



CTFL X NB Trials

PRESENTED BY OTTAWA LIONS

Date:	Sunday, July 13th, 2025
Location:	Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4
Sanctioned by:	Athletics Ontario
Age Categories:	U20, U18 & U16
Open Entry Deadline:	Sunday, June 22nd @11:59pm
Declaration:	CTFL.ca
Fees:	Online - \$160.00 + \$50 for additional events
Admission:	\$10.00 - on site or pre order HERE
Coach Registration:	Coaches are to register HERE for a pass.
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 respective 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. Locations at Hog's Back Parking Lot, Brookfield High School, Vincent Massey Park and Canada Post are alternative options.
Live Results:	liveresults@ottawalions.com
Schedule Order:	Will be run men before women (unless indicated otherwise). Seeded/fast sections will be run first. Tentative schedule is on page 2.

Edit – July 9th, 2025

CTFL Final Details:

Athletes may watch or participate at the CTFL Finals on the night prior to the CTFL Trials. Registered athletes will also receive 4 tickets to the CTFL Finals for family/friends.

Categories:

Athletes will be placed into age categories for all events. Most events will be split between grade 12 & 11's representing athletes born in 2007 or 2008. A second category for athletes who recently finished grade 10 and 9 born in 2009 & 2010. However, to remain compliant with the outdoor club season, hurdle races and throwing events will have different category distributions. Ensure to register under the correct category.

Standards:

Gr. 12 Boys	Gr. 11 & 12 Boys	Gr. 10 & 11 Boys	Gr. 9 & 10 Boys	Gr. 9 Boys	Event	Gr. 9 Girls	Gr. 9 & 10 Girls	Gr. 10 & 11 Girls	Gr. 11 & 12 Girls	Gr. 12 Girls
	11.13		11.41		100m A		12.86		12.73	
	11.45		11.65		100m B		13.20		13.05	
	22.52		23.20		200m A		26.33		25.82	
	22.95		23.70		200m B		27.00		26.40	
	50.75		52.43		400m A		1:02.10		1:00.00	
	51.80		53.65		400m B		1:04.00		1:01.40	
	1:57.80		2:01.53		800m A		2:26.17		2:19.79	
	1:59.40		2:05.10		800m B		2:32.00		2:23.40	
	4:02.45		4:13.32		1500m A		5:06.94		4:48.42	
	4:07.00		4:21.00		1500m B		5:22.10		4:56.70	
			6:03.80				7:11.11			
			6:21.35				7:22.00			
	8:57.43		9:31.29 (6:03.80 2000m)		3000m A		11:19.40 (7:11.11 2000m)		10:54.86	
	9:17.50		10:00.00 (6:21.35 2000m)		3000m B		11:37.00 (7:22.00 2000m)		11:13.90	
16.06 (110mH)		16.40 (110mH)		17.25 (100mH)	SH A	13.36 (80mH)		15.92 (100mH)		16.80 (100mH)
16.71 (110mH)		16.85 (110mH)		17.50 (100mH)	SH B	13.70 (80mH)		16.80 (100mH)		17.80 (100mH)
57.61 (400mH)		1:01.11 (400mH) or (45.50 300mH)		29.87 (200mH) or (46.50 300mH)	LH A	33.72 (200mH) or 51.75 300mH)		1:10.62 (400mH) or (51.00 300mH)		1:08.73 (400mH)
1:00.50 (400mH)		1:03.50 (400mH) or (47.50 300mH)		31.50 (200mH) or (48.25) 300mH)	LH B	34.50 (200mH) or (53.00 300mH)		1:13.00 (400mH) or (52.50 300mH)		1:11.00 (400mH)
	6.27m		5.78m		Long Jump A		4.74m		5.10m	
	6.00m		5.40m		Long Jump B		4.43m		4.80m	
11.28m		13.10m		12.00m	Shot Put A	10.00m		10.40m - 3kg or 8.60m - 4kg		8.59m
10.26m		12.70m		11.35m	Shot Put B	9.40m		10.10m - 3kg or 8.20m - 4kg		7.80m

SCHEDULE

July 13TH – CTFL X NB Trials

TRACK EVENTS

9:45 AM Gr. 9 Girls 80mH Prelim
9:55 AM Gr.10 & 11 Girls 100mH Prelim
10:05 AM Gr. 12 Girls 100mH Prelim
10:10 AM Gr. 9 Boys 100mH Prelim
10:20 AM Gr.10 & 11 Boys 110mH Prelim
10:25 AM Gr. 12 Boys 110mH Prelim
10:35 AM Gr. 9 & 10 Boys 200m Prelim
10:45 AM Gr. 9 & 10 Girls 200m Prelim
10:55 AM Gr 11 & 12 Boys 200m Prelim
11:05 AM Gr 11 & 12 Girls 200m Prelim
11:15 AM Gr. 9 & 10 Boys 800m Final
11:20 AM Gr. 9 & 10 Girls 800m Final
11:25 AM Gr 11 & 12 Boys 800m Final
11:30 AM Gr 11 & 12 Girls 800m Final
11:40 AM Gr. 12 Boys 110mH Final
11:45 AM Gr. 10 & 11 Boys 110mH Final
11:55 AM Gr. 9 Boys 100mH Final
12:00 PM Gr. 12 Girls 100mH Final
12:05 PM Gr. 10 & 11 Girls 100mH Final
12:15 PM Gr. 9 Girls 80mH Final
12:25 PM Gr. 9 & 10 Boys 200m Final
12:30 PM Gr. 9 & 10 Girls 200m Final
12:35 PM Gr 11 & 12 Boys 200m Final
12:40 PM Gr 11 & 12 Girls 200m Final
12:45 PM Track Break
1:20 PM Gr. 9 & 10 Girls 2000m Final
1:30 PM Invite - Boys 3000m Final
1:45 PM Invite - Girls 3000m Final
2:05 PM Gr. 9 & 10 Boys 100m Prelim
2:15 PM Gr. 9 & 10 Girls 100m Prelim
2:25 PM Gr 11 & 12 Boys 100m Prelim
2:35 PM Gr 11 & 12 Girls 100m Prelim
2:50 PM Gr. 9 Girls 200mH Final
2:55 PM Gr. 9 Boys 200mH Final
3:05 PM Gr. 10 & 11 Girls 400mH Final

3:10 PM Gr. 12 Girls 400mH Final
3:20 PM Gr. 10 & 11 Boys 400mH Final
3:30 PM Gr. 12 Boys 400mH Final
3:45 PM Gr. 9 & 10 Boys 1500m Final
3:55 PM Gr. 9 & 10 Girls 1500m Final
4:05 PM Gr 11 & 12 Boys 1500m Final
4:15 PM Gr 11 & 12 Girls 1500m Final
4:25 PM Gr. 9 & 10 Boys 400m Final
4:35 PM Gr. 9 & 10 Girls 400m Final
4:45 PM Gr 11 & 12 Boys 400m Final
4:55 PM Gr 11 & 12 Girls 400m Final
5:05 PM Gr. 9 & 10 Boys 100m Final
5:10 PM Gr. 9 & 10 Girls 100m Final
5:15 PM Gr 11 & 12 Boys 100m Final
5:20 PM Gr 11 & 12 Girls 100m Final

FIELD EVENTS

10:00 AM Gr. 9 & 10 Boys Long Jump
Gr. 9 Girls Shot Put
11:00 AM Gr. 10 & 11 Girls Shot Put
12:00 PM Gr. 11 & 12 Girls Long Jump
12:30 PM Boys Shot Put
1:00 PM Gr. 9 & 10 Girls Long Jump
4:00 PM Gr. 11 & 12 Boys Long Jump
4:30 PM Gr. 12 Girls 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. 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.

