



2024 London Western Twilight Series

Medway High School Track – Arva, ON
TWILIGHT MEET #1 – Wednesday, July 17th, 2024

Technical Information

Meet Director: Scott MacDonald – scottmaclwtfc@gmail.com 613-222-5674

Sanctioned: Athletics Canada, Athletics Ontario



Events: Twilight Meet #1 – 5:45 pm Start
80m/100m, 300m/400m, 1200m/1500m
Long Jump, Discus

Rules: World Athletics rules and regulations will be followed. Women will compete first, followed by Men. Heats will be run Slow to Fast

Check-in: All athletes will be checked in at their event area or start line 15 minutes in advance of the start.

Results: A link to live results will be available at www.londonwesterntfc.com/host-meets





TWILIGHT MEET #1 SCHEDULE

<u>5:45 pm</u>	MEN Discus WOMEN U12/14 Long Jump – Pit 1 (3 attempts only)
<u>6:00 pm</u>	MEN U12/14 Long Jump – Pit 2 (3 attempts only) 80m – WOMEN followed by MEN
<u>6:30 pm</u>	100m – WOMEN followed by MEN
<u>6:55 pm</u>	300m – WOMEN followed by MEN
<u>7:15 pm</u>	MEN U16/18/20/OPEN Long Jump – Pit 2
<u>7:30 pm</u>	WOMEN U16/18/20/OPEN Long Jump – Pit 1 400m – WOMEN followed by MEN
<u>7:45 pm</u>	WOMEN Discus
<u>7:55 pm</u>	1200m – WOMEN followed by MEN
<u>8:20 pm</u>	1500m – WOMEN followed by MEN

