

Ottawa Lions Summer Youth Meet

Date: Saturday, May 9th, 2026

Location: Terry Fox Athletic Facility (2960 Riverside Drive)

Meet Entry: <https://www.trackie.com/event/OttawaSummerYouthMeet2026>

Entry Deadline: Thursday, May 7th @ 11:59pm (Midnight)

Entry Fee: \$10

Events & Age Categories:

Youth 1 (2018-2020) – Pentathlon (Long Jump, 60m Hurdles, 100m, 300m, Javelin)

Youth 2 (2016-2017) – Pentathlon (Long Jump, 60m Hurdles, 100m, 300m, Javelin)

Youth 3 (2014-2015) – Pentathlon (High Jump, 60m Hurdles, 100m, 300m, Javelin), 800m (optional)

Foundation (2012-2013) – 100m, 300m, 800m, 2000m, 60m Hurdles, High Jump

Contact: Connor Dobson (cdobson@ottawalions.com)

Tentative Schedule

Track

Field

Time	Event	Age Group(s)	Time	Event	Age Group(s)
8:45am	Track Opens	All	8:45am	Track Opens	All
			9:15am	Long Jump	Y1, Y2
			9:15am	High Jump	Y3, F
9:30am	2000m	F			
10:00am	100m	Y1, Y2, Y3, F			
10:20am	60m Hurdles	Y1, Y2, Y3, F			
10:50am	300m	Y1, Y2, Y3, F			
11:15am	800m	Y3, F			
11:45am	Track Closes	All	11:45am	Track Closes	All

- Athletes registered in the pentathlon will compete in all 5 events
- High jump will be 3 faults total and you're out (not 3 faults at one specific height)
- Long jump and javelin will likely be 2 attempts per athlete depending on time
- Youth 3 (grade 5-6) athletes will have the option to run a 800m in addition to their pentathlon
- All Youth athletes will move through their events together in groups