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**2017**

# **Ottawa Lions Competitions**

(Prepared April 10, 2017 & Updated Regularly)

For confirmation of competitions or programs please contact [info@ottawalions.com](mailto:info@ottawalions.com)

**RED = OTTAWA HOSTED MEETS**

**BLUE = ONTARIO or NATIONAL CHAMPIONSHIP**

**GREEN = INTERNATIONAL CHAMPIONSHIP**

**USA / NCAA Springtime Tours****April****Cali Tour - Fly**

<b>13</b>	<b>Cal State LA Twilight</b>	<b>Club</b>	<b>Los Angeles, CA</b>
<b>14</b>	<b>Brian Clay Invitational</b>	<b>Club</b>	<b>Azusa, CA</b>
<b>15</b>	<b>Beach Invitaitaional</b>	<b>Club</b>	<b>Long Beach, CA</b>

**Central Penn Tour - Drive**

<b>14-15</b>	<b>Bucknell Invitational</b>	<b>Club</b>	<b>Lewisburg, PA</b>
<b>or 14-15</b>	<b>Greyhound Classic (Moravian College)</b>	<b>Club</b>	<b>Bethlehem, PA</b>

**N. Carolina Quickie Tour - Fly-In**

<b>21-22</b>	<b>Duke Invitational</b>	<b>Club</b>	<b>Durham, NC</b>
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**Upstate NY State Combined Events Tour - Drive**

<b>22-23</b>	<b>Cortland Classic &amp; C-E</b>	<b>Club</b>	<b>Cortland, NY</b>
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**Show-Time Tour - Drive ... weather to influence planning - tba**

<b>28-29 - tba</b>	<b>Radford Invitational</b>	<b>Club</b>	<b>Radford, VA</b>
<b>or 30 - tba</b>	<b>Cornell Big Red Invitational</b>	<b>Club</b>	<b>Ithaca, NY</b>

**May**

<b>3</b>	<b>Liberty University Twilight Meet</b>	<b>Club</b>	<b>Lynchburg, VA</b>
<b>4 - tba</b>	<b>Virginia Tech Hokie Twilight</b>	<b>Club</b>	<b>Blacksburg, VA</b>
<b>or 5 - tba</b>	<b>Wingate Invitational</b>	<b>Club</b>	<b>Charlotte, NC</b>

**Newport, Virginia Combined Events Tour - Drive or Fly**

<b>6-7</b>	<b>Christopher Newport U. Heptathlon / Decathlon</b>	<b>Club</b>	<b>Newport News, VA</b>
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**Philadelphia Challenge Tour - Drive, Fly-Drive Combo**

+Added Bonus for Sprints / Hurdles / Horizontal Jumps - Fly to Florida and then on to Philadelphia for May 15 & 18 meets and drive home - this is a good option.

<b>13</b>	<b>Nat. Training Center PURE Athletics Sprint Elite Meet</b>	<b>Club</b>	<b>Claremont, FL</b>
<b>15</b>	<b>Swarthmore College Final Qualifier</b>	<b>Club</b>	<b>Philadelphia, PA</b>
<b>18</b>	<b>Widener College Mid-East Invitational</b>	<b>Club</b>	<b>Philadelphia, PA</b>

## APRIL

TBA	Dome High School Series - See Louis-Riel Site	High School	Ottawa, ON
<b>21</b>	<b>Carleton Raven Relays</b>	<b>High School</b>	<b>Ottawa, ON</b>
<b>22-23</b>	<b>IAAF World Relay Championships</b>	<b>IAAF</b>	<b>Nassau, BAH</b>
<b>27-28</b>	<b>uOttawa High School Invitational (Day 1-2)</b>	<b>High School</b>	<b>Ottawa, ON</b>

## MAY

<b>4-5</b>	<b>National Capital High School Classic (Day 1-2)</b>	<b>High School</b>	<b>Ottawa, ON</b>
10-11	National Capital East & West Championships	High School	Ottawa, ON
17-18	National Capital High School Championships	High School	Ottawa, ON
20	St. Laurent Select Twilight Meet 1 <small>(200-heats &amp; finals, 800, 5000 / JT, SP, LJ)</small>	Club	St. Laurent, QC
25-26	High School East Regional	High School	Ottawa, ON
27	St. Laurent Select Twilight Meet 2 <small>(Sprint Hurdles, 100m-heats &amp; finals, 300m, 400m, 1500, 4x4 / TJ, JT, HJ, SP)</small>	Club	St. Laurent, QC
28	Bob Vigars Classic We most likely will forgo this meet and opt for the Montreal Meets - to be confirmed	Club	London, ON
<b>31</b>	<b>Ottawa Summer Twilight Series #1</b> Yes ... we are starting early!! ... early Summer!	<b>For Everyone</b>	<b>Ottawa, ON</b>

## JUNE

1-3	OFSAA Championships	High School	Belleville, ON
2	Brooks Boston Games	Club	Boston, MA
3	St. Laurent Select Twilight Meet 3 <small>(Sprint Hurdles, 200m-heats &amp; finals, 400m Hurdles, 800m, 3000, 4x1 / LJ, JT, HJ)</small>	Club	St. Laurent, QC
<b>7</b>	<b>Ottawa Summer Twilight Series #2</b>	<b>For Everyone</b>	<b>Ottawa, ON</b>
<b>8</b>	<b>Victoria International</b>	<b>Athletics Canada</b>	<b>Victoria, BC</b>
<b>10</b>	<b>Eileen Meagher Classic</b>	<b>Athletics Canada</b>	<b>Halifax, NS</b>
<b>10-11</b>	<b>Athletics Ontario C-Events Championships</b> HP Prep Meet - Most all Individual Events Canada Games Trials - CE for Ontario & Quebec	<b>Athletics Ontario</b>	<b>Ottawa, ON</b>
<b>14</b>	<b>Speed River Inferno</b>	<b>Athletics Canada</b>	<b>Guelph, ON</b>
<b>14</b>	<b>Ottawa Summer Twilight Series #3</b>	<b>For Everyone</b>	<b>Ottawa, ON</b>
<b>17-18</b>	<b>Athletics Ontario Junior / Senior Championships</b>	<b>Athletics Ontario</b>	<b>Windsor, ON</b>

21	<b>Ottawa Summer Twilight Series #4</b>	<b>For Everyone</b>	<b>Ottawa, ON</b>
24	District G Legion Championships (U14, U16, U18)	Club	Kingston, ON
24-25	<b>Ontario Trials - Canada Summer Games</b>	<b>Athletics Ontario</b>	<b>Toronto, ON</b>
28	<b>Ottawa Summer Twilight Series #5</b>	<b>For Everyone</b>	<b>Ottawa, ON</b>
28	<b>Harry Jerome Track Classic</b>	<b>Athletics Canada</b>	<b>Burnaby, BC</b>

## JULY

3-9	<b>Canadian Championships</b> 3 - 5 Combined Events Championships (3-4 = Jr & Y / 4-5 = Open) 4 - 5 Para Championships 6 - 9 Jr / Senior Individual Event Championships	<b>Athletics Canada</b>	<b>Ottawa, ON</b>
12-16	<b>IAAF World Youth Championships</b>	<b>Athletics Canada</b>	<b>Nairobi, KEN</b>
12	<b>Ottawa Summer Twilight Series #6</b>	<b>For Everyone</b>	<b>Ottawa, ON</b>
14-15	<b>Ontario Legion U16, U18 Championships</b>	<b>District G Command</b>	<b>Windsor, ON</b>
15	Bolton Pole Vault Classic		Bolton, ON
15-16	Quebec U14,U16, U18 Championships	FQA	Ste-Therese, QC
14-23	<b>IPC World Championships</b>	<b>Athletics Canada</b>	<b>London, GBR</b>
19-23	<b>Commonwealth Youth Games</b>	<b>Athletics Canada</b>	<b>St. Lucia</b>
19	<b>Ottawa Summer Twilight Series #7</b>	<b>For Everyone</b>	<b>Ottawa, ON</b>
21-23	<b>Panamerican U20 Championships</b>	<b>Athletics Canada</b>	<b>Lima, PER</b>
21-30	<b>Jeux de la Francophonie</b>	<b>Athletics Canada</b>	<b>Abidjan, CVI</b>
22-23	Quebec U20, Open, Para, Masters Championships	FQA	Sherbrooke, QC
26	<b>Ottawa Summer Twilight Series #8</b>	<b>For Everyone</b>	<b>Ottawa, ON</b>
28-Aug 13	<b>Canada Summer Games (Athletics 31 - 4 )</b>	<b>Athletics Ontario</b>	<b>Winnipeg, MB</b>
29-30	<b>Athletics Ontario U14,16,18 Championships</b>	<b>Athletics Ontario</b>	<b>Brampton, ON</b>
30-31	<b>Ontario Masters Championships</b>	<b>OMA</b>	<b>Toronto, ON</b>

## AUGUST

5-13	<b>IAAF World Championships</b>	<b>Athletics Canada</b>	<b>London, GBR</b>
11-13	<b>Royal Canadian Legion Youth Championships</b>	<b>Athletics Canada</b>	<b>Brandon, MB</b>
11-13	<b>Canadian Masters Championships</b>	<b>CMA</b>	<b>Toronto, ON</b>
21-26	<b>World University Games</b>	<b>Athletics Canada</b>	<b>Taipei, CHN</b>

## SEPTEMBER

16  
23-30

Army Run (5km / ½ Marathon)  
Invictus Games

Open  
Armed Forces

Ottawa, ON  
Toronto, ON

OCTOBER

**RUN OTTAWA & OTTAWA LIONS Presents:**



- Oct. 13 Fri. High School XC Challenge**  
Open Entry to All Ontario High School Teams in Eastern Ontario & Western Quebec 2 Race  
Divisions - Grade 9 & 10 - Combined Teams / Grade 11 & 12 Teams
- Oct. 14 Sat. Eastern Ontario Elementary Schools Cross Country Championships**  
Open Entry to All Elementary School Athletes / Teams in Eastern Ontario & Western Quebec
- Oct. 14 Sat. uOttawa & Carleton XC Challenge**  
Community, Club, University, College, Open

28 Quebec University & Club Cross Country Championships TBA, QC

NOVEMBER

- 4 Ontario High School X-Country Championships TBA, ON
- 11 Canadian University X-Country Championships Victoria, BC
- 12 Athletics Ontario X-Country Championships Bracebridge, ON
- 18 Ottawa Lions Club Awards Dinner - RA Centre Ottawa, ON
- 25 Canadian Cross Country Championships Kingston, ON
- 25 uOttawa / Carleton / Ottawa Lions / Algonquin Quad Meet Ottawa, ON

DECEMBER

tba	Cornell Don Page Relays	University & Top Club	Ithaca, NY
tba	Laval Red & Gold Invitational	University & Club	Ste-Foy, QC

tba	<b>Dome Super Saturday Meet</b>	<b>University &amp; Club</b>	<b>Ottawa, ON</b>
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# 2018

## JANUARY

tba	St. Lawrence Invitational	University & Club	Canton, NY
tba	Sherbrooke Green & Gold Invitational	University & Club	Sherbrooke, QC
<b>tba</b>	<b>uOttawa Winter National Invitational</b>	<b>University &amp; Club</b>	<b>Ottawa, ON</b>
tba	McGill Team Challenge	University & Elite Club	Montreal, QC
tba	Penn State National Invitational	University & Elite Club	State College, PA

## FEBRUARY

tba	F-Sat	Armory Collegiate Invitational	University	New York, NY
tba	S-Sun	Ithaca College Bomber Invitational & C-E	University & Club	Ithaca, NY
tba	Fri	Fastrack National Invite	Open / University	Staten Island, NY
tba	Sun	Cornell Kane Invitational	University	Ithaca, NY
<b>tba</b>	<b>Sat</b>	<b>uOttawa OUA / CIS Last Chance Meet</b>	<b>University</b>	<b>Ottawa, ON</b>
<b>tba</b>	<b>Sat</b>	<b>Montreal Grand Prix</b>	<b>Athletics Canada</b>	<b>Montreal, QC</b>
<b>tba</b>	<b>F-Sat</b>	<b>Ontario University Championships</b>	<b>University</b>	<b>Toronto, ON</b>
<b>tba</b>	<b>F-Sat</b>	<b>Quebec University Championships</b>	<b>University</b>	<b>Laval, QC</b>
<b>tba</b>	<b>Sun</b>	<b>Ontario Masters Championships</b>	<b>OMA</b>	<b>Toronto, ON</b>

## MARCH

<b>2-4</b>	<b>IAAF World Indoor Championships</b>	<b>Athletics Canada</b>	<b>Birmingham, UK</b>
<b>tba</b>	<b>Dome Super Saturday Meet #3</b>	<b>University &amp; Club</b>	<b>Ottawa, ON</b>
<b>tba</b>	<b>Canadian University Championships</b>	<b>University</b>	<b>Edmonton, AB</b>
<b>tba</b>	<b>Canadian Masters Indoor Championships</b>	<b>CMA</b>	<b>Toronto, ON</b>
<b>tba</b>	<b>Lions Spring Break Camp - Confirmed</b>	<b>High School, Top Club</b>	<b>Bradenton, FL</b>

<b>April 4-15</b>	<b>Commonwealth Games</b>	<b>Athletics Canada</b>	<b>Gold Coast, AUS</b>
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July 5-8	Canadian Sr / Jr / Para Championships	Athletics Canada	Ottawa, ON
July 16–22	IAAF World Junior Championships	Athletics Canada	Tampere, FIN
Aug 10-12	NACAC Open Championships	Athletics Canada	TBA, CAN
Sept. 11-23	Youth Summer Olympic Games	Athletics Canada	Buenos Aires, ARG
Sept. TBA	IAAF Continental Cup	Athletics Canada	TBA
August	Canadian Youth Championships	Athletics Canada	Brandon, MB
Nov - Tba	Canadian Cross Country Championships	Athletics Canada	Kingston, ON

## 2019

TBA	IAAF World Cross Country Championships	Athletics Canada	TBA
TBA	Canadian Sr / Jr / Para Championships	Athletics Canada	TBA
TBA	IPC World Championships	Athletics Canada	TBA
July 26-Aug. 11	Panamerican Games	Athletics Canada	Lima, PER
August	Canadian Youth Championships	Athletics Canada	TBA
Sept. 28 - 6	IAAF World Championships	Athletics Canada	Doah, Qatar
TBA	World University Games	Athletics Canada	Naples, ITA
TBA	IAAF / NACAC Open Championships	Athletics Canada	TBA