



Date: Saturday, December 18th, 2021

Location: Algonquin College Thunderdome (1385 Woodroffe Avenue)

Meet Entry: <http://www.trackiereg.com/candycanerelays2021>

Entry Fee: \$5

Entry Deadline: Thursday, December 16th at Midnight

Contact: Any issues with registration, contact Connor (cdobson@ottawalions.com)

Events: 60m, 600m, Javelin, Standing Long Jump,
 4x60m Mixed Shuttle Relay, 4x60m Mixed Shuttle Hurdle Relay

Age Groups: Youth 1 (6-8), Youth 2 (9-11), Foundation (11-14),
 Aspire (14-16), Competitive (16-18)

Vaccination Requirement: Athletes ages 12+ must be fully vaccinated

SCHEDULE

9:15am	Enter Facility & Warm-Up	
9:45am	60m	All Age Groups
10:05am	Javelin	All Age Groups
10:25am	600m / Standing Long Jump	All Age Groups
10:45am	4x60m Mixed Shuttle Hurdle Relay	All Age Groups
11:00am	4x60m Mixed Shuttle Relay	All Age Groups
11:15am	Leave Facility	

- We may move ahead of schedule due to facility constraints
- All events will run girls followed by boys and youngest to oldest
- Relay teams will be created in advance by coaches