



ATHLETICS / ATHLÉTISME

## 2022 TWILIGHT SERIES

Twilights since 1988

### ALL Entries (Online)

- Register on trackiereg.ca (links are listed below) – deadline for each meet will be at 12:01pm on Tuesday the week of. All payments must be made online.
- There will be NO onsite entries or cash exchanges.
- \$25.00/Athlete (2 events max).
- Athletes & Coaches MUST be an active member of their respective PSO.

### 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 2007 or earlier.
- Track events will run fast to slow. Men precede women, unless indicated otherwise. If entries are low, men and women may compete together).
- Heats and Finals will be offered for 100m, 200m, 80/100/110m Hurdles.
- Warm-up areas 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, wheelchair entry or preferred lane for a visual impairment.

### Sanction

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

**TWILIGHT 1  
MAY 25<sup>TH</sup>**

**TWILIGHT 2  
JUNE 1<sup>ST</sup>**

**TWILIGHT 3  
JUNE 8<sup>TH</sup>**

**TWILIGHT 4  
JUNE 15<sup>TH</sup>**

**TWILIGHT 5  
JUNE 22<sup>ND</sup>**

**TWILIGHT 6  
JUNE 29<sup>TH</sup>**

**TWILIGHT 7  
JULY 6<sup>TH</sup>**

**TWILIGHT 8  
JULY 13<sup>TH</sup>**

**TWILIGHT 9  
JULY 20<sup>TH</sup>**

**TWILIGHT 10  
JULY 27<sup>TH</sup>**

**TWILIGHT 11  
AUGUST 3<sup>RD</sup>**

**TWILIGHT 12  
AUGUST 10<sup>TH</sup>**

Updated – May 16th, 2022

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**Series Scheduled** (this is a list of events offered, it does not represent the exact order of events at each meet)

**Wednesday May 25<sup>th</sup> – 6:00pm start** ([Registration](#))

Track Events – 200m, 400m, 3000m, 80/100/110m Hurdles

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

**Wednesday June 1<sup>st</sup> – 6:00pm start** ([Registration](#))

Track Events – 100m, 800m, 1500m, 200/300/400m Hurdles

Field Events – Long Jump, Pole Vault, Hammer Throw, Shot Put

**Wednesday June 8<sup>th</sup> – 6:00pm start** ([Registration](#))

Track Events – 200m, 400m, 800m, 5000m, 80/100/110m Hurdles

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

**Wednesday June 15<sup>th</sup> – 6:00pm start (CTFL Meet 3)** ([Registration](#))

Track Events – 100m, 200m, 800m, 1500m, 200/300/400m Hurdles

Field Events – Long Jump, Pole Vault, Hammer Throw, Shot Put

**Wednesday June 22<sup>nd</sup> – 6:00pm start** ([Registration](#))

Track Events – 200m, 400m, 3000m, 80/100/110m Hurdles

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

**Wednesday June 29<sup>th</sup> – 6:00pm start** ([Registration](#))

Track Events – 100m, 300m, 600m, Mile, 200/300/400m Hurdles, 3000m Steeple Chase

Field Events – Long Jump, Pole Vault, Hammer Throw, Shot Put

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

Track Events – 200m, 400m, 1000m, 2000m, 80/100/110m Hurdles

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

**Wednesday July 13<sup>th</sup> – 6:00pm start** ([Registration](#))

Track Events – 100m, 1500m, 80/100/110m/200/300/400m Hurdles, 2000m Steeple Chase

Field Events – Long Jump, Pole Vault, Hammer Throw, Shot Put

**Wednesday July 20<sup>th</sup> – 5:30pm start (CTFL Championship)** ([Registration](#))

Track Events – 100m, 400m, 800m, 5000m, 200/300/400m Hurdles

Field Events – Long Jump, Shot Put

**Wednesday July 27<sup>th</sup> – 6:00pm start (Youth Nationals Last Chance)** ([Registration](#))

Track Events – 100m, 200m, 300m, 800m, 1200m, 1500m, 3000m, 80/100/110m Hurdles

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

**Wednesday August 3<sup>rd</sup> – 6:00pm start** ([Registration](#))

Track Events – 100m, 400m, 1000m, 200/300/400m Hurdles

Field Events – Long Jump, Hammer Throw, Shot Put

**Wednesday August 10<sup>th</sup> – 6:00pm start (Season Finale)** ([Registration](#))

Track Events – 200m, 600m, Mile, 10,000m, 80/100/110 Hurdles, Shuttle Hurdle Relay, Mixed 4x400m

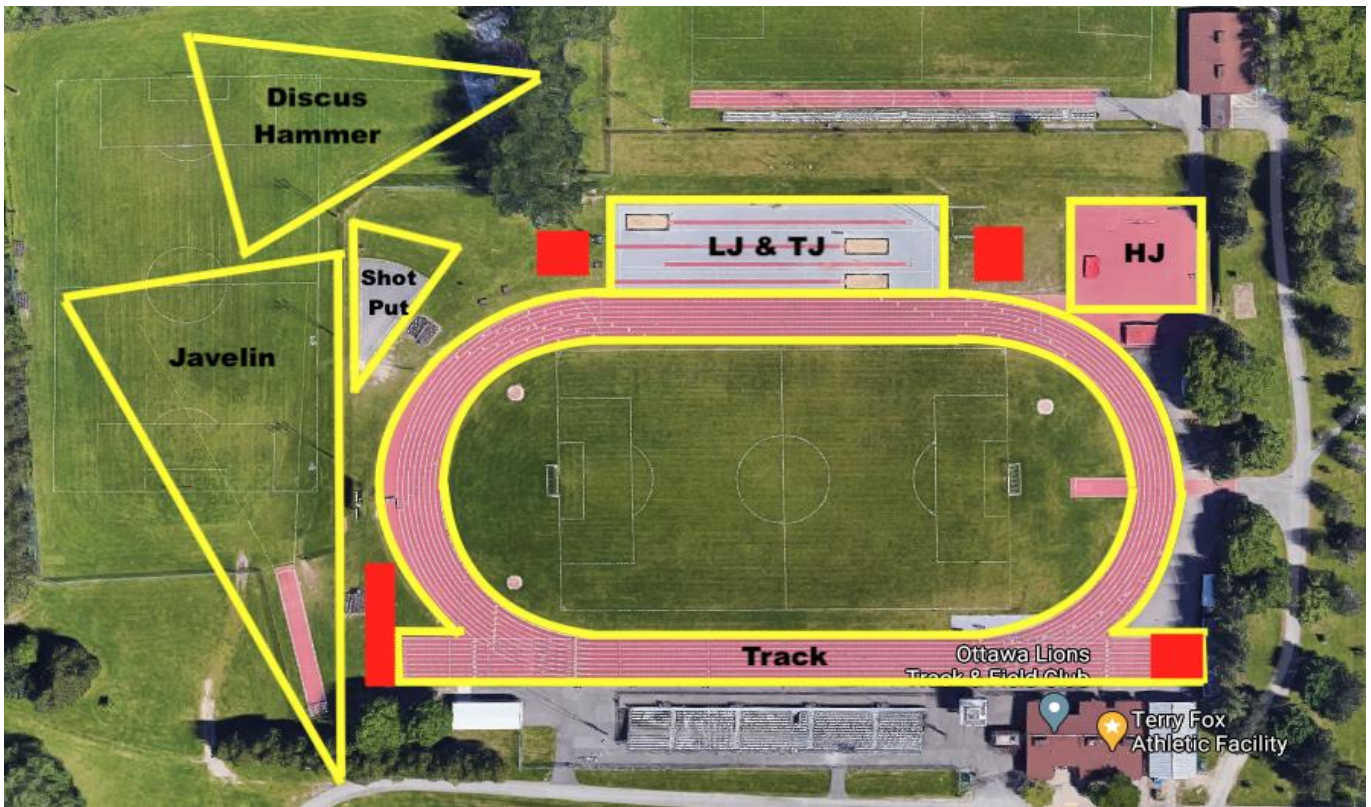
Field Events – Long Jump, High Jump, Shot Put, Javelin Throw

**FACILITY LAYOUT**

**WARM-UP AREA**



**COMPETITION AREAS**





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## OTTAWATWILIGHT #3

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<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 HERE		
<b>FEES:</b>	Online - \$25.00		
<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>	Athletes are asked to marshal at the start line of their event no later than 10min prior to the start. Distance runners will be required to pick up a hip/chest number at the Ottawa Lions tent located under the timing tower.		
<b>PARKING:</b>	Limited parking will be available at the venue. Pay and display parking in the Mooneys Bay lot will also be available. With the Mooneys Bay park attractions the lots will fill up quickly.		
<b>LIVE RESULTS:</b>	<a href="http://liveresults.ottawalions.com">liveresults.ottawalions.com</a>		
<b>SCHEDULE OF EVENTS:</b>	Will be run men before women (unless indicated otherwise. Seeded/fast sections will be run first. Events may be combined if entries are low.		
<b>TRACK EVENTS:</b>	<b>FIELD EVENTS:</b>		
6:30pm	Men 800m	6:30pm	Combined Discus Throw
	Women 800m		Women Long Jump
	Women 80mH	7:30pm	Combined Shot Put
	Women 100mH		Men Long Jump
	Men 100mH	8:30pm	Combined Triple Jump
	Men 110mH		
7:30pm	Men 100m		
	Women 100m		
	Men 400m		
	Women 400m		
8:30pm	Men 200m		
	Women 200m		
	Women 300mH		
	Men 300mH		
	Women 400mH		
	Men 400mH		

**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 grand stands. 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 Mooneys 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 Mooneys Bay Park. An alternative point of entry would be arriving from Hogs Back Rd, turning into the Mooneys 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 2m 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