



2017

Ottawa Summer Twilight Series

29 Years ... We've been doing this since 1988
and Nobody does it better!

**NEW!! - EARLY ONLINE MEET ENTRY SYSTEM HAS
IT'S ADVANTAGES (READ BELOW)
PAY LESS \$\$ / NO LINE-UP / NO SWEAT / JUST COMPETE**

Dates of Events All Wednesday Evenings - 8 meets
May 31, June - 7, 14, 21, 28, July 12, 19, 26

Meet Schedule Track Events start at 6:30 pm and will run in the order listed (rolling schedule).
Field Events start at 7:00 pm

ENTRY #1 Pay LESS - Go to - TRACKIE.REG - Deadline - Tuesday Evening 11:59 pm
Early Entry before each Wednesday Twilight Meet. Pay online by credit card.
Lions - \$5.75 - up to 2 events (includes all charges)
All Guests - \$11.00 - up to 2 events (includes all charges)

ENTRY #2 The Registration Table OPENS AT 5:00 pm
Entry on the Night Meet Entries on the evening of each competition cost more. **Entries close for the first 2 track events each night at 6:00 pm for seeding.**
REGISTRATION for ALL OTHER ENTRIES CLOSES AT 6:30 pm.
Lions - \$10.00 - PER EVENT (includes HST)
All Guests - \$15.00 PER EVENT (includes HST)

LATE ENTRY

ENTRIES after 6:30 pm "MAY" BE ACCEPTED for a Late Entry Fee of \$20 (cash). This applies to everyone.

Ability Levels

Competition is open to all ages and all ability levels. Competitors are grouped by ability levels rather than grouping by age.

Para Athletes

Paralympic athletes are welcome to compete and will always be integrated into the competitions when and where possible. Contact us with any questions. Tie-Down throws will need advanced acceptance. Meetentry@ottawalions.com

Conduct of Events All events are conducted in sections or flights as entry numbers warrant.
Track Events: will be conducted in the order of **fast to slow seeds**.
Field Events: if two flights required, the top seeds will be in the first flight.

Special Requests Coaches and Clubs from outside of Ottawa wishing to contest a specific field or track events on a specific date are asked to contact us via email (meetentry@ottawalions.com) at least 14 days in advance. Events will not be added on the night of competition.

Sanction All meets are sanctioned by Athletics Ontario. All participants should be members of their respective Branch or IPC or IAAF Federations. Those who are not members will be subject to an additional fee on the night of the event.

Individual Meet Information / Schedule of Events

6:30 pm start Track Events / 7:00 pm Field Events

*Steeplechase is not offered in the Twilight Meets - However we will add the events (1500, 2000, 3000) with well organized requests by coaches.

Wednesday, May 31 - **Track Events:** (F/M): 80-100-110m Hurdles, 100m, 1500m, 200m, 400m, 3k/5km (combined), 400m Hurdles, **Field Events:** 7pm - High Jump / 7pm - Discus ...to be followed by Shot Put / 7:45pm - Long Jump

Wednesday, June 7 - **Track Events** (F/M): 80-100-110m Hurdles, 800m, 100m, 1500m, 200m, 400m Hurdles **Field Events:** 7pm - Triple Jump followed by Long Jump / 7pm - Hammer Throw to be followed by Javelin

Wednesday, June 14 - **Track Events:** 100m, 800m, 80-100-110m Hurdles, 200m, 400m Hurdles, 400m, 1500m **Field Events:** 7pm - High Jump / 7pm - Discus to be followed by Shot Put / 7:45 - Long Jump

Wednesday, June 21 - **Track Events:** 4x100m Relay, 1500m, 80-100-110m Hurdles, 100m, 800m, 200m **Field Events:** 7pm - Triple Jump / 7pm - Hammer Throw to be followed by Javelin

Wednesday, June 28 - **Track Events:** 4x100m Relay, 800m, 80-100-110 Hurdles, 100m, 3k/5km (combined), 200m, Hurdles (300-400) **Field Events** - 7pm - High Jump / 7pm - Discus to be followed by Shot Put / 7:45pm - Long Jump

Wednesday, July 12 - **Track Events:** 80-100-110m Hurdles, 100m, 150m, 1500m, 300m, 400m, 4 x 400m Relay **Field Events:** 7pm - Triple Jump to be followed by Long Jump / 7pm - Hammer Throw to be followed by Javelin

Wednesday, July 19 - **Track Events:** 4x100m Relay, 800m, 100m, 1500m, 200m, 400mHurdles, 300mHurdles, 300m Sprint **Field Events:** 7pm - High Jump / 7pm - Discus to be followed by Shot Put / 7:45pm - Long Jump / 7:45 - Javelin

Wednesday, July 26 - **Track Events:** 4x100m Relay, 80-100-110m Hurdles, 800m, 100m, 150m, 200m, 400m, 3k/5k (combined), 4x400m Relay **Field Events:** 7pm - Long Jump / 6:45pm - Hammer Throw 7:45 - Discus to be followed by Shot Put