



OTTAWA LIONS INTERSQUAD

Saturday, November 30th 2024

Assess our athletes state of general fitness and strength development programs. In the case of cross-country trained athletes, it will be to assess and test the level of aerobic fitness from a race season recently concluded and explore other event area abilities. Field events will be limited and modified.

This is the first MANDATORY competitive event for all Varsity Program Athletes with Lions. Competitive athletes welcome to join. Registered athletes will be separated into one of four teams.

Team Garnet – Lions & uOttawa

Team Grey – Lions & uOttawa

Team Black – Lions & Ravens

Team Red – Lions & Ravens

Event results will be scored in the same fashion as Usport 10-8-6-5-4-3-2-1

Athletes will participate in a minimum of two events!

Athletes with medical limitations will serve as supporting the event as technical volunteers. If you have an academic conflict – notify the Head Coach immediately.

ENTRIES: All entries will be completed on trackie.ca by following this link -

<https://www.trackie.com/event/2024-OTTLintersquad>

Post event: With the entry fee's all athletes will be rewarded with pizza at the conclusion of the event.

Track Events

Rolling Schedule – we will go ahead whenever possible.

9:00am	60mH – Men 42", Women 33"
9:10am	3000m – Men & Women Combined
9:35am	600m – Women followed by Men
9:50am	60m – Women followed by Men
10:15am	1000m – Women followed by Men
10:50am	300m – Women followed by Men
11:20am	4x200m Relay – Mixed (Waterfall Start)

Field Events

9:00am Shot Put followed by Weight Throw (Men & Women combined)
9:00am Long Jump – (Men & Women combined)
10:15am Triple Jump – (Men & Women combined)