



Bell Let's Move: Track and Field Fun Fest



Date: Saturday August 2nd, 2025

Location: Terry Fox Athletic Facility (2960 Riverside Drive)

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

Entry Deadline: July 31st, 2025 @ 11:59pm (Midnight)

Entry Fee: FREE!

Age Categories: **U9** (2017-2019), **U11** (2015-2016), **U13** (2013-2014), **U15*** (2011*-2012)

Events: **Mini Pentathlon** (Long Jump, 60m Hurdles, 100m, 400m, Shot put)

Contact: tnedow@ottawalions.com

Schedule

| Time | Event | Age Group |
|------|--|---------------------|
| 1:30 | Meet in West Field | All |
| 1:45 | Warm-Up | All |
| 2:00 | Long Jump Shot put | U9, U11 U13, U15 |
| 2:30 | 60m Hurdles | All |
| 2:55 | 100m | All |
| 3:10 | 400m | All |
| 3:30 | Shot put Long Jump | U9, U11 U13, U15 |
| 4:00 | Olympian Q&A, Meet & Greet, and Signing Table | All |
| 5:00 | Wrap-Up | |



- All athletes registered in the pentathlon will compete in all 5 events

- Long jump and Shot put will be 2-3 attempts per athlete depending on time

- All athletes will move through their events together in groups