



**“GET READY  
TO ROCKET”**

uOttawa



## **The TERRY FOX ATHLETIC FACILITY**

Presents

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# *The Ottawa Lions Summertime Invitational*

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**Saturday & Sunday, July 2 – 3, 2011**  
Ottawa, Ontario, Canada

### Events

**Saturday will be Track Events ONLY – running events on this day will be referred to as an “A – Event” when entering the meet.** (men / women) 100m – A , 100m Hurdles – A, 110m Hurdles – A (99cm & 106.7cm), 200m – A, 400m – A, 1500m – A

**Sunday will be both Track & Field Events – running events on this day will be referred to as a “B – Event” when entering the meet.** (men / women) 100m – B, 100m Hurdles – B, 110m Hurdles – B (99cm / 106.7cm), 200m – B, 400m – B, 800m – B, 400m Hurdles – B, 3000m – B, Field Events: High Jump, Long Jump Triple Jump, Shot Put, Discus, Hammer, Javelin

**Meet Entry is restricted to birth years (1993 & Older)**

### Meet Entry: Athletics Ontario Registered Athletes

Event Entry Standards (achieved in 2010 / 2011) listed in the Athletics Ontario / Athletics Canada National Rankings

100m – F=12.30 / M=11.00	400m – F=57.50 / M=49.50
200m – F= 25.50 / M= 22.50	800m – F= 2:15.00 / M = 1:57.00
1500m – F= 4:45.00 / M= 4:00.00	3000m – F= 10:45:00 / M= 9:00.00
100mH – 15.00 / 110mH – 15.00	400mH – F= 63.00 / M = 55.50
PV – F=3.00 / M= 4.00	HJ – F= 1.60 / M= 1.85
LJ – F= 5.50 / M= 6.50	TJ – F= 11.50 / M= 14.00
SP – F= 11.00 / M= 13.00	DT – F= 40.00 / M= 40.00
JT – F= 35.00 / M= 45.00	HT – F= 40.00 / M= 40.00

Athletes not attaining entry standards may request and invitation to apply to be considered and placed on “standby” with a notification of acceptance 2 days before the competition.

**Out of Province Athletes**  
Follow the Instructions below

Contact us in advance to request a team / club or individual meet entry invitation. You must request an invitation and be accepted in advance to enter and participate in this invitational meet.

**ALL REQUESTS FOR INVITATION AND FOR MEET ENTRY are to be directed to the following email address:**

**MEETENTRY@OTTAWALIONS.COM**

**LATE ENTRIES AFTER DEADLINE or "ON THE DAY" will be accepted AT THE DISCRETION OF THE MEET DIRECTOR. A late entry fee of \$25 per event cash will be required. Everyone must have an INVITATION of ACCEPTANCE to participate and late enter. Deadline for this process will be via email Thursday, May 19 (6:00 pm).**

**All Clubs and individual athletes will be emailed the entry Information required upon acceptance to the meet.**

**Deadline for emailed Entries = Wednesday, June 29 @ 4:00 pm**

**Entry Fees:** Individual Open Events: \$15 per event  
All Fees are payable in full on arrival to: Ottawa Lions TFC. (Cash / Cheque / C.Card)

**Accommodations:** Call or email us for suggestions.

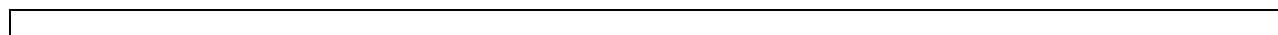
**Schedule:** A final schedule will be emailed to all clubs and athletes. Some events may be deleted if insufficient entries and the schedule condensed. It will not start earlier than indicated.

## **Tentative Schedule of Events**

Look for a revised schedule of events on our website or email us for changes. The meet will NOT begin earlier than the posted times.

### **Saturday, July 2<sup>nd</sup>**

1:00 pm	100mH-A / 110mH – A	(Women / Men)	Semi-Finals
1:30	100m – A	(Women / Men)	Semi-Finals
2:00	100m	(Women / Men)	Finals
2:30	110H – A / 100mH – A	(Men / Women)	Finals
3:00	400m – A	(Women / Men)	Section Finals
3:30	1500m - A	(Women / Men)	Section Finals
4:00	200m – A run	(Women / Men)	Section Finals



# Sunday, July 3<sup>rd</sup>

12:00 pm	100mH - B, 110mH - B	(Women / Men)	Section Finals
	400m – B	(Women / Men)	Section Finals
	100m – B	(Women / Men)	Section Finals
4:00 pm	400m Hurdles – B	(Women / Men)	Section Finals
	800m - B	(Women / Men)	Section Finals
	200m – B	(Women / Men)	Section Finals
	3000m - B	(Women / Men)	Section Finals

## ***Field Events – Start Times as Listed***

12:30	Hammer OW followed by OM – May throw Jr. Implement 6kg
1:00	Long Jump - OW followed by OM
1:00	High Jump OM
2:00	Shot Put – OW followed by OM – May throw Jr. Implement 6kg
3:00	Javelin – OW followed by OM
3:30	High Jump OW
4:45	Discus – OW followed by OM – May throw Jr. Implement 1.75kg
4:45	Triple Jump – OM followed by OW

\*\* Pole Vault – Please contact us via email – 613-247-4886 at least one week in advance.