



10TH ANNUAL NATIONAL CAPITAL HIGH SCHOOL CLASSIC

THURSDAY MAY 5TH & FRIDAY MAY 6TH, 2022
TERRY FOX ATHLETIC FACILITY (MOONEY'S BAY PARK), OTTAWA, ONTARIO

The TENTH ANNUAL National Capital High School Classic will once again run TWO IDENTICAL COMPETITION DAYS allowing students on the road to the 2022 OFSAA Track and Field Championships to see where their training has brought them as we head into the city, board, and regional meets. This event is intended to provide a controlled and competitive atmosphere where athletes can test themselves mid-season.

Officials and volunteers will be patient but adhere to OFSAA rules & regulations.

Technical Information

- Request to compete
 - a. The meet capacity will be 800 athletes/day to manage the event within a workable timeline and team logistics for travel.
 - b. Requests will be accepted as soon as **February 24th**
 - c. If you wish to attend the National Capital High School Classic, please send an email to Connor Dobson (cdobson@ottawalions.com) with the subject line "*School Name – National Capital High School Classic - Request to Compete*".
 - d. Ensure you are very clear in which of the two days you wish to compete.
 - e. Include an estimate in the numbers you plan to attend.
 - f. This will be a first come first serve basis. If the cap is met coaches will be informed.
- Entry
 - a. All entries will be completed online through trackie.ca

- b. Teams accepted will receive confirmation in their request, the registration link and further registration details.
 - c. Entry due dates
 - i. **Day 1 - Monday May 2nd 6:00pm**
 - ii. **Day 2 – Tuesday May 3rd 6:00pm**
 - d. Limits
 - i. 6 individual entries per event (Track & Field)
 - ii. 2 relays per age group
 - e. Fees
 - i. \$8.00/Athlete
 - ii. \$13.00/Relay
 - iii. \$550.00/School Max (Male & Female teams combined)
 - f. A copy of the entries will be circulated for review to the coaches the day following the entry deadline. Coaches will have 24 hours to make any changes
- Payment
 - a. Entry fees are paid upon arrival to the event. Cash/Cheque/Credit (visa or Master Card) will be accepted.
 - b. Receipts will be provided
 - c. All fees are payable to: Ottawa Lions Track and Field Club.
- Divisions
 - a. Male & Female Events
 - b. Novice – Grade 9
 - c. Junior– Grade 10
 - d. Senior – Grade 11 & 12
 - e. Open – Grade 9-12
 - f. **NO BUMPING-UP YOUNGER ATHLETES TO OLDER DIVISIONS**
- Seed Times
 - a. Seed times will be accepted (PLEASE BE HONEST) use 2021 & 2022 results as a guide.
 - b. Field events do not require a seed.
- Awards
 - a. Carleton Track & Field t-shirts will be awarded to the top 3 in each event
- Relays
 - a. We will supply Batons
 - b. 4x100m (age Groups), 4x400m (Open)
- Uniforms
 - a. Please ensure all athletes compete in school team uniforms
- Check – In Window
 - a. Track
 - i. Report to the start line approximately 15 min prior to the start of each event
 - b. Field

- i. Report to their field event site 30min a head of the competitions start time to complete a proper warm up.
- Field Events
 - a. High Jump – Each gender will compete as a group and results will be separated at the conclusion of the event.
 - b. Throws – 4 throws per athlete
 - c. Jumps – 4 jumps per athlete
- Implement Weigh – In
 - a. There will be no “official weigh-in”.
 - b. Implements will be provided but athletes are welcome to use their own.
 - c. Any implement that looks suspect to officials and volunteers will be removed from the event.
- Facility
 - a. Terry Fox Athletic Facility (Mondo Super X Track Surface & Grass Fields)
 - b. Change rooms available on site
 - c. Parking is limited, additional pay and display parking is available at Mooney’s Bay.
- Spikes
 - a. Anything longer than 6mm pyramid pins will be prohibited



- Results
 - a. Live Results & Complete Results will be posted on www.liveresults.ottawalions.com and www.ottawalions.com respectively
 - Concession
 - a. Concession stand will be open during the event.
 - Events
 - a. Track events will be run on a rolling schedule which can run up to 20min ahead when possible.
 - b. Events will be run youngest to oldest with girls followed by boys (unless indicated otherwise).
 - Tentative Schedule
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- All events are timed finals unless indicated otherwise
- Blocks may only be used in Senior/Open age categories

10:30am Coaches Meeting (Finish Line – 1 coach must be present from each school)

Track Events

11:00am	2000m Steeplechase	Open Girls (30")/Open Boys (36")
	4x100m Relays	NG/NB/JG/JB/SG/SB
	400m	NG/NG/JG/JB/SG/SB
	1500m	NG/NB/JG/JB/SG/SB
	80m Hurdles	NG/JG (30")
	100m Hurdles	NG (30")/NB (33")/JB (36")
	110m Hurdles	SB (36")
	200m	NG/NG/JG/JB/SG/SB
	800m	NG/NB/JG/JB/SG/SB
	100m	NG/NG/JG/JB/SG/SB
	300m Hurdles	NG & JG (30")/NB & JB (33")
	400m Hurdles	SG (30") / SB (36")
	3000m	Open Girls/Open Boys
	4x400m Relay	Open Girls/Open Boys

Field Events

11:30am	High Jump	Open Boys (Starting height 1.30m)
	Discus	NG/NB
	Javelin	SG/SB
	Shot Put	JG/JB
	Long Jump (2 pits)	SG/SB
12:30pm	Javelin	NG/NB
	Shot Put	SG/SB
	Discus	JG/JB
	Long Jump (2 pits)	JG/JB
1:30pm	High Jump	Open Girls (Starting height 1.20m)
	Shot Put	NB/JB
	Discus	SG/SB
	Javelin	JG/JB
	Long Jump (2 pits)	NG/NB
2:00pm	Triple Jump (2 pits)	Open Girls Followed by Open Boys

DETAILS

- ALL ATHLETES MUST COMPLETE THE EVENT HEALTH QUESTIONNAIRE THE MORNING OF THE EVENT (<https://forms.gle/wgtcJhShF2Zs7qYF9>).
- **Athlete check in:** Athletes should arrive no later than 30 minutes before their event. 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. Masks are mandatory when inside the washrooms.
- **Parking:** Limited pay and display for car parking at Mooney's Bay Park and at the Terry Fox Athletic Facility.
- **Team Tents:** May be arranged near the park and around the outside perimeter of the facility

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) 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
 - 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 point of entry would be arriving from Hogs Back Rd. Turning into the Mooney's 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
- (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.

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

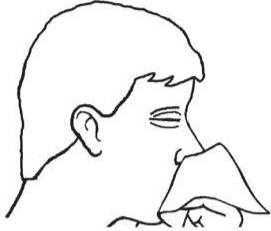
- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.

Clean frequently touched surfaces twice per day

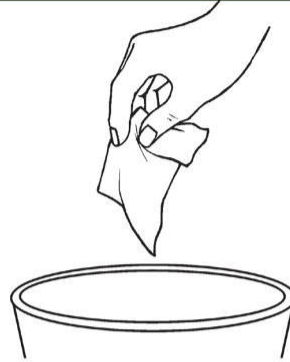
- In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected twice per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.



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

