



ATHLETICS / ATHLÉTISME

## 2021 TWILIGHT SERIES

Twilights since 1988

COVID-19 Event precautions and guidelines can be found [HERE](#)

\*Our guidelines below are based off the provincial and municipal safety measures.

### ALL Entries (Online)

- Register on trackiereg.ca – deadline for each meet will be at Noon Tuesday the week of. (payment must be made via credit card).
- There will be NO onsite entries or cash exchanges.
- \$25.00/Athlete (2 events max).
- Athletes & Coaches MUST be an active registered member of their respective PSO.
- All attendee's must complete their health questionnaire before entering the facility (with-in 24 hrs of event start). Please follow this [LINK](#) to complete before arrival.

### Procedure of events

- Final schedule of events will be posted the morning of the event.
- Competition is open to all ages and all ability levels. As long as they are an active AC member. \*5000m entrants must be born in 2005 or earlier.
- Track events will run fast to slow, men precede women with the exception of hurdles (in cases where entries allow, men and women may race together).
- Heats and Finals will be offered for 100m, 200m, 80/100/110m Hurdles
- Warm-up areas and capacity limits are marked in the facility maps below.
- Para athletes are welcome to compete and will always be integrated into the competition when and where possible. (Please give advance notice for tie down throws).

**TWILIGHT 1  
MAY 5<sup>TH</sup>**

**TWILIGHT 2  
MAY 12<sup>TH</sup>**

**TWILIGHT 3  
MAY 19<sup>TH</sup>**

**TWILIGHT 4  
MAY 26<sup>TH</sup>**

**TWILIGHT 5  
JUNE 2<sup>ND</sup>**

**TWILIGHT 6  
JUNE 9<sup>TH</sup>**

**TWILIGHT 7  
JUNE 16<sup>TH</sup>**

**TWILIGHT 8  
JUNE 23<sup>RD</sup>**

**TWILIGHT 9  
JUNE 30<sup>TH</sup>**

**TWILIGHT 10  
JULY 7<sup>TH</sup>**

**TWILIGHT 11  
JULY 14<sup>TH</sup>**

**TWILIGHT 12  
JULY 21<sup>ST</sup>**

**TWILIGHT 13  
JULY 28<sup>TH</sup>**

**TWILIGHT 14  
AUGUST 4<sup>TH</sup>**

## Sanction

- All meets are sanctioned by Athletics Ontario and have IPC approval. All participants should be members of their respective branch, IPC or IAAF Federation. Those who are not members are subject to additional fees.

## Events Scheduled (order of events not final)

### **Wednesday May 5<sup>th</sup> – 6:00pm start**

Track Events – 100m(H/F), 800m, 5000m, 200/300/400m Hurdles

Field Events – Long Jump, Discus Throw, Shot Put

### **Wednesday May 12<sup>th</sup> – 6:00pm start**

Track Events – 200m(H/F), 400m, 1500m, 80/100/110m Hurdles (H/F)

Field Events – High Jump, Triple Jump, Hammer Throw, Javelin Throw

### **Wednesday May 19<sup>th</sup> – 6:00pm start**

Track Events – 100m(H/F), 800m, 3000m, 200/300/400m Hurdles

Field Events – Long Jump, Discus Throw, Shot Put

### **Wednesday May 26<sup>th</sup> – 5:00pm start (Hurdle Night)**

Track Events – 200m (H/F), 1500m, 80/100/110m Hurdles, 200/300/400m Hurdles, 3000m Steeple Chase

Field Events – High Jump, Triple Jump, Hammer Throw, Javelin Throw

### **Wednesday June 2<sup>nd</sup> – 6:00pm start**

Track Events – 100m(H/F), 400m, 1500m, 200/300/400m Hurdles

Field Events – Long Jump, Discus Throw, Shot Put

### **Wednesday June 9<sup>th</sup> – 6:00pm start**

Track Events – 200m(H/F), 800m, 3000m, 80/100/110m Hurdles (H/F)

Field Events – High Jump, Triple Jump, Hammer Throw, Javelin Throw

### **Wednesday June 16<sup>th</sup> – 6:00pm start**

Track Events – 100m(H/F), 400m, 1500m, 200/300/400m Hurdles

Field Events – Long Jump, Discus Throw, Shot Put

### **Wednesday June 23<sup>rd</sup> – 6:00pm start (Tentative)**

Track Events – TBD

Field Events – TBD

### **Wednesday June 30<sup>th</sup> – 6:00pm start (Pre-Canada Day)**

Track Events – 200m(H/F), 600m, Mile, 80/100/110m Hurdles (H/F)

Field Events – High Jump, Triple Jump, Hammer Throw, Javelin Throw

### **Wednesday July 7<sup>th</sup> – 6:00pm start**

Track Events – 100m(H/F), 300m, 1200m, 2000m, 200/300/400m Hurdles

Field Events – Long Jump, Discus Throw, Shot Put

### **Wednesday July 14<sup>th</sup> – 6:00pm start**

Track Events – 200m(H/F), 800m, 5000m, 80/100/110m Hurdles (H/F)

Field Events – High Jump, Triple Jump, Hammer Throw, Javelin Throw

### **Wednesday July 21<sup>st</sup> – 6:00pm start**

Track Events – 100m(H/F), 400m, 1500m, 200/300/400m Hurdles

Field Events – Long Jump, Discus Throw, Shot Put

### **Wednesday July 28<sup>th</sup> – 6:00pm start (Parade of Nations – Represent your Heritage)**

Track Events – 200m(H/F), 800m, Mile, 80/100/110m Hurdles (H/F)

Field Events – High Jump, Triple Jump, Hammer Throw, Javelin Throw

### **Wednesday August 4<sup>th</sup> – 6:00pm start**

Track Events – 100m(H/F), 400m, 1500m, 3000m, 200/300/400m Hurdles

Field Events – Long Jump, Discus Throw, Shot Put

**Facility Layout**

The Terry Fox Athletic Facility has a very strict policy pertaining to a 100-person capacity (athletes, coaches, volunteers, meet organizers combined).

Our schedules will be broken up into blocks that allow athletes to enter and exit the facility in a staggered manner (example 6:00pm/7:00pm/8:00pm). Athletes are asked to leave the facility when their event is complete. If an athlete will be competing again, they will be asked to re-enter the facility during that event block.

It is the upmost importance for all participants to respect the physical distancing regulations that have been put in place by the public health officials. The facility maps below indicate the warm-up and training areas to be used and store their gear.

All individuals entering the facility must complete a health questionnaire found [HERE](#). Please complete prior to arrival to avoid holding up the line.

All athletes, coaches, volunteers and officials must enter the facility at the North entrance (facing Riverside drive). It is here that meet organizers will confirm registration and that the event health questionnaire has been completed and passed prior to entry.

All athletes, coaches, volunteers and officials must exit using the main gaits located behind the timing tower.

Under the scenario of severe weather (lightning, tornado warning) participants will be asked to take shelter in their vehicles as indoor facilities are limited in both availability and capacity while respecting physical distancing.

Hand sanitizer will be provided at the entrance and exit of the facility.

If not competing or warming-up athletes and coaches are going to be asked to wear a mask.

**Warm-up Areas**

- Refer to page 5
- 10 per area (athletes & coaches combined).
- Athletes are asked to stay within these areas for the entirety of their warm-up.
- Track Warm-up area 3 can be shared between Area 1 & 2 as long as the capacity of 10 is followed.
- Track warm-up areas 4 & 5 can use the back stretch of the track as long as it does not interfere with an event taking place and physical distancing is maintained.
- Once done competing athletes will be expected to depart from the facility to allow for the next group of athletes enter and begin their warm-ups.
- Throws Warm-up area 1 & 2 may alternate depending on the events that are being contested. Example (If Javelin is being contested, athletes are asked to warm up in the discus/hammer area).
- Jumps Warm-up area 1 & 2 may alternate depending on the events that are being contested. Example (If a Long Jump competition is being contested, athletes not competing are asked to warm-up on the high jump apron).

**Competition Area's**

- Refer to page 5
- Maximum of 10 permitted in each area (athletes and coaches combined).
- A coaching area will be created to not interfere with the area capacity.
- With typical track etiquette we ask athletes respect the competitive areas and to not interfere with them as an event is taking place.
- Athletes are asked to clear the competitive area as soon as possible when done competing.
- We ask that athletes do not linger in the facility as we will need sufficient space for athletes competing in the latter part of the evening.

### **Track**

- Four athletes per heat. Every other lane will be used for all events 100m up to 400m (including hurdles).
- 800m will start in every other lane at the 4x400m start with a 3 turn stagger.
- 1500m will start in every other lane at the 300m start lines.
- Mile-5000m will start with tiered waterfall.
- Athletes are to avoid drafting.
- If passing another athlete, you will be expected to give a wide berth.
- The red boxes shown on the facility map will serve as the assembly areas for the heat that is “on deck” and the heat that will be “in the hole” based on the events respective start line.

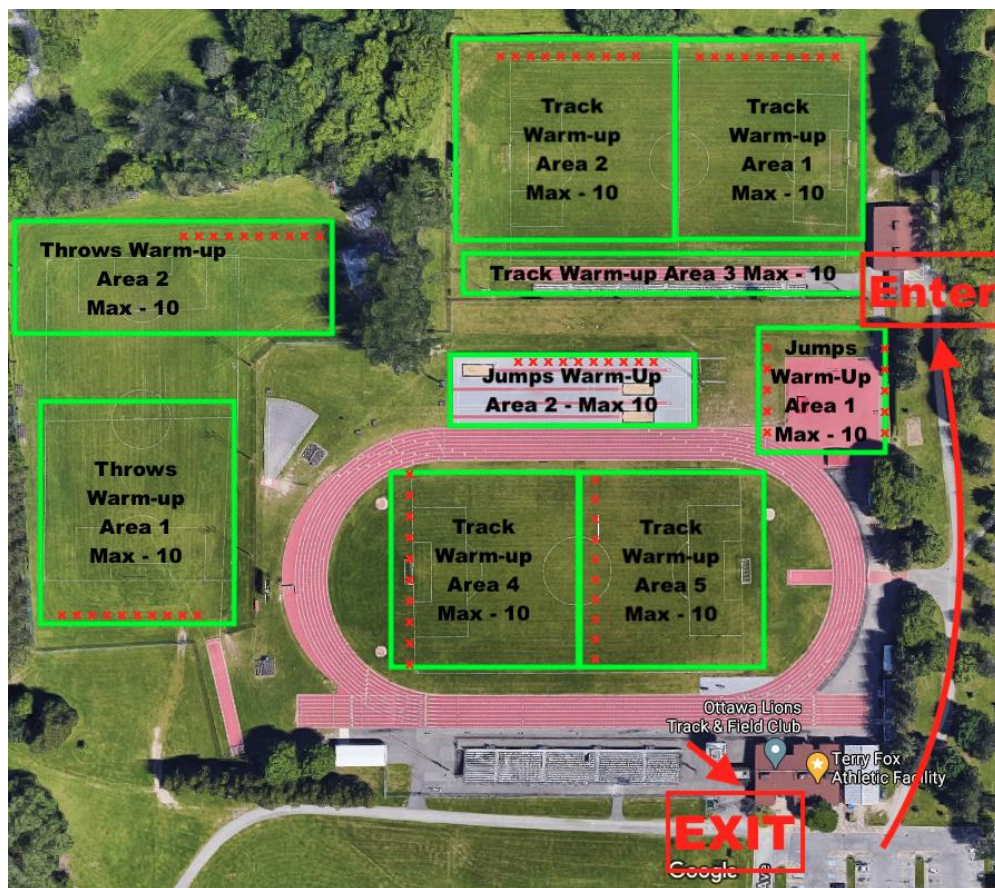
### **Jumps**

- Long Jump & Triple Jump
  - 8 per flight.
  - Athletes are to spread themselves out by a minimum of 6ft when not jumping.
- High Jump
  - 8 per flight with officials and volunteers included in the area capacity.
  - Athletes must have their own personal tarp that is to be placed on the mat prior to their attempt and when their attempt is completed.

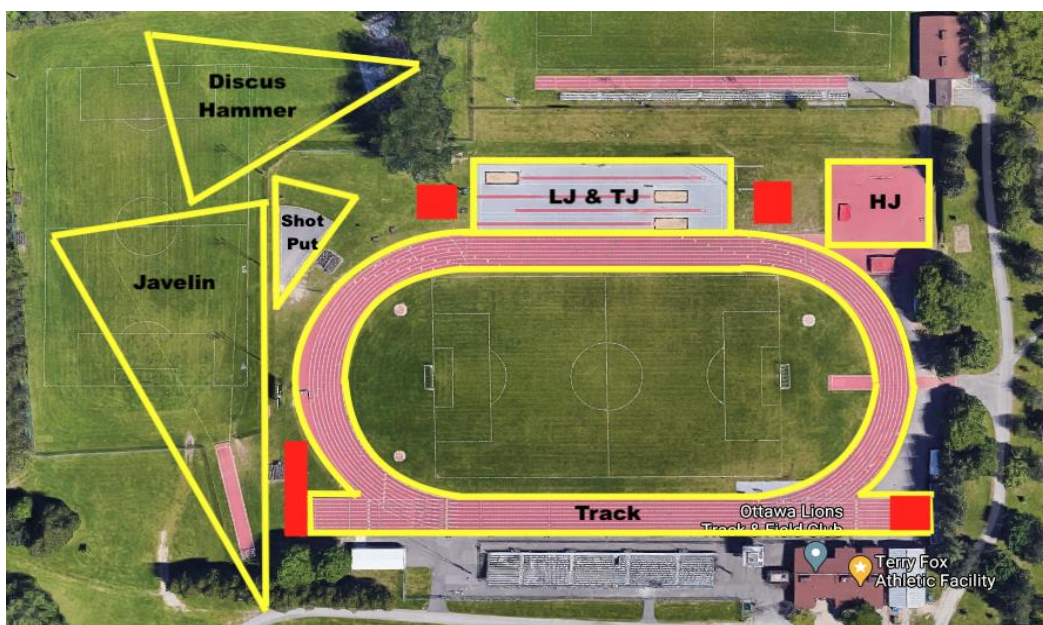
### **Throws**

- Maximum of 8 throwers per flight with officials and volunteers included in the area capacity,
- Throwers will have their own implements. Requests must be made well in advance if you wish to use Ottawa Lions equipment as only a limited number of implements will be available.
- Throwers must retrieve their own implements.





Competition Area



Sample technical package.



## OTTAWA TWILIGHT #3

<b>DATE:</b>	Wednesday, August 12 <sup>th</sup> , 2020
<b>LOCATION:</b>	Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, ON K1V 8N4
<b>SANCTIONED BY:</b>	Athletics Ontario
<b>AGE CATEGORIES:</b>	OPEN
<b>ENTRY DEADLINE:</b>	Tuesday, August 11 <sup>th</sup> at Noon
<b>ENTRIES:</b>	Must be completed <a href="#">HERE</a>
<b>FEES:</b>	\$25.00 (2 event max)
<b>IMPLEMENTS:</b>	Athletes are asked to bring their own. A limited number of implements may be available but requests must be made with plenty of time. Ottawa Lion members receive priority.
<b>CHECK IN:</b>	Checking In with the completion of your health questionnaire via this <a href="#">LINK</a> prior to entering will serve as check-in. Athletes are asked to enter the facility 30min prior to their event block 6:00/7:00/8:00. The bulk of warm-ups are to be completed outside the facility.
<b>SCHEDULE OF EVENTS:</b>	Events will be scheduled with at least a 90 second window between heats when possible. Track events will be run Men followed by Women (with the exception of Hurdles). If the field size permits, we will combine men and women. Field events will be run Women followed by Men or together based on field size.

Events	Enter Facility (Check In)	Competition Window Begins
800m, 80mH, 100mH, 110mH, Discus Throw, Long Jump	6:00pm	6:30pm
100m, 400m, Shot Put, Long Jump	7:00pm	7:30pm
200m, 300H, 400H, Triple Jump	8:00pm	8:30pm

### TRACK EVENTS:

6:30pm

Men 800m  
 Women 800m  
 Women 80mH  
 Women 100mH  
 Men 100mH  
 Men 110mH  
 Men 100m  
 Women 100m  
 Men 400m  
 Women 400m

7:30pm

8:30pm

Men 200m  
 Women 200m  
 Women 300mH  
 Men 300mH  
 Women 400mH  
 Men 400mH

### FIELD EVENTS: 4 throws, 4 attempts

6:30pm

Discus Throw  
 Long Jump  
 Shot Put  
 Long Jump (Flight 2)  
 Triple Jump

7:30pm

8:30pm

## Care & Recommendations



**Remember!**  
**Practice physical  
distancing**

If keeping your distance is difficult, wear a **non-medical mask** (i.e. cloth mask).

**N'oubliez pas!**  
**Pratiquez la  
distanciation physique**

⋮ S'il est difficile de  
⋮ maintenir une bonne  
⋮ distance par rapport  
⋮ aux autres, portez un  
⋮ **masque non médical**  
⋮ (c.-à-d. un masque  
⋮ en tissu).

**OttawaPublicHealth.ca/Coronavirus**  
**SantePubliqueOttawa.ca/CoronavirusFR**



**Mask required**

Masque obligatoire

Mascarillas obligatorias

الأقنعة إجبارية

强制戴口罩

ᠮᠠᠰᠤ ᠬᠡᠭᠢᠨᠣᠯᠢᠭ᠋᠎ᠠ



All persons entering or remaining in these premises must wear a mask that covers the nose, mouth, and chin as required under **City of Ottawa By-law 2020-186**.

Exemptions include people who cannot wear a mask for medical reasons or children under two years old.

**A mask can be cloth (non-medical), disposable or medical.**

Content written in Spanish, Arabic, Simple Chinese, Inuktitut.

Toutes les personnes qui entrent ou restent dans ces locaux doivent porter un masque qui couvre le nez, la bouche et le menton, comme l'exige le règlement 2020-186 de la Ville d'Ottawa.

Des exceptions sont prévues pour les enfants de moins de deux ans et les personnes qui ne peuvent pas porter de masque pour des raisons médicales.

**Un masque peut être en tissu (non médical), jetable ou médical.**

Message écrit en espagnol, arabe, chinois simplifié et inuktitut.

2020-186

**ottawa.ca**     **3-1-1**  
**TTY/ATS 613-580-2401**



Coronavirus Disease 2019 (COVID-19)

## Cleaning and Disinfection for Public Settings

This document provides guidance on cleaning and disinfection of public settings, including schools, transit, colleges/universities and other workplaces in Ontario. For more information, please contact your local public health unit.

### What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.

### Clean frequently touched surfaces twice per day

- In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected twice per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.



# Cover Your Cough



**1. Cover your mouth and nose when you cough, sneeze or blow your nose.**



**2. Put used tissue in the garbage.**



**3. If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.**



**4. Clean your hands with soap and water or hand sanitizer (minimum 70% alcohol-based).**

## Stop the Spread of Germs

### Always Cover Your Cough

- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 2 metres/6 feet) from people who are coughing or sneezing



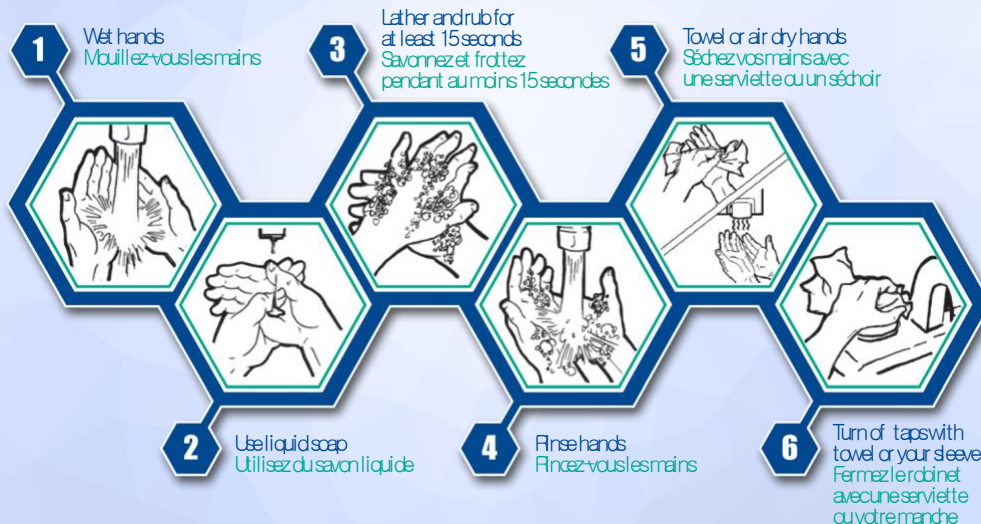
Public Health  
Santé publique

## Ottawa's health is in **your hands**

Proper **handwashing** helps prevent the spread of germs!

## La santé d'Ottawa est entre **VOS mains**

Il est **se laver les mains** aide à prévenir la propagation des germes!



OttawaPublicHealth.ca  
Santé Publique Ottawa.ca

613-580-6744  
TTY/ATS : 613-580-9656



/Ottawa Health  
/Ottawa Santé

---

## ***Resources***

---

We encourage our members to continue monitoring their health and those close to them. Keeping a mindful eye on the announcements and status updates released by the province of Ontario, City of Ottawa, and Public Health Officials as the scenario continues to develop day by day.

These recommendations will be closely followed by the Club and will not hesitate if there is a danger in our members health and wellbeing.

Here are some helpful resources to follow as we continue to navigate through the world wide pandemic.

**[Athletics Canada](#)**

**[Athletics Ontario Resource Page](#)**

**[City of Ottawa – COVID-19 Resources](#)**

**[Ottawa Assessment Centers](#)**

**[Ottawa Public Health](#)**

**[Province of Ontario – COVID-19 Resources](#)**

**[Public Health Canada](#)**