



2020 CAPITAL XC CHALLENGE
October 2ND & 3RD
MOONEYS BAY PARK, OTTAWA

Even under the cloud of COVID-19 the Ottawa Lions are thrilled to host the 2020 Capital XC Challenge making this the 6th annual year of the event.

We understand that athletes and coaches across the city and province are seeking competitive opportunities this fall and we want to provide a safe but competitive environment.

Details regarding the race layout are below.

With the current trend of COVID-19 cases in Ottawa continuing to rise we must do our part to adhere to the Ottawa Public Health guidelines and help mitigate the spread.

RACE DIVISIONS

- Races will be offered for both men and women in all divisions.
- Athletes are to compete in their respective age classes.
- Athletes must be registered with their respective PSO in order to compete.
- Team scores will be compiled at the conclusion of the race when all corrals have finished.

DIVISION	DISTANCE
OPEN	6km
U20	5km
U16	4km
U12	3km
U8	2km

**The organizers reserve the right to merge both men and women's events into one race should the entry numbers allow for a safe event. If this is the case entrants will be notified by email, website and final schedule updates.*

ENTRIES

- DEADLINE – TUESDAY, SEPTEMBER 29TH AT 11:59PM
- All entries and payments are to be completed online through www.trackie.com/CapitalXC2020
- Coaches and athletes are responsible for registering their themselves or teams together.
- Club Entry (max fee per club)
 - o \$500.00
- Team Entry (max fee per division)
 - o \$125.00
- Individual Entry
 - o \$25.00
- Late Entry
 - o \$40.00/individual
- If you have any registration issues please contact cdobson@ottawalions.com

AWARDS

- Top 10 individuals in each race will receive a t-shirt
- Winning team of 6 runners (each division) will receive a t-shirt

SCORING

- World Athletics scoring will apply (4 score/5th and 6th runners displace)
- Ties will be determined by the placing of the 4th runner (the better placed 4th runner will determine the winner of the tie).

SCHEDULE

- FRIDAY, OCTOBER 2ND

RACE TIME	ACE DIVISION	RDISTANCE
4:00 PM	U8 GIRLS	2KM
4:45 PM	U8 BOYS	2KM
5:30 PM	U12 GIRLS	3KM
6:00 PM	U12 BOYS	3KM

- SATURDAY, OCTOBER 3RD

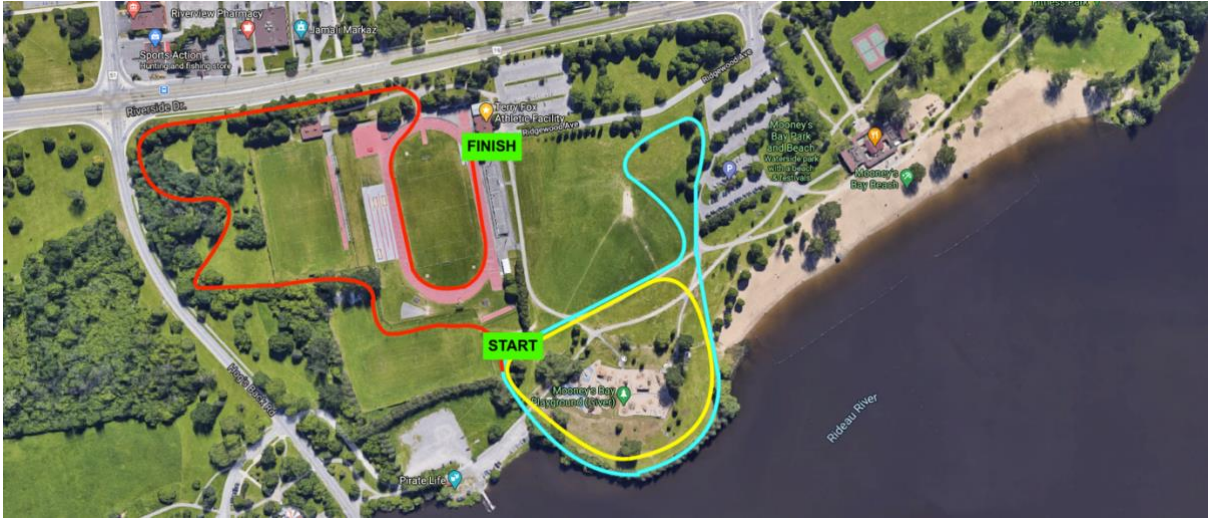
RACE TIME	RACE DIVISION	DISTANCE
10:00 AM	U16 GIRLS	4KM
11:00 AM	U16 BOYS	4KM
NOON	U20 WOMEN	5KM
1:00PM	U20 MEN	5KM
2:00PM	OPEN WOMEN	6KM
3:00PM	OPEN MEN	6KM

**The posted schedule is tentative and finalized based on final entries and the number of corrals the race organizers can start in a appropriate manner.*

DETAILS

- ALL ATENDEES MUST COMPLETE THE EVENT HEALTH QUESTIONNAIRE THE MORNING OF THE EVENT (<https://forms.gle/wgtcJhShF2Zs7qYF9>).
- Facility: Washrooms are available in the Terry Fox Athletic Facility for athletes only. Masks are mandatory when inside the washrooms. Portable toilets are located near Canada's Largest Playground.
- Parking: Limited pay and display for car parking at Mooneys Bay Park and at the Terry Fox Athletic Facility.
- No Team Tents: we understand that teams may arrive in groups but we want to minimize the impact we have on the park due to the current COVID-19 guidelines and avoid gatherings that are too long.
- 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.
- Spectators:
 - o 1 spectator per athlete.

- As we deal with the fluid COVID-19 scenario, spectators will be able to watch the respective races in the park, however, admittance to the finishing area in the Terry Fox Athletic Facility will not be permitted.
- The Course: The course that will be contested is run on grass, woodchip trails 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.



LOOPS	DISTANCE
1xTurquoise + 1xRed	2KM
2xTurquoise + 1xRed	3KM
3xTurquoise + 1xRed	4KM
2xYellow + 3xTurquoise + 1xRed	5KM
2xYellow + 4xTurquoise + 1xRed	6KM

- Race Corrals.
 - At this time, we will not hold mass starts for each division, however we will have staggered starts within each division. Corrals of 20-10 athletes will start at a time.

- Athletes will be lined up in pre-assigned starting boxes.
- Athletes are asked to have masks with them when assembling at the start line. Masks can be wrapped around your wrist, upper arm, tucked into a pocket or to tie back one's hair.
- Sport Stats will offer timing chips that can be picked up prior to the race start.
- Two different alleys will be followed once an athlete completes their race
- Athletes are asked to put their masks back on at the conclusion of the race.

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

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.

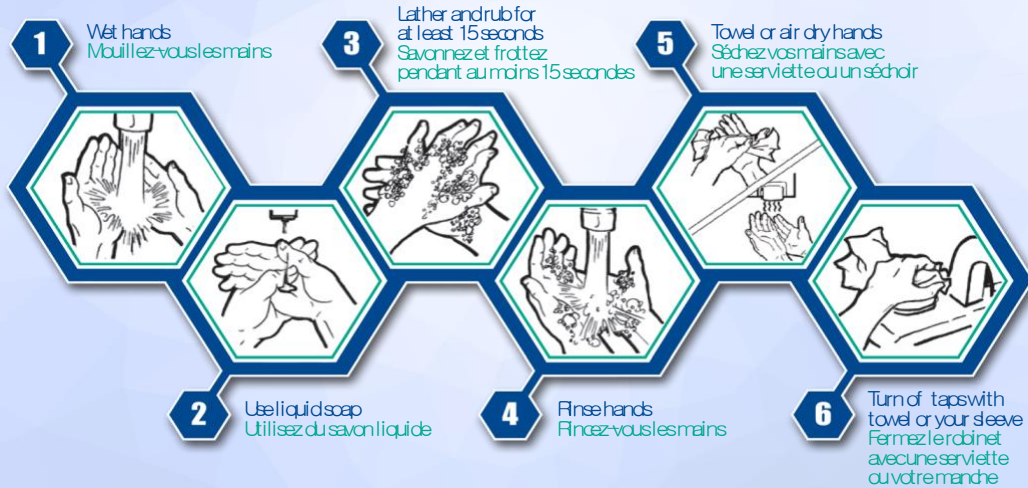


Ottawa's health is in **your hands**

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!



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