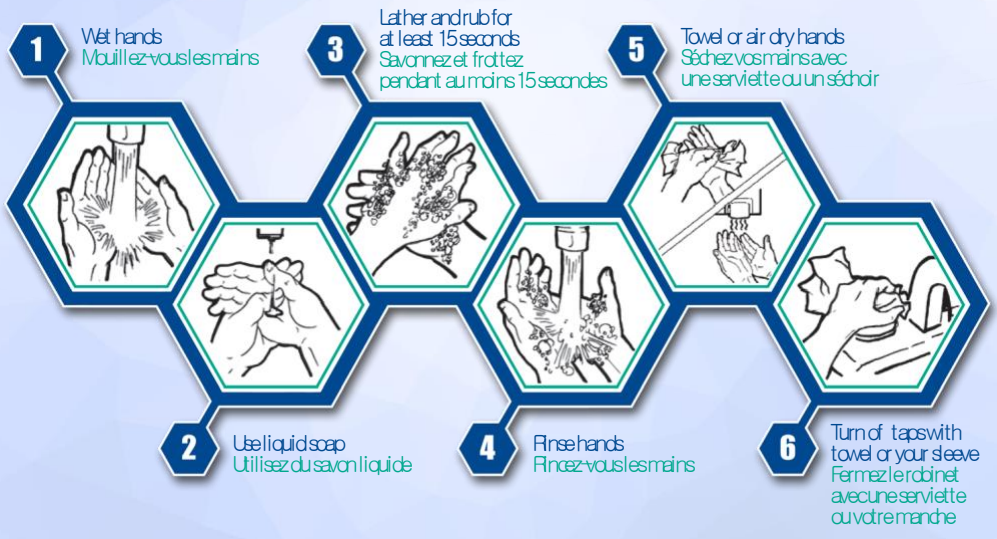
- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 2 metres/6 feet) from people who are coughing or sneezing

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

Proper **handwashing** helps prevent the spread of germs!

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

Il est **essentiel** de bien se laver les mains pour éviter la propagation des germes!



---

## ***Resources***

---

We encourage our members to continue monitoring their health and those close to them. Keeping a mindful eye on the announcements and status updates released by the province of Ontario, City of Ottawa, and Public Health Officials as the scenario continues to develop day by day.

These recommendations will be closely followed by the Club and will not hesitate if there is a danger in our members health and wellbeing.

Here are some helpful resources to follow as we continue to navigate through the world wide pandemic.

[\*\*Athletics Canada\*\*](#)

[\*\*Athletics Ontario Resource Page\*\*](#)

[\*\*City of Ottawa – COVID-19 Resources\*\*](#)

[\*\*Ottawa Assessment Centers\*\*](#)

[\*\*Ottawa Public Health\*\*](#)

[\*\*Province of Ontario – COVID-19 Resources\*\*](#)

[\*\*Public Health Canada\*\*](#)