

September 3rd, 2021

CAPITAL CHALLENGE XC

2021 CAPITAL XC CHALLENGE
October 1ST – 2ND
MOONEYS BAY PARK, OTTAWA

The Ottawa Lions are thrilled to host the 7th annual Capital XC Challenge!

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.

Please read the details below.

RACE DIVISIONS

- Races will be offered for both men and women in all divisions.
- Athletes are to compete in their respective age classes.
- Open/University Division Athletes must be registered with their respective PSO or University in order to compete.
- High school entries are to be completed by the school's head coach
- U14, U12, U10 athletes may be entered by their school coach or parent.
- All course maps can be viewed here <https://www.ottawalions.com/capital-cross-country-challenge/>

DIVISION	DISTANCE
OPEN/UNIVERSITY	6KM
HIGH SCHOOL VARSITY	5KM
HIGH SCHOOL JUNIOR VARSITY	4KM
U14	3KM
U12	2.5KM
U10	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. Alternatively, if the entries exceed public health approval we may add corals/heats to the event based on team name alphabetically. If this is the case entrants will be notified by email, website and final schedule updates.*

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ENTRIES

- DEADLINE – Wednesday, SEPTEMBER 29th, 2021 AT 11:59PM EDT
- All entries and payments are to be completed online through Trackie at the links provided below.
- Coaches and athletes are responsible for registering their themselves or teams together.
- Teams/Schools paying by cheque must present fee before receiving team package. Cheque's are to be made out to – **Ottawa Lions Track and Field Club**
- If you have any registration issues please contact cdobson@ottawalions.com
- High School Meet – [REGISTRATION LINK](#)
 - o Junior Varsity Athletes – Grade 9 & 10
 - o Varsity Athletes – Grade 11 & 12
 - o Coaches of each high school are to register their athletes.
 - o Athletes can jump up a division to complete a team but will not be able to run both races.
 - o \$20.00 individual entry
 - o \$75.00 team entry (per gender/division)
 - o \$200.00 max fee (entry across all divisions/genders)
- Eastern Elementary School Championship (U10, U12, U14) – [REGISTRATION LINK](#)
 - o Teachers or Parents can enter athletes. Please communicate internally regarding team organization.
 - o If a school does not wish to participate, athletes may enter as unattached or if a member, with the Ottawa Lions.
 - o Athletes must compete in their respective age division.
 - o \$15.00 individual entry
 - o \$50.00 team entry
 - o \$250.00 School max fee (entry across all divisions/genders)
- Open/University Meet – [REGISTRATION LINK](#)
 - o Coaches or individuals will enter into the meet.
 - o \$25.00 individual entry (up to the team max)
 - o \$100.00 team entry (Male & Female teams are considered separate).
- Late Entry for all
 - o \$30.00 per individual
 - o Entries will NOT be accepted on the day of the event!

RESULTS/AWARDS

- Results will be available on <https://liveresults.ottawalions.com/>

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- Individual Awards
 - o Podium Touques will be awarded to the top-3 individuals in each race.
 - o Individuals in the top 10 of each race will receive a t-shirt
- Team Awards
 - o Members of the best team (each division) will also receive a t-shirt.
 - o High School Meet
 - Winning Teams of each race - \$100.00
 - Top 3 Schools overall (1st-\$500.00, 2nd-\$250.00, 3rd-\$125.00) – Combined across both genders of JV and Varsity races
 - Team scoring will be based on the top 4 athletes across the line (5th runner serving as a tie breaker if needed).
 - 5th and 6th runners of each team can displace.
 - o Elementary School Championship (u10, u12, u14 Meet)
 - Winning Teams of each race - \$100.00
 - Top 3 Schools overall (1st-\$500.00, 2nd-\$250.00, 3rd-\$125.00) – Combined across both genders of all 3 age groups.
 - Team scoring will be based on the top 4 athletes across the line (5th runner serving as a tie breaker if needed).
 - 5th and 6th runners of each team can displace.
 - o Open/University Meet
 - In each race division: 1st - \$500.00, 2nd -\$250.00, 3rd - \$125.00
 - Team scoring will be based on the top 5 athletes across the line (6th runner serving as a tie breaker if needed).
 - 6th and 7th runners of each team can displace.

TENTATIVE SCHEDULE

FRIDAY, OCTOBER 1st - High School Championship

RACE TIME	RACE DIVISION	DISTANCE
3:00pm	Junior Varsity Women	4km
3:30pm	Junior Varsity Men	4km
4:00pm	Varsity Women	5km
4:45pm	Varsity Men	5km

SATURDAY, OCTOBER 2nd - Elementary School Championship & Open/University

RACE TIME	RACE DIVISION	DISTANCE
9:00am	U10 GIRLS	2KM
9:30am	U10 BOYS	2KM
10:00am	U12 GIRLS	2.5KM

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10:30am	U12 BOYS	2.5KM
11:00am	U14 GIRLS	3KM
11:30am	U14 BOYS	3KM
12:30pm	OPEN/UNIVERSITY WOMEN	6KM
1:30pm	OPEN/UNIVERSITY MEN	6LM

**The posted schedule will be finalized after the entry deadline and announcements will be made for athletes to assemble at the start line on the event day (events will not switch days).*

**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. Alternatively, if the entries exceed public health approval we may add corals/heats to the event based on team name alphabetically. If this is the case entrants will be notified by email, website and final schedule updates*

PERFORMANCE LISTS WILL BE POSTED THURSDAY, SEPTEMBER 30TH

DETAILS

- ALL ATHLETES MUST COMPLETE THE EVENT HEALTH QUESTIONNAIRE THE MORNING OF THE EVENT (<https://forms.gle/wgtcJhShF2Zs7qYF9>).
- **Athlete check in:** Athletes can pick up their race bib at the Ottawa Lions tent located at the Terry Fox Athletic Facility no later than 30min before their respective race. Complete the Health Questionnaire prior to arrival or you will be asked to go to the back of the line.
 - o Athletes, spectators, volunteers, coaches are to wear masks unless warming up or competing.
- **Facility:** Washrooms are available in the Terry Fox Athletic Facility for athletes only. Masks are mandatory when inside the washrooms.
 - o Portable toilets will be open closer to the park playground and in the beach pavilion.
- **Parking:** Limited pay and display for car parking at Mooneys Bay Park and at the Terry Fox Athletic Facility.
- **Team Tents:** May be arranged near the park and starting area.
- **Spectators:**
 - o Spectators are free to watch and cheer the races on throughout the park. The only area that will be controlled is inside the stadium gates.
 - o ONLY spectators with a ticket and completed health assessment will be permitted into the facility to view the finish in the grand stands. Once the race is completed you may exit the facility (this is not a place to set up camp for the day).
- **The Course:** The course includes is runs on grass, the beach, woodchip trails and concludes on 300m of Mondo inside the Terry Fox Athletic Facility. All courses will include at least one major climb up the Mooney's Bay hill and briefly cross a few gravel/paved paths.

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- The entire course will be clearly marked with a line of paint, flags and tape.
- All course loops can be found [HERE](#).

COVID-19 Care & Recommendations

We are once again thrilled to host another event, however the cloud of COVID-19 has made planning and hosting a challenge for many. We are confident and trusting in our participants to adhere to the measures in place to mitigate the spread of COVID-19 (even if the risk is low). There are a number of measures to follow and we ask that everyone reviews the Ottawa Public Health mandates shown below, on top of the measures the Ottawa Lions have put in place.

- 1) All participants in the race must complete the event health questionnaire within 24 hours of their race start time.
- 2) When indoors (pertaining to the washrooms in this event), please wear a mask.
- 3) If within 2m and conversing or assisting someone outside your circle please wear a mask.
- 4) Schools and teams are expected to follow their respective board/team measures while at a meet. This could result in a wide range of rules and regulations. Head Coaches are responsible to follow these regulations.
 - a. Furthermore, support teams will also meet required to follow their institutions safety regulations.
- 5) Mandatory Vaccinations – All University teams must confirm all athletes entered must be fully vaccinated. If not fully vaccinated (partial/exempt) athletes may have to produce a negative antigen test within 48 hrs of race day, or in accordance with their respective institutions require.
- 6) If steeper measures are put in place by the City of Ottawa and Ottawa Public Health we will inform all participants.

Emergency Action Plan

- A first aid team will be located at the finish line (under the timing tower) and mobile throughout the park.
- 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 Mooney's 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 Mooney's Bay Park. An alternative pint of entry would be arriving from Hogs Back Rd. Turning into the Mooney's Bay Bay Boat launch entrance (Pirates Cove) and pulling up to the playground or 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 3m physical distancing rule will apply while indoors

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 | 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!

- 1** Wet hands
Mouillez-vous les mains
- 2** Use liquid soap
Utilisez du savon liquide
- 3** Lather and rub for at least 15 seconds
Savonnez et frottez pendant au moins 15 secondes
- 4** Rinse hands
Rincez-vous les mains
- 5** Towel or air dry hands
Séchez vos mains avec une serviette ou un séchoir
- 6** Turn off tap with towel or your sleeve
Fermez le robinet avec une serviette ou votre manche

Ottawa Public Health.ca | 613-580-6744 | Twitter | Facebook | /Ottawa Health
Santé Publique Ottawa.ca | TTY/ATS : 613-580-9656 | /Ottawa Santé

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

