

2018 Ottawa Summer Twilight Series

30 Years & Running ... We've been doing this since 1988
Nobody does it better!

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

Dates of Events All Wednesday Evenings - 8 meets
May 30, June - 6, 13, 20, 27, July 11, 18, 25

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 - Wednesday 12:00 PM -
Early Entry Noon day of the Wednesday Twilight Meet. Pay online by credit card.
Ottawa Lions Members - \$10 - Enter up to 3 events
All Guests - \$10 per event

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 of each night at 6:00 pm for seeding purposes.**

REGISTRATION for ALL OTHER ENTRIES CLOSES AT 6:30 pm.

Lions - \$10.00 - PER EVENT

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 ALL ATHLETES.

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 <mailto:ottl@bellnet.ca>) 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 fees 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 a well organized request by coaches.

Wednesday, May 30 - 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 6 - 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 and Javelin

Wednesday, June 13 - Track Events: 100m, 1500m, 80-100-110m Hurdles, 200m, 400m Hurdles, 400m, 800m **Field Events:** 7pm - High Jump / 7pm - Discus to be followed by Shot Put / 7:30 - Long Jump

Wednesday, June 20 - Track Events: 4x100m Relay, 800m, 80-100-110m Hurdles, 100m, 1500m, 200m **Field Events:** 7pm - Triple Jump / 7pm - Hammer Throw and Javelin

Wednesday, June 27 - Track Events: 4x100m Relay, 800m, 80-100-110 Hurdles, 100m, 3k/5km (combined), 200m, Hurdles (300-400) **Field Events** - 7pm - High Jump / 7pm – Discus and Shot Put / 7:30pm - Long Jump (possible 2 pits)

Wednesday, July 11 - Track Events: 80-100-110m Hurdles, 100m, 150m, 1500m, 300m, 400m, 600m, 3000m / **Field Events:** 7:30 pm - Long Jump / Triple Jump same time – 2 pits / 7pm - Hammer Throw and Javelin

Wednesday, July 18 - Track Events: 4x100m Relay, 800m, 100m, 1500m, 200m, 400mHurdles, 300mHurdles, 300m Sprint / **Field Events:** 7pm - High Jump / 7pm - Discus and Shot Put / 7:30pm - Long Jump

Wednesday, July 25 - Track Events: 4x100m Relay, 80-100-110m Hurdles, 800m, 100m,150m, 200m, 400m, 3k/5k (combined), 4x400m Relay **Field Events:** 7pm - Long Jump / 6:30 pm - Hammer Throw, 7:30 - Discus and Shot Put