



OTTAWA HP WEEKEND

Friday, Saturday & Sunday
May 13th-15th

In conjunction with the NACAC Combined Events Championship the Ottawa Lions will kick off the club outdoor season with three days of athletic competition that will serve as a spring board into the National Track and Field Tour and exciting outdoor season.

FACILITY:

The Terry Fox Athletic Facility which is situated in the picturesque Mooneys Bay Park which recently played host to the 2017 & 2018 Canadian National Championships. The facility has an eight lane Mondo Surface track, three (horizontal) jump runways, two Pole Vault runways, five throwing circles, two javelin runways and one high jump pit.

LOCATION:

Terry Fox Athletic Facility, 2960 Riverside Dr. Ottawa, Ontario K1V 8N4

ENTRY FEE:

\$25.00 for the first event, \$10.00 for all additional events.

ENTRY DEADLINE:

Wednesday May 11th 2022 at 11:59pm ET.

MEET ENTRY:

All entries are to be completed on <http://www.trackiereg.com/ottawaHPweekend2022>

ELIGIBILITY:

Must be registered with Athletics Canada.

ACCOMMODATIONS:

Call or email us for suggestions.

CONTACT:

All inquiries regarding the open meet are to be directed towards Richard Johnston (rjohnston@ottawalions.com).

All inquiries regarding the NACAC Combined events meet are to be directed to Ryan Rowat (panamcup@ottawalions.com).

PARKING:

Limited parking will be available at the venue. Pay and display parking in the Mooneys Bay lot will also be available.

HIGH PERFORMANCE:

The open events at the Ottawa HP weekend has received a F classification on the World Athletics calendar. Open events will be run fastest to slowest sections with the exception of the 100m, 200m and sprint hurdles where heats and finals will be offered. Athletes who qualify for the final but do not intend to compete in the final must report to the timing tower to inform them of their scratch and give the next best athlete an opportunity to prepare.

IMPLEMENTS:

Athletes are asked to bring their own throwing implements. Ottawa Lions have a few implements available but requests need to be sent in prior to the event.

COACHES:

Coaches will be permitted entry and access throughout the facility. Must be registered here.

COVID PRECAUTIONS:

Restrictions in the The City of Ottawa and Terry Fox Athletic Facility are relatively low. At this There are no requirements to procure a vaccination passport or need for mandatory masking. Please do your best to sanitize and follow good health recommendations.

TENTATIVE SCHEDULE:

The schedule shown below illustrates the time line of events in three sections of the venue. The open schedule will take place along side the NACAC Combined Events Championship. The international event will take priority in the schedule of events if there is overlap or delays . The Decathlon and Heptathlon have been highlighted on the tentative schedule below. A final schedule will be released when Thursday May 12th.

Heptathlon	
Decathlon	

Friday May 13th, 2022

Friday, May 13th					
Time	North Field	Main Stadium Track	Main Stadium Field	West Field	Time
2:00pm	Warm up				2:00pm
2:30pm					2:30pm
3:00pm					3:00pm
3:30pm					3:30pm
4:00pm					4:00pm
4:30pm			100mH - Women Heats	High Jump - Men	4:30pm
5:00pm			110mH - Men Heats		5:00pm
5:30pm			3000m SC - Women	Shot Put - Women	5:30pm
6:00pm			3000m SC - Men		6:00pm
6:30pm			100 & 110mH - Finals	Shot Put - Men	6:30pm
7:00pm		5000m - Women		7:00pm	
7:30pm		5000m - Men		7:30pm	
8:00pm				8:00pm	
8:30pm				8:30pm	
9:00pm				9:00pm	

Saturday May 14th, 2022

Saturday, May 14th						
Time	North Field (Warm-up)	Main Stadium Track	Main Stadium Field	West Field	Time	
9:00am					9:00am	
9:30am					9:30am	
10:00am		100mH			10:00am	
10:30am		100m			10:30am	
11:00am				Discus - Women	11:00am	
11:30am				High Jump	11:30am	
12:00pm			Long Jump		12:00pm	
12:30pm				Discus - Men	12:30pm	
1:00pm					1:00pm	
1:30pm				Pole Vault - Women & Men	1:30pm	
2:00pm				Shot Put	2:00pm	
2:30pm					2:30pm	
3:00pm	Warm up				3:00pm	
3:30pm		200m		Triple Jump - Men	3:30pm	
4:00pm				High Jump	4:00pm	
4:30pm		100m - Women Heats			4:30pm	
5:00pm				Triple Jump - Women	5:00pm	
5:30pm		400m		High Jump - Women	5:30pm	
6:00pm		400m - Women			6:00pm	
6:30pm		400m - Men			6:30pm	
7:00pm		100m - Finals			7:00pm	
7:30pm		1500m - Women			7:30pm	
8:00pm		1500m - Men			8:00pm	
8:30pm					8:30pm	
9:00pm					9:00pm	
9:00pm					9:00pm	

Sunday May 15th, 2022

		Saturday, May 15th				
Time	North Field (Warm-up)	Main Stadium Track	Main Stadium Field	West Field	Time	
9:00am					9:00am	
9:30am					9:30am	
10:00am		110mH			10:00am	
10:30am					10:30am	
11:00am				Discus	11:00am	
11:30am					11:30am	
12:00pm			Long Jump		12:00pm	
12:30pm					12:30pm	
1:00pm		400mH - Men		Pole Vault	1:00pm	
1:30pm		400mH - Women	Long Jump - Women	Javelin	1:30pm	
2:00pm	Warm up	200m - Women Heats			2:00pm	
2:30pm		200m - Men Heats			2:30pm	
3:00pm		800m	Long Jump - Men		3:00pm	
3:30pm		800m - Women			3:30pm	
4:00pm		800m - Men		Javelin	4:00pm	
4:30pm		200m - Finals			4:30pm	
5:00pm					5:00pm	
5:30pm		1500m			5:30pm	
6:00pm					6:00pm	
6:30pm					6:30pm	

VENUE LAYOUT:

Below are two images of the Terry Fox Athletic Facility.

There are three sections of the venue to which warm-ups and competition can be held.

Only Athletes and coaches will be able to enter the North Field labeled warm-up area (gate facing Riverside Drive).

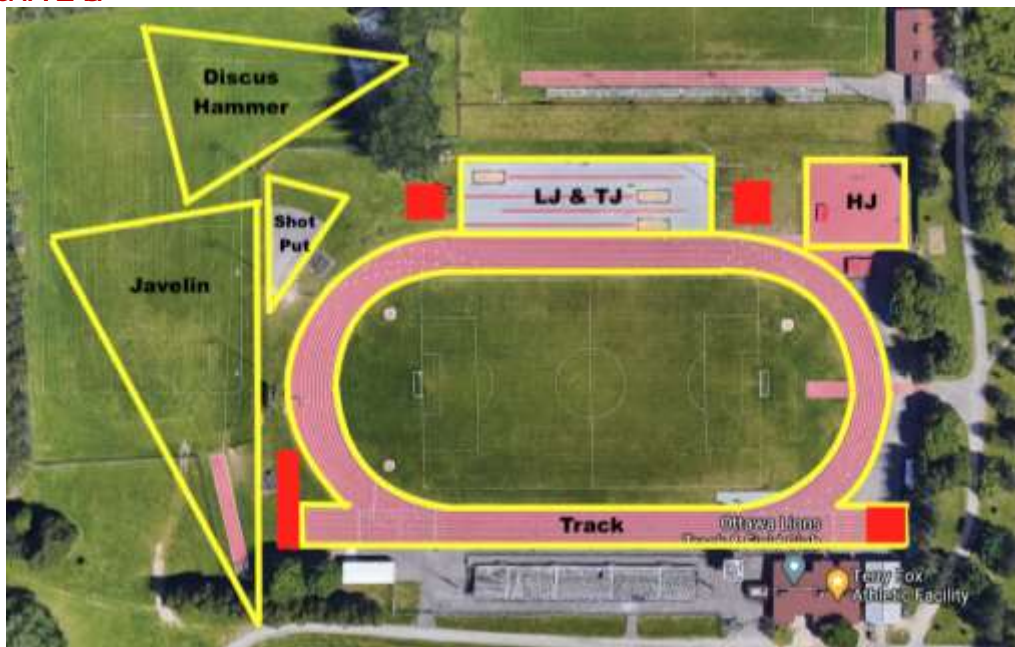
The warm-up area will be considered a large ACC prior to moving to the respective competitive area in the Main Stadium or West field.

The competition areas are labeled in the second map.

VENUE SECTIONS



COMPETITION AREAS



EMERGENCY ACTION PLAN

There will be a First Aid Team located on site for the duration of the weekend. The First-Aid station will be located just east of the grand stands. This team is not responsible for RMT or PT but a first response in case of injury or need to call EMS.

A defibrillator is located in the main building of the Terry Fox Athletic Facility.

If EMS is required at the Terry Fox Athletic Facility, the address is 2960 Riverside Dr. Ottawa Ontario K1V 8N4 (Inside Mooneys Bay Park). The best point of access is from the intersection of Riverside Dr. and Ridgewood Avenue, they should take an immediate right once inside Mooneys Bay Park. An alternative point of entry would be arriving from Hogs Back Rd, turning into the Mooneys Bay Boat launch entrance and pulling up to the West Field.

Under a severe weather warning or arrival of a thunder/lightning storm there are very few locations for shelter. While there are a few change rooms and locations for shelter, they will be limited in space as a 2m physical distancing rule will apply while indoors (along with wearing masks). We ask that athletes, officials and volunteers who drive to the venue take shelter in their respective vehicles until the storm subsides. Please do not welcome others you did not travel with into your vehicle.