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OTTAWA TWILIGHT #7

DATE: Wednesday July 6th, 2022

LOCATION: Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4

SANCTIONED BY: Athletics Ontario.

AGE CATEGORIES: OPEN

ENTRY DEADLINE: Tuesday, June 5th at Noon [HERE](http://www.trackiereg.com/2022ottawatwilight7%20open-new)

FEES: Online - $25.00

IMPLEMENTS: Athletes are asked to bring their own. A limited number of implements may be available but requests must be made with plen ty of time. Ottawa Lion members receive priority.

CHECK IN: 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.

**PARKING: 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.**

**LIVE RESULTS:** [liveresults.ottawalions.com](http://liveresults.ottawalions.com/)

SCHEDULE OF EVENTS: Will be run men before women (unless indicated otherwise). Seeded/fast sections will be run first. Events may be combined if entries are low.

TRACK EVENTS:

5:45pm Youth 60m mini Hurdles & 60m Dash

Men 400m

Women 400m

80m Hurdles

100m Hurdles

110m Hurdles

Men 1000m

Women 1000m

Men 200m Heats

Women 200m Heats

1500m Invite

Men 2000m

Women 2000m

Men 200m Final

Women 200m Final

4x100m Relay

FIELD EVENTS:

6:00pm Combined High Jump

Men Triple Jump

Combined Discus Throw

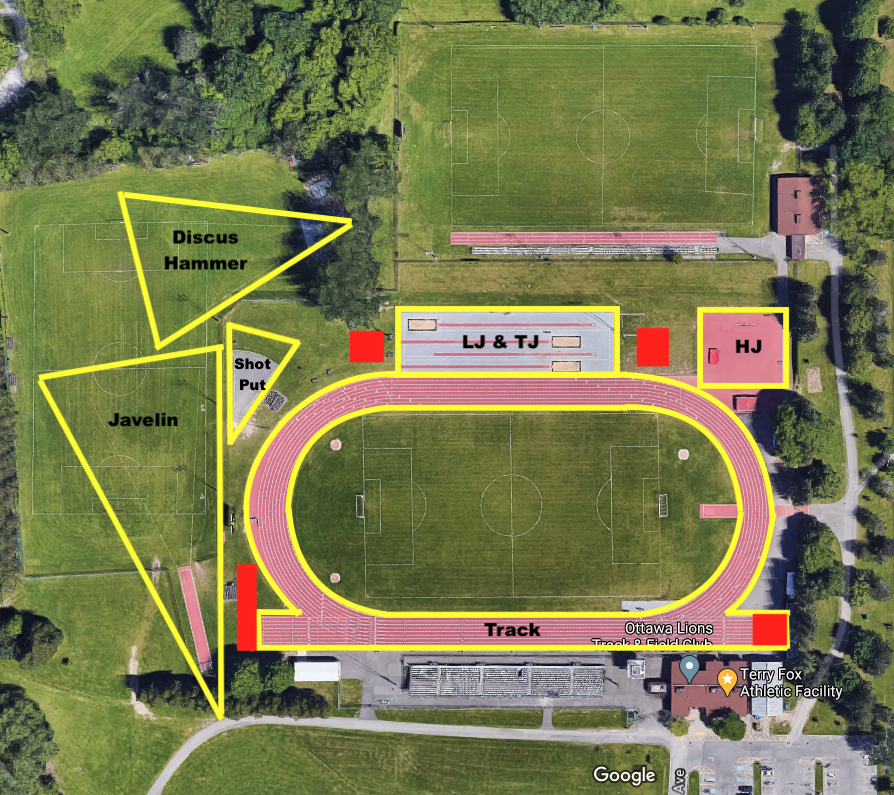
7:00pm Women Long Jump

Combined Javelin Throw

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