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# 14<sup>th</sup> ANNUAL UOTTAWA HIGH SCHOOL INVITATIONAL

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THURSDAY, APRIL 30<sup>th</sup> & FRIDAY, MAY 1<sup>st</sup>, 2026  
TERRY FOX ATHLETIC FACILITY, OTTAWA, ONTARIO

The 14<sup>th</sup> Annual University of Ottawa High School Invitational will run a mirrored schedule on Thursday, April 30<sup>th</sup> and Friday, May 1<sup>st</sup>. This event is intended to provide a competitive start to the season and encourage a learning environment for the student athletes. Officials and volunteers will work towards educating athletes on the rules and technical skills for each event.

## Technical Information

- The meet capacity will be 800 athletes to manage the event within a workable timeline and team logistics for travel
- Requests will be accepted as soon as March 1<sup>st</sup>
- If you wish to attend the uOttawa High School Invitational, please send an email to Connor Dobson ([cdobson@ottawalions.com](mailto:cdobson@ottawalions.com)) including your name, your school's name, which meet you intend on competing in, and an estimate of your numbers
- Entries will be accepted on a first come first serve basis

## Entry

- All entries will be completed online through Trackie.ca
- Registration link will be sent to accepted teams two weeks prior to the event
- Entry due dates
  - **Day 1 – Monday April 27<sup>th</sup> 11:59pm**
  - **Day 2 – Tuesday April 28<sup>th</sup> 11:59pm**
- Limits
  - 6 individual entries per event (Track)
  - 5 individual entries per event (Field)
  - 2 relays per age group

- Fees
  - o \$13.00/Athlete
  - o \$16.00/Relay
  - o \$625.00/School Max (Male & female teams combined)
- A copy of the entries will be circulated for review to the coaches the day following the entry deadline. Coaches will have 24 hours to make any changes. Changes after this point may or may not be accepted and will not be refunded

### **Payment**

- Entry fees are paid upon arrival to the event
- Cash or cheque will be accepted
- Written receipts will be provided on-site
- All fees are payable to: Ottawa Lions Track and Field Club

### **Divisions**

- Male & Female Events
  - o Novice: Grade 9
  - o Junior: Grade 10
  - o Senior: Grade 11 & 12
  - o Open: Grade 9-12
- No bumping up younger athletes to older divisions

### **Seed Times**

- Seed times will be accepted (Please be honest on expectations). Use 2025 results as a guide
- Field events do not require seeds

### **Event order**

- Track events will be run on a rolling schedule which can run 20min ahead when possible
- Events will be run youngest to oldest (unless indicated otherwise)
- Events will be run girls followed by boys (unless indicated otherwise)
- Track events will take priority. If an athlete finds themselves competing in a field event and track event at the same time, please inform the field official ahead of time that they may have to go race

### **Relays**

- We will provide batons
- 4x100m (age groups)
- Medley Relay – 400-200-200-800 (open)

### **Check-In**

- Track
  - o 100m, 200m, 80mH, 100mH, 110mH, 300mH, 4x100m runners are to report to the starting line no later than 15min prior to the start of each event
  - o 800m, 1500m, 3000m, Medley Relay must report to the Gee-Gee tent located near the finish to pick up a chest and hip number no later than 30min prior to their start
- Field
  - o Report to the site of their event 30min ahead of their competition for proper warm-up

**Uniforms**

- Please ensure that athletes compete in similar school uniforms

**Awards**

- Gee-Gee Track & Field t-shirts will be awarded to the winner in each event (all 4 runners of the winning relay)

**Field Events**

- High Jump: Athletes will enter the event at their respective heights. Results will be separated in the final results.  
Starting Height: Girls – 1.15m, Boys – 1.35m
- Long Jump: 3 jumps per athlete
- Throws: 3 throws per athlete, top 8 athletes will receive an additional 3 throws
- Minimum distances for throwers – every thrower will have their first legal throw measured. Beyond that, minimum distances must be achieved to be measured.

	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>
<b>Girls</b>	6.50m	14.00m	16.00m
<b>Boys</b>	8.00m	18.00m	22.00m

**Pole Vault**

- We will confirm if we are running a pole vault event when registration information is sent out to coaches two weeks prior to each meet

**Implement Weigh-in**

- There will be no official weigh-in procedure
- Implements will be provided but athletes are welcome to use their own
- Any implement that looks suspect to officials and volunteers will be removed from the event

**Facility**

- Terry Fox Athletic Facility (Mondo Super X Track Surface & Grass Fields)
- Change rooms are available on site
- Washrooms are available in the main building and north building
- Limited food options. A small concession stand will sell bbq/snacks throughout the day. If athletes are ordering via food delivery, they must meet the courier at the front door or their order will be turned away (THERE IS NO WAITING, Ottawa Lions and City of Ottawa Staff will not wait with food)
- Parking is limited and the lower lot will fill quickly. Pay and display parking is available at the Mooney's Bay Beach parking lot

## Spikes

- Anything longer than 6mm pyramid pins will be prohibited (except for high jump at 9mm)
- High jump spikes will be required if there has been rain in the past 12 hours and the surface remains wet



## Results

- Live results will be posted on [liveresults.ottawalions.com](http://liveresults.ottawalions.com) and final results at [www.ottawalions.com/results](http://www.ottawalions.com/results)

## Emergency Action Plan

- A first aid team will be located at the finish line.
- 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 Drive, Ottawa, Ontario K1V 8N4 (Inside Mooney's Bay Park).
  - o The best point of access is from the intersection of Riverside Drive and Ridgewood Avenue. They should take an immediate right once inside Mooney's Bay Park.
  - o An alternative point of entry would be arriving from Hogs Back Road, turning into the Mooney's Bay Boat launch entrance (Pirates Cove) and pulling up to the playground or West Field.
- Under a severe weather warning or arrival of a thunder/lightning storm there are very few locations for shelter. If buses are on site, athletes can take shelter there.

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## \*TENTATIVE SCHEUDLE\*

THURSDAY, APRIL 30<sup>th</sup> & FRIDAY, MAY 1<sup>st</sup>, 2025  
TERRY FOX ATHLETIC FACILITY, OTTAWA, ONTARIO

- All events are timed finals unless indicated otherwise
- 10:00am Coaches Meeting (Finish Line – 1 coach must be present from each school)
- The meet will run on a rolling schedule meaning events may start up to 20 minutes before or after their scheduled time

### Track

TIME	EVENT	CATEGORIES	SPECIFICATIONS
10:15am	300m Hurdles	OG, OB	OG = 30", OB = 33", 4-point start
10:40am	4x100m Relay	NG, NB, JG, JB, SG, SB	4-point start
11:25am	1500m	NG, NB, JG, JB, SG, SB	
12:20pm	200m	NG, NB, JG, JB, SG, SB	4-point start
1:05pm	80m Hurdles	NG, JG	30", 4-point start
1:15pm	100m Hurdles	SG	30", blocks or 4-point start
1:25pm	100m Hurdles	NB, JB	NB = 33", JB = 36", 4-point start
1:30pm	110m Hurdles	SB	36", blocks or 4-point start
1:45pm	800m	NG, NB, JG, JB, SG, SB	
2:25pm	100m Heats	NG, NB, JG, JB, SG, SB	4-point start
3:05pm	3000m	OG	
3:25pm	100m Finals	NG, NB, JG, JB, SG, SB	Blocks or 4-point start
3:35pm	3000m	OB	
3:50pm	Medley Relay	OG, OB	400-200-200-800

### Field

	Novice Girls	Junior Girls	Senior Girls	Novice Boys	Junior Boys	Senior Boys
10:15am	Shot Put			Discus		Long Jump
11:00am	High Jump	High Jump Shot Put	High Jump	Long Jump	Discus	
12:00pm			Shot Put		Long Jump	Discus
12:30pm				High Jump	High Jump	High Jump
1:00pm	Long Jump	Discus			Shot Put	
2:00pm	Discus		Long Jump	Shot Put		
3:00pm		Long Jump	Discus			Shot Put