



CTFL FINAL

PRESENTED BY OTTAWA LIONS

- Date:** Saturday, July 6th, 2024
- Location:** Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4
- Sanctioned by:** World Athletics (D), Athletics Canada, Athletics Ontario
- Age Categories:** OPEN
- Elite Declaration Deadline:** TBD
- Open Entry Deadline:** Wednesday July 3rd @11:59pm [HERE](#)
- 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 plenty 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. Events that run longer than 800m 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

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. Tentative schedule is on page 2.

Elite (D) level sections will be held in the evening.

Invite Section Inquiries: All athletes with interest and desire to receive an invite should declare interest here – [Athlete Expression of Interest Form](#)

Any further questions pertaining to the invite selection must be directed to rjohnston@ottawalions.com. CTFL members should also communicate with Quinn Lyness ctflofficial@gmail.com.

Prizes: The prize structure for D level events – coming soon.

CTFL Final Details: Coming Soon

SCHEDULE

PRE-MEET TRACK

EVENTS:

2:30PM	OPEN MEN & WOMEN 200M
2:50PM	OPEN WOMEN 100MH
3:10PM	OPEN MEN 110MH
3:20PM	OPEN MEN 1500M
3:30pm	OPEN WOMEN 1500M
3:40PM	OPEN MEN & WOMEN 400M
4:00PM	OPEN MEN & WOMEN 100M
4:30PM	OPEN MEN & WOMEN 800M
4:50PM	OPEN WOMEN 400MH
5:00PM	OPEN MEN 400MH
5:20PM	OPEN 3000M

FIELD EVENTS

3:00PM	COMBINED OPEN POLE VAULT
3:30PM	COMBINED OPEN LONG JUMP
4:30PM	COMBINED OPEN HAMMER

FINALS (D LEVEL) TRACK

EVENTS

6:00PM	MEN 400M HURDLES
6:10PM	WOMEN 400M HURDLES
6:20PM	MEN 1500M
6:30PM	WOMEN 1500M
6:40PM	MEN 200M
6:50PM	WOMEN 200M
7:00PM	WOMEN 100MH
7:10PM	MEN 110MH
7:20PM	MEN 800M
7:30PM	WOMEN 800M
7:40PM	MEN 400M
7:50PM	WOMEN 400M
8:00PM	MEN 100M
8:05PM	WOMEN 100M
8:10PM	5000M

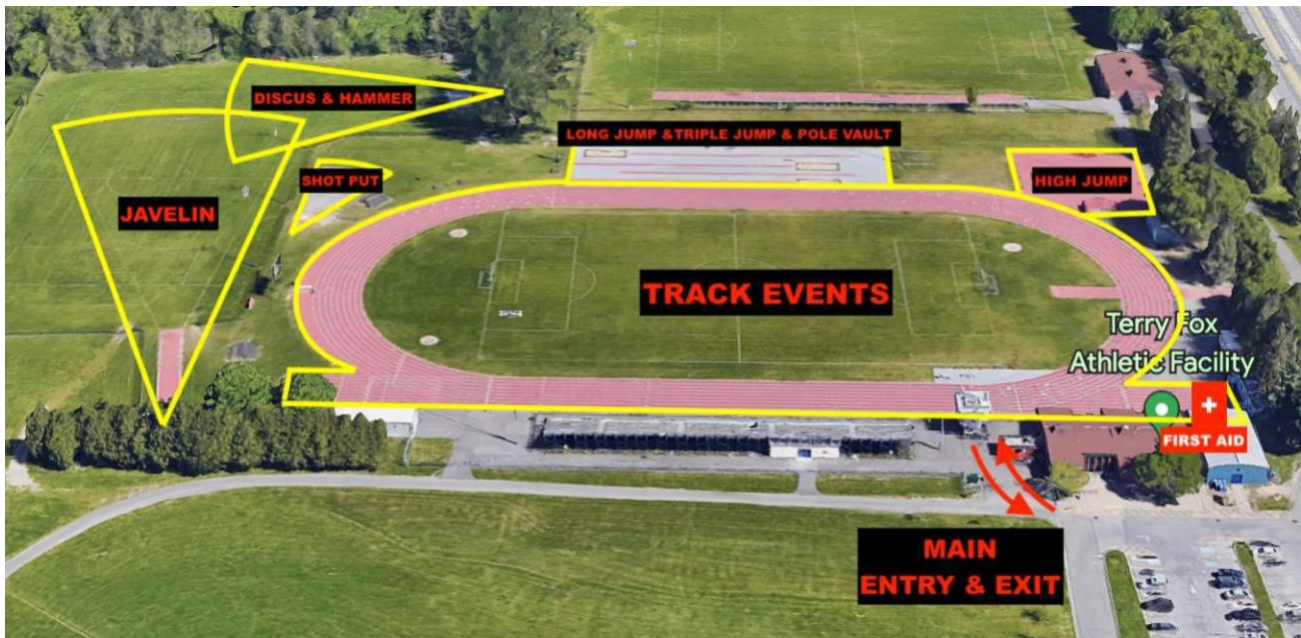
FIELD EVENTS

5:45PM	MEN LONG JUMP
	WOMEN SHOT PUT
7:00PM	WOMEN LONG JUMP
	MEN SHOT PUT

**FACILITY LAYOUT:
STADIUM AREAS**



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 grandstands. 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 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.

