



April 9th Meet

THURSDAY, APRIL 9th, 2026
TERRY FOX ATHLETIC FACILITY, OTTAWA, ONTARIO

This event is intended to provide a competitive start to the season and encourage a learning environment for the 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 600 athletes to manage the event within a workable timeline and team logistics for travel
- Requests will be accepted as soon as March 1st
- If you wish to attend the Raven Relays, please send an email to Connor Dobson (cdobson@ottawalions.com) including your name, your school's name, which meet you intend on competing in, and an estimate of your numbers
- Teams 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– **Monday April 6th at 11:59pm**
- Limits
 - 10 individual entries per event
 - 4 relays per age group
- Fees
 - \$13.00/Athlete
 - \$16.00/Relay
 - \$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

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
- Junior Varsity – Grade 8, 9 and 10
- Varsity – Grade 11 and 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)

Check-In

- Track
 - o 100m, 400m, 300mH, 4x100m runners are to report to the starting line no later than 15min prior to the start of each event
 - o 1500m S/C, 3000m runners must report to the Ravens 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

Field Events

- Long Jump & Triple 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.

	Shot Put
Girls	6.50m
Boys	8.00m

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 at liveresults.ottawalions.com and final results at 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 SCHEDULE

THURSDAY, APRIL 9th

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- 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 start time

Track

TIME	EVENT	CATEGORIES	SPECIFICATIONS
10:30am	4x100m Relay	JVG, JVB, VG, VB	4-point start
11:10am	3000m	OG	
11:35am	3000m	OB	
11:55am	100m	JVG, JVB, VG, VB	4-point start
12:45pm	400m	JVG, JVB, VG, VB	4-point start
1:35pm	1500m Steeplechase	OG	30", no water jump
1:45pm	1500m Steeplechase	OB	33", no water jump
2:00pm	300m Hurdles	OG	30", 4-point start
2:20pm	300m Hurdles	OB	33", 4-point start

Field

	Junior Varsity Girls	Varsity Girls	Junior Varsity Boys	Varsity Boys
11:00am	Triple Jump		Long Jump	Shot Put
12:45pm		Triple Jump	Shot Put	Long Jump