

Ottawa Lions Summer Youth Meet

Date: Saturday, July 12th, 2025

Location: Terry Fox Athletic Facility (2960 Riverside Drive)

Meet Entry: <https://www.trackie.com/event/OttawaSummerYouthMeet2025>

Entry Deadline: Thursday, July 10th @ 11:59pm (Midnight)

Entry Fee: \$10

Events & Age Categories:

Youth 1 (2017-2019) – Pentathlon (Long Jump, 60m Hurdles, 100m, 300m, Javelin)

Youth 2 (2015-2016) – Pentathlon (Long Jump, 60m Hurdles, 100m, 300m, Javelin)

Youth 3 (2013-2014) – Pentathlon (High Jump, 60m Hurdles, 100m, 300m, Javelin), 1000m (optional)

Foundation (2011-2012) – High Jump, 60m Hurdles, 100m, 300m, 1000m

Contact: Connor Dobson (cdobson@ottawalions.com)

Schedule

Track

Field

Time	Event	Age Group(s)		Time	Event	Age Group(s)
8:00am	Track Opens	All		8:00am	Track Opens	All
				8:20am	Long Jump	Youth 1, Youth 2
				8:20am	High Jump	Youth 3
9:00am	60m Hurdles	All				
9:25am	100m	All				
9:40am	300m	All				
10:00am	1000m	Foundation		10:00am	Javelin	Youth 1, Youth 2, Youth 3
				10:10am	High Jump	Foundation
10:20am	1000m	Youth 3				
10:30am	Track Closes	All		10:30am	Track Closes	All

- Athletes registered in the pentathlon will compete in all 5 events
- High jump will be 3 faults total and you're out (not 3 faults at one specific height)
- Long jump and javelin will be 2-3 attempts per athlete depending on time
- Youth 3 (grade 5-6) athletes will have the option to run a 1000m in addition to their pentathlon
- All Youth athletes will move through their events together in groups