

**The Ottawa Lions Track and Field Club is hosting a mini track meet for our Youth and Foundation members.**

**Date:** Saturday July 6<sup>th</sup>

**Location:** Terry Fox Athletic Facility (2960 Riverside Dr., Ottawa, ON K1V 8N4)

**Entry Fee: \$10 - Entry Fee**

or

**\$30 – Entry Fee + 2 CTFL Finals Tickets + CTFL Pins & Poster + Olympian Q and A**

**Entry Deadline:** July 5<sup>th</sup> at 11:59pm

Contract: [tnedow@ottawalions.com](mailto:tnedow@ottawalions.com)

**Events:** 60m hurdles, 100m, 400m, 1000m (Grade 5+), 4x100m, Long Jump, Shot put

**Check-in:** There will be no official check-ins, but note this is a rolling track schedule, so athletes need to be ready to run when the event is up. Runners in the 1000m will have to get chest and hip numbers, which will be located below the tower.

**Results:** will be posted at [ottawalions.com/results](http://ottawalions.com/results)

## **SCHEDULE**

**10:45** - Warm up

**11:15** - Long Jump

**11:40** - Shot Put

**12:00** 100m, 400m, 60m Hurdles, 1000m (grade 5+ only), 4x100m

**Hurdles** - u8 mini hurdles, u10 mini and blue hurdles, u12/u14 blue hurdles

**Relays** – Random teams with all ages

### **For those who purchased the additional package**

**1:30-2:00pm** Q and A with Olympians

**2:00-2:30** Autograph signing

**2:00-6:00pm** CTFL pre meet

**6:00-9:00pm** CTFL Finals

# **ABOUT THE CTFL Finals**

The Canadian Track and Field League (CTFL) is hosting its finals in Ottawa this year with numerous Olympians and a world champion competing for both individual and team accolades making it the highest profile meet in the city of Ottawa in half a decade. The CTFL sole purpose is to grow the sport as the league has become a large part of Canada's track and field network with nearly 300 of Canada's best athletes taking part across 4 teams and 10 disciplines. On July 6th all those in attendance will be able to see Canada's best athletes go head-to-head with \$26,000 on the line. Make sure to get out and support an initiative that is bringing high level track and field to Ottawa with the hope of inspiring the next generation of athletes.

## **FAQ's**

**Do we have to be currently in a Lions program to register?**

No, and we encourage current and past members to bring their friends and family as well.

**What events should my kid do?**

I recommend doing all the events. The entry fee is a flat fee so you are able to sign up for as many events as you'd like.

**My kid is not Grade 5 but wants to do the 1k.**

E-mail [tnedow@ottawalions.com](mailto:tnedow@ottawalions.com) and we can make exceptions.

**I forgot to sign up, am I still able to attend?**

Yes, we can add you the day of to a race with the appropriate age group but will not have an official time.

**I only signed up for one event, can I come just for that?**

Yes, but note it is a rolling schedule so you must be ready to run when the event is happening.