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## OTTAWA TWILIGHT #4

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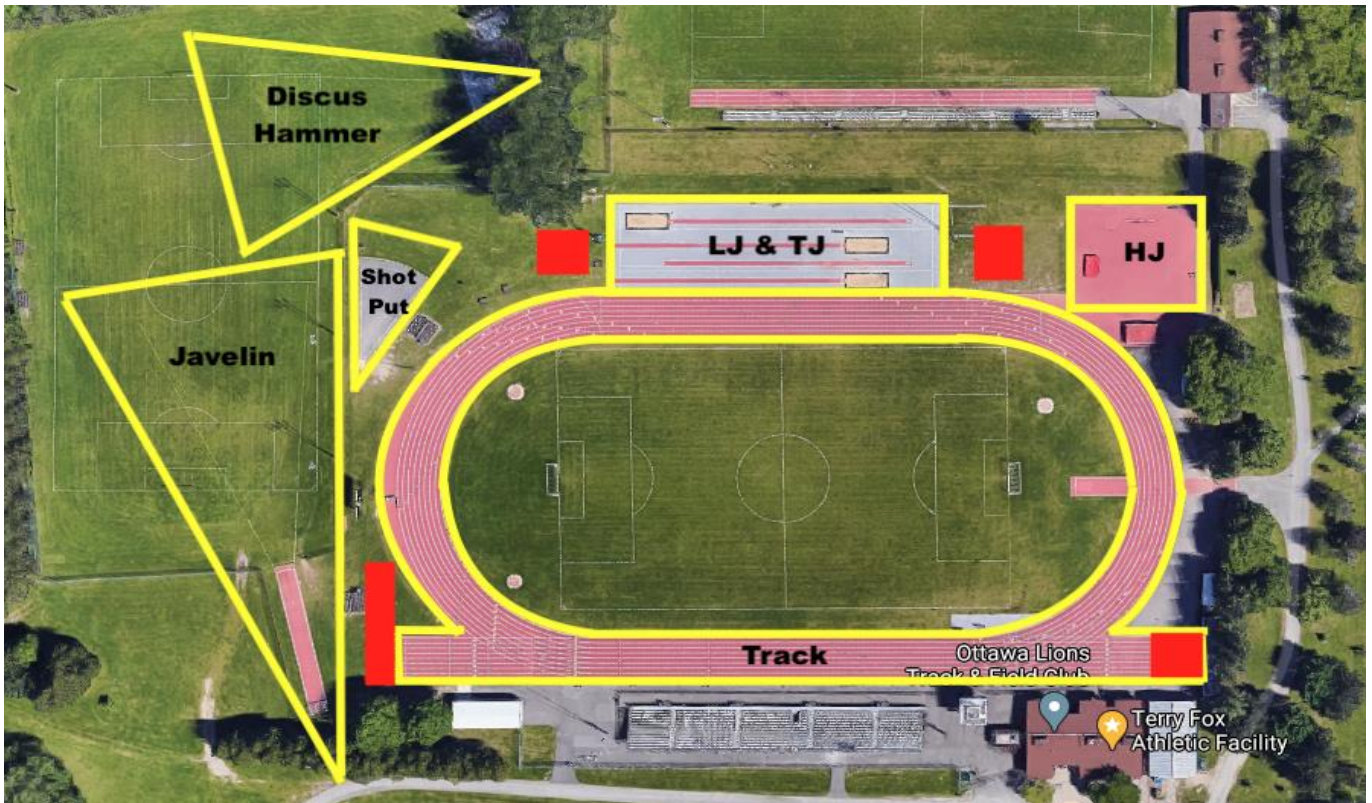
<b>DATE:</b>	Wednesday June 15 <sup>th</sup> , 2022		
<b>LOCATION:</b>	Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4		
<b>SANCTIONED BY:</b>	Athletics Ontario.		
<b>AGE CATEGORIES:</b>	OPEN		
<b>ENTRY DEADLINE:</b>	Tuesday, June 14th at Noon <a href="#">HERE</a>		
<b>FEES:</b>	Online - \$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>	
5:45pm	Youth 60m mini Hurdles & 150m	6:00pm	Women Long Jump
6:00pm	Combined Men & Women 200mH		Combined Hammer Throw
6:10pm	Women 400mH		Combined Pole Vault
	Men 400mH	7:00pm	Men Long Jump
6:30pm	Men 800m		Combined Shot Put
	Women 800m		
6:40pm	Men 100m Heats		
	Women 100m Heats		
6:55pm	Men 1500m		
	Women 1500m		
7:10pm	Men 300m		
	Women 300m		
7:15pm	Men 200m		
	Women 200m		
7:30pm	Men & Women 100m Finals		
7:50pm	Sprint Medley Relay (100/100/200/400)		

**FACILITY LAYOUT**

**WARM-UP AREA**



**COMPETITION AREAS**



**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