



## 2025 London Western Twilight Series

Medway High School Track – Arva, ON

**TWILIGHT MEET #2 – Wednesday, August 13th, 2025**

### Technical Information

**Meet Director:** Scott MacDonald – [scottmacclwtfc@gmail.com](mailto:scottmacclwtfc@gmail.com) 613-222-5674

**Sanctioned:** Athletics Canada, Athletics Ontario



**Events:** Twilight Meet #2 – 6:00 pm Start

Long Jump

100m (U10/12/14), 200m (U16/18/20/OPEN), 800m, 2000m

**Rules:** Girls/Women compete first, followed by Boys/Men. Heats will 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](http://www.londonwesterntfc.com/host-meets)

### TENTATIVE SCHEDULE

|                |   |
|----------------|---|
| <u>6:00 pm</u> | U16/18/20/Open GIRLS Long Jump          |
| <u>6:00 pm</u> | 100m – U10/12/14 GIRLS followed by BOYS |
| <u>6:15 pm</u> | U16/18/20/Open BOYS Long Jump           |
| <u>6:30 pm</u> | 200m – WOMEN followed by MEN            |
| <u>7:00 pm</u> | U12 BOYS & GIRLS Long Jump (2 pits)     |
| <u>7:15 pm</u> | 800m – WOMEN followed by MEN            |
| <u>7:45 pm</u> | 2000m – WOMEN followed by MEN           |
| <u>7:45 pm</u> | U14 BOYS & GIRLS Long Jump (2 pits)     |

