



“GET READY TO ROCKET”

@ **The TERRY FOX ATHLETIC FACILITY**

Presents

The Ottawa Big Track Weekend Presents The Ottawa HP Triple-Header

Friday & Saturday & Sunday, June 17-18-19
Ottawa, Ontario, Canada

In conjunction with our hosting of the **NACAC / Panamerican Combined Events Cup** & the **Canadian Combined Events Championships** we are adding 3 days of **High Performance Meets:**

Friday Evening June 17 / Saturday Afternoon & Evening June 18 / Sunday Afternoon June 19
Track events each session & field events restricted Sunday, June 19
WE RUN “WITH THE WIND” to RUN “LIKE THE WIND”

Meet Entry: via TRACKIE.COM – TRACKIE REG (go find our event)

For Whom: For Athletics Canada Registered Athletes & International Athletes

Suggested Minimum Event Ability Standards Athletes not attaining entry standards may request and invitation to enter

100m – F=12.75 / M=11.50	400m – F=61.50 / M=52.50
200m – F= 26.50 / M= 23.00	800m – F= 2:19.00 / M = 2:05.00
1500m – F= 4:50.00 / M= 4:00.00	3000m – F= 10:45:00 / M= 9:00.00
100mH – 15.50 / 110mH – 16.00	400mH – F= 65.00 / M = 56.50
HJ – F= 1.50 / M= 1.85	
LJ – F= 5.00 / M= 6.00	TJ – F= 11.00 / M= 13.00
SP – F= 11.00 / M= 13.00	DT – F= 30.00 / M= 40.00
JT – F= 30.00 / M= 40.00	HT – F= 40.00 / M= 40.00

ALL INQUIRES are to be directed to MEETENTRY@OTTAWALIONS.COM
ENTRY DEADLINE: GO TO TRACKIE.COM – TRACKIE-REG Entries:
Wed., June 15 @ 23:59pm

Entry Fees: Individual Open Events: \$20 for the 1st event / \$10 for all other entries for over the 3 day meet period to a max of \$50 per athlete for the weekend.

Ottawa Lions Athletes - \$20 for the weekend or just 1 event – all entries in advance.

Entry Emails are to be sent meetentry@ottawalions.com

LATE ENTRY AFTER DEADLINE or “ON THE DAY” will be accepted AT THE DISCRETION OF THE MEET DIRECTOR. Late fee of \$25 per event (cash) required.

Accommodations: Call or email us for suggestions.

Schedule: A final schedule will be emailed to all entrants (Thursday, June 16th). Some events may be deleted if there are insufficient entries. The competition will not start earlier than the first event start time of each day. Events cancelled will have their entries refunded.

Schedule of Events

Friday, June 17th

5:30 pm	100mH – A, 110mH – A	(Women / Men)	Section Finals
6:00	100m – A	(Women / Men)	Section Finals
6:30	400m – A	(Women / Men)	Section Finals
7:00	400m Hurdles	(Women / Men)	Section Finals
7:30	200m – A	(Women / Men)	Section Finals

Saturday, June 18th

2:00 pm	100mH - B, 110mH - B	(Women / Men)	Section Finals
2:30	400m – B	(Women / Men)	Section Finals
3:00	100m – B	(Women / Men)	Section Finals
3:30	800m - B	(Women / Men)	Section Finals
4:00 pm	400m Hurdles – B	(Women / Men)	Section Finals
4:30	200m – B	(Women / Men)	Section Finals

Sunday, June 19th

1:30 pm	100mH – C, 110mH - C	(Women / Men)	Section Finals
2:00	100m – C	(Women / Men)	Section Finals
2:30	400m – C	(Women / Men)	Section Finals
3:30	1500m - C	(Women / Men)	Section Finals
3:45 pm	400m Hurdles – C	(Women / Men)	Section Finals
4:00	200m – C	(Women / Men)	Section Finals

Field Events (Sunday Only)

11:30	Hammer OW/YG followed by OM/JM/YB – (Age Group Implements Allowed)
12:30	Long Jump - OW & OM followed by Triple Jump – OW & OM
12:30	High Jump OW & OM
1:00	Shot Put – OW & OM – (Age Group Implements Allowed)
2:00	Javelin – OW & OM - (Age Group Implements Allowed)
3:00	Discus – OW & OM – (Age Group Implements Allowed)