

## **Ottawa Lions Summer Youth Meet**

**Date:** Saturday, May 9<sup>th</sup>, 2026

**Location:** Terry Fox Athletic Facility (2960 Riverside Drive)

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

**Entry Deadline:** Thursday, May 7<sup>th</sup> @ 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](mailto:cdobson@ottawalions.com))

### **Tentative Schedule**

#### **Track**

#### **Field**

<b>Time</b>	<b>Event</b>	<b>Age Group(s)</b>	<b>Time</b>	<b>Event</b>	<b>Age Group(s)</b>
9:00am	Track Opens	All	9:00am	Track Opens	All
9:30am	2000m	F	9:30am	Long Jump	Y1, Y2
			9:30am	High Jump	Y3
			10:00am	Javelin	Y1, Y2, Y3
			10:00am	High Jump	F
10:45am	100m	Y1, Y2, Y3, F			
11:05am	60m Hurdles	Y1, Y2, Y3, F			
11:30am	300m	Y1, Y2, Y3, F			
11:50am	800m	Y3, F			
12:00pm	Track Closes	All	12:00pm	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