



OTTAWA SPRING KICK-START

Saturday & Sunday
May 11th-12th, 2024

The Ottawa Lions will kick off the club outdoor season with a full weekend of athletic competition that will serve as a spring board into the National Track and Field Tour and exciting outdoor season. We are also thrilled to host the 2024 Para Ready Clinic on May 11th & 12th and Run Jump Throw Clinic on May 12th in conjunction with Athletics for All, a project made possible in part by the Government of Canada.

FACILITY:

The Terry Fox Athletic Facility, situated in the picturesque Mooneys Bay Park, which played host to the 2017 & 2018 Canadian National Championships and recently named hosts for the 2025 & 2026 Championships. The facility has an eight lane Mondo Surface track, three (horizontal) jump runways, two Pole Vault runways, five throwing circles, two javelin runways and one high jump pit.

LOCATION:

Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, Ontario K1V 8N4

ENTRY FEE:

\$25.00 for the first event, \$10.00 for all additional events.

MEET ENTRY DEADLINE:

Wednesday May 8th 2024 at 11:59pm ET.

MEET ENTRY:

All entries are to be completed on Trackie [HERE](#)

ELIGIBILITY:

Must be registered with your respective PSO. Admin fee may apply if not affiliated.

Edit – March 12th, 2024

ACCOMMODATIONS:

There is no official meet hotel. Call or email us for suggestions.

CONTACT:

All inquiries regarding the open meet are to be directed towards Richard Johnston (rjohnston@ottawalions.com).

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.

SANCTIONING/CLASSIFICATION:

This meet is a F classification on the World Athletics calendar and is sanctioned by World Para Athletics.

Events offered – 100, 200, 400, 800, 1500, 5000, 100/110/400 Hurdles, 3000m SC, Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw
Wheelchair sections offered.

Multi Events – Decathlon & Heptathlon

Open events will be run fastest to slowest sections.

Heats and finals will be offered for the 100m and sprint hurdles.

- Athletes who qualify for the final but do not intend to compete in the final must report to the timing tower as soon as possible to inform the officials of their scratch.

LIVE RESULTS:

[Liveresults.ottawalions.com](http://liveresults.ottawalions.com)

IMPLEMENTS:

Athletes are asked to bring their own throwing implements.

If you require implements please notify the Ottawa Lions. We have a few implements available but requests need to be sent in prior to the event.

COACHES:

Coaches will be permitted entry and access throughout the facility.

PARA READY CLINIC REGISTRATION:

During the weekend of the Spring Kick Start we are also hosting the Becoming Para Ready:

<https://ocpsa.com/wp-content/uploads/2024/04/2024-Becoming-Para-Ready-Symposium.pdf>

RUN JUMP THROW CLINIC REGISTRATION:

On the Sunday of our May 11th-12 meet we will be hosting a Run, Jump, Throw, Wheel Clinic. Excellent opportunity for newcomers to the coaching realm to bolster their resume and gain work experience with the athletes, Youth coaches, Foundation coaches and Aspire Coaches.

<https://athleticsreg.ca/#!/events/nccp-run-jump-throw-wheel-course-sunday-may-12th-2024>

TENTATIVE SCHEDULE:

The schedule shown below illustrates the time line of events in three sections of the venue. The Decathlon and Heptathlon have been highlighted on the schedule below with estimated start times (these may be adjusted based on how the groups progress through the event).

Heptathlon	
Decathlon	

Saturday May 11th, 2024				
	Track	Multi	Main Stadium Field	West Field
10:00am	400mH Women	10:00am - 100mH		
10:30am	400mH Men	11:00am - 100m		Discus - Women & Men
11:00am	100m Women Heats			
11:30am	100m Men Heats	11:30am - High Jump		
12:00pm	1500m Women	12:00pm - Long Jump		Javelin - Women & Men
12:30pm	1500m Men			
1:00pm	100m Women Final			
1:30pm	100m Men Final	1:30pm - Shot Put	Triple Jump - Women & Men	Hammer - Women & Men
2:00pm		2:00pm - Shot Put		
2:30pm				
3:00pm	3000m SC Women			
3:30pm	3000m SC Men	3:30pm - 200m	Shot Put - Women & Men	
4:00pm	400m Women	3:30pm - High Jump		
4:30pm	400m Men			
5:00pm	110mH Men	5:00pm - 400m	Long Jump - Women & Men	
5:30pm	100H Heats Women			
6:00pm	200m Women			
6:30pm	200m Men		High Jump - Women & Men	
7:00pm	800m Women			
7:30pm	800m Men			
8:00pm	5000m - Men/Women			
Sunday May 12th, 2024				
	Track	Multi	Main Stadium Field	West Field
		10:00am - 110mH		
		10:30am - Discus	10:30am - Pole Vault Women & Men	
		10:30am - Long Jump		
		12:00pm - Pole Vault		
		12:00pm - Javelin		
		2:30pm - 800m		
		3:30pm - Javelin		
		5:00pm - 1500m		

- Multi-Event athletes will need to check in with with the officials before the first day no later than 45min prior to the first event.
- Field event athletes will need to report to the event site no later than 20min prior to the start.
- Sprinters will need to check in at the starting area of their event no later than 10min prior to the start. Athletes who do not wish to contest a final should notify the timing team as soon as possible so that the next best runner can move up.
- Distance athletes will need to check in at the Ottawa Lions tent to receive a chest and hip number no later than 15min prior to the start of your event.

VENUE LAYOUT:

Below are two images of the Terry Fox Athletic Facility.

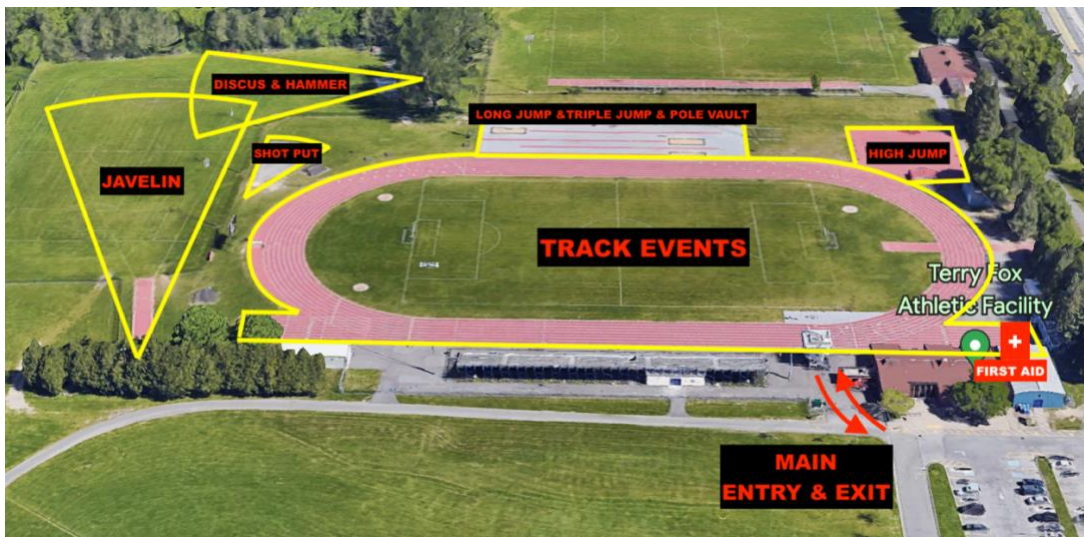
There are three sections of the venue to which warm-ups and competition can be held.

- 1) The Main Stadium which will see all track competition and jumps take place. The shot put will take place in the north west corner of the main stadium.
- 2) The North Field is open for all athletes to warm up. The entire field and 3x90m lane stretch of mondo track, hurdles and blocks available for warm-ups. Please no throwing warm-ups. There are also a set of washrooms located in this section of the stadium.
- 3) The West Field will be exclusively for throwing events warm-up and competition. No running or jumping warm-ups should take place here.

STADIUM LAYOUT:



COMPETITION AREAS



EMERGENCY ACTION PLAN:

- There will be a First Aid Team located on site for the duration of the event. The First-Aid station will be located under the timing tower. This individual is not responsible for massage therapy or Physio Therapy but a first response in case of injury or need to call EMS.
- A defibrillator is 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. There are a few change rooms located in the main Terry Fox Athletic Facility building, and north building but space is limited. The high jump shed and 100m start line shed may also be used for shelter. Spectators, Athletes, coaches, officials, and volunteers who drive to the venue can also take shelter in their respective vehicles until the storm subsides.
 - We will monitor the situation and make announcements for when competition may resume if there is a weather delay. If longer than 30min we will provide a mini warm-up period.

THANK YOU:

The Ottawa Lions Twilight Series and highlighted events are thankful for the support brought from Athletics Canada, Athletics Ontario, City of Ottawa, Canadian Track and Field League for its support at the League meet highlighted on June 12th and Series Finale on July 6th.

On June 5th, join us for **ATHLETICS IN CANADA DAY – OTTAWA** as we celebrate the sport of Athletics!

