

2019 CAPITAL XC CHALLENGE

FEATURING;

CAPITAL XC HIGH SCHOOL CHALLENGE

EASTERN ONTARIO ELEMENTARY SCHOOL CHAMPIONSHIPS

CAPITAL XC UNIVERSITY/COLLEGE/OPEN CHALLENGE

OCTOBER 4TH – 5TH

MOONEY'S BAY PARK, OTTAWA – 3 EXCITING RACE DIVISIONS OVER 2 DAYS

FOR ALL TECHNICAL INFORMATION AND MEET ENTRY GO TO:

<https://ottawalions.com/capital-cross-country-challenge/>

CAPITAL XC



CHALLENGE

RUN OTTAWA ♦ uOTTAWA ♦ OTTAWA LIONS ♦ CARLETON U.

FRIDAY OCTOBER 4TH – AFTERNOON - HIGH SCHOOL CHAMPIONSHIPS

SCHEDULE:

FRIDAY, OCTOBER 4TH (DAY 1)

- Races will begin on time, athletes, coaches should prepare to arrive a minimum of 90min before the start of your race.
- Awards presentations will follow each race immediately in front of the grand stand.

Race Divisions

- Open – 4000m
 - This will be a co-ed race, open to all grades. It is an open and “overflow” race for the athletes outside the team caps of Junior Varsity and Varsity divisions.
 - There is no team entry cap for this race division. (team scoring details are listed below)
- Junior Varsity – 4000m
 - Separate male and female races but combined grades 9 &10 (OFSAA Novice and Junior).
 - Team entry cap is 6 athletes (team scoring details are listed below)
 - Athletes cannot drop down an age division but can run up.
- Varsity – 6000m
 - Separate male and female races open for ALL Grades.
 - Team entry cap is 6 athletes (team scoring details are listed below)

Race Time	Age Group	Distance
2:30 PM	OPEN RACE	4000 meters
3:00 PM	JUNIOR VARSITY WOMEN	4000 meters
3:30 PM	JUNIOR VARSITY MEN	4000 meters
4:00 PM	VARSITY WOMEN	6000 meters
4:45 PM	VARSITY MEN	6000 meters

The Organizers reserve the right to merge both the men's and women's events into one race should the entry numbers allow. If that is the case, all entrants will be notified by email, posting on our web site and at the time of race chip pick-up. Athletes should pick-up their race BIBS at least one hour ahead of the 2:30 pm race start.

ENTRY:

- All entries to be done through TRACKIEREG.CA - <http://www.trackiereg.com/capitalxc2019highschool>
- Coaches from each school are responsible for registering their teams and individuals
- \$100.00
 - o School Maximum Entry - both genders included
- \$30.00
 - o Team Entry - to a max of \$100.00
- \$20.00
 - o Individual Entry
- Open Division – As stated earlier, this is an overflow division and will not be subject to a entry fee, however, if a school **only** intends to compete in this division they will be charged the appropriate fee's listed above.
- Same day registration: will not take place!
- Payments by cheque (due on meet day) can be made out to - **Ottawa Lions Track & Field Club**
- If there are any registration issues please contact rjohnston@ottawalions.com OR cdobson@ottawalions.com

ENTRY DEADLINE IS WEDNESDAY, OCTOBER 2ND AT 7:00PM FOR ALL TEAMS & INDIVIDUALS!

AWARDS:

- Winning Teams (\$100.00) – In each JV and Varsity divisions
- Top 3 Schools (1st-\$500.00, 2nd-\$250.00, 3rd-\$125.00) – Combined team scores across both genders of JV and Varsity races
- Top 3 Individuals – of all race divisions will receive medal toque and t-shirt
- Top 20 Individuals – of all race divisions will receive a t-shirt

Award presentations will take place immediately at the END OF EACH RACE!

SCORING:

- IAAF scoring for prize money (4 Score / 5 & 6 Displace)
- Ties will be determined by the placing of the 4th runner (the better the finish of the 4th place runner will determine the winner of the tie)

Technical Information

Facilities - Washrooms are available in the Terry Fox Athletic Facility. Portable toilets are located near Canada's Largest Playground.

Parking – Pay and display for car parking at Mooneys Bay Park. Public parking is not permitted at the Terry Fox Athletic Facility.

Bus Drop Off – Buses will be permitted parking at the Terry Fox Athletic Facility and asked to line up on the side closest to Riverside Dr. Alternatively buses may also choose to park in the bay parking “Pirates Cove”

Team Tents – tents for school teams are permitted in Mooneys Bay parl. They may be set up in the start area (around Canada’s Largest Playground). Tents are not permitted in the Terry Fox Athletic Facility.

Clothing – Please dress for the weather. This is Cross Country, the course conditions may be dry, they may be muddy, we will race rain or shine.

Rabbit – A lead cyclist and trail cyclist will be on site.

Team Packages – Team packages and race bibs can be picked up at the main entrance of the Terry Fox Athletic Facility

Starting Area – Athletes are expected in the starting area 20 min before the scheduled race start with team kit, and race bibs on. Warm ups may be conducted when the previous race is clear from the starting area. Please be cautious of races as they may be looping back through the starting area. Music will be playing in the area so please listen for official starters instructions.

Start Line Instructions – The race starter will give the following notices

- 15min to the start of the race
- 10min to the start of the race
- 5min to the start of the race (in which case the starters assistants will make sure teams are assembled on the start line in team boxes)
- 1 min to the start of the race
- White flag will be raised in the air 10 seconds before the start followed by the gun signaling the start of the race.
 - o Should there be a fall or clear violation of the start in the first 50-80m a second gun/horn blast will issue a return to the start line.

The Course – The course that will be contested is run on grass, woodchip trails, 200m of beach and conclude on 300m of Mondo inside the Terry Fox Athletic Facility. All courses will include one major climb up the Mooneys Bay hill, multiple hay bale hurdles situated around the course and briefly cross a few gravel/paved paths.

The entire course will be clearly marked with a white line of paint, flags and barriers

All event maps will be available for review on <https://ottawalions.com/capital-cross-country-challenge> , a large map poster will also be posted at the main entrance to the Terry Fox Athletic Facility.

The course is very spectator friendly. Coaches and parents will be able to cheer on and view the majority of the race, including the start and finish. We ask that all spectators (including spectating athletes) to be considerate and respectful to those racing, look before crossing the race course and please notify an event official or volunteer if something needs attention.

