

August 20th, 2022

CAPITAL CHALLENGE XC

2022 CAPITAL XC CHALLENGE
September 30th – October 1st
MOONEY'S BAY PARK, OTTAWA

The Ottawa Lions are thrilled to host the 8th annual Capital XC Challenge!

Details regarding the race layout are below.

Essentially a festival of XC events that take over Mooney's Bay Park which was recently announced as the location of the 2022 Canadian Cross Country Championships. While the courses will be different, the theme of great races will be at the forefront.

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 with a University/College Institution in order to compete.
- High school entries are to be completed by the school's head coach or parent.
- 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 be low.*

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ENTRIES

- DEADLINE – Wednesday, SEPTEMBER 28th 2022 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](#)
 - Junior Varsity Athletes – Grade 9 & 10
 - Varsity Athletes – Grade 11 & 12
 - Coaches of each high school are to register their athletes.
 - Athletes can jump up a division to complete a team but will not be able to run both races.
 - \$20.00 individual entry
 - \$75.00 team entry (per gender/division)
 - \$250.00 max fee (entry across all divisions/genders)
- Eastern Elementary School Championship (U10, U12, U14) – [REGISTRATION LINK](#)
 - Teachers or Parents can enter athletes. Please communicate internally regarding team organization.
 - If a school does not wish to participate, athletes may enter as unattached or if a member, with the Ottawa Lions.
 - Athletes must compete in their respective age division.
 - \$20.00 individual entry
 - \$70.00 team entry (per gender/division)
 - \$350.00 School max fee (entry across all divisions/genders)
- Open/University Meet – [REGISTRATION LINK](#)
 - Coaches or individuals will enter into the meet.
 - \$25.00 individual entry (up to the team max)
 - \$250.00 team entry (Male & Female teams are considered separate).
- Late Entry for all
 - \$35.00 per individual
 - Entries will NOT be accepted on the day of the event!

RESULTS/AWARDS

- Results will be available on <https://liveresults.ottawalions.com/>
- Individual Awards
 - Podium Toques will be awarded to the top 3 individuals in each race.
 - Individuals in the top 10 of each race will receive a t-shirt
- Team Awards
 - Members of the best team (each division) will also receive a t-shirt.
 - 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 and 6th runners of each team can displace other team's runners.
 - 5th runner will serve as the tie breaker if needed.
 - 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 and 6th runners of each team can displace other team's runners.
 - 5th runner will serve as the tie breaker if needed.
 - 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 other team's runners.
 - 6th runner will serve as a tie breaker if needed.

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TENTATIVE SCHEDULE

FRIDAY, SEPTEMBER 30TH - 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 1ST - 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
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	6KM

**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.*

**CONFIRMED ENTRIES CAN BE VIEWED ON THE TRACKIE REGISTRATION PAGES.
PERFORMANCE LISTS WILL BE POSTED THURSDAY, SEPTEMBER 29TH.**

DETAILS

- **Athlete check in/Bib pick up:** Athletes can pick up their race bib at the registration tent located at the Terry Fox Athletic Facility no later than 30min before their respective race (plan a head of time as lines may form).
- **Facility:** Washrooms are available in the Terry Fox Athletic Facility.
 - 2 Portable toilets will be open closer to the park playground and in the beach pavilion.
- **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 playground and starting area.
- **Spectators:** Are free to watch and cheer the races on throughout the park and stadium.
- **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.
 - The entire course will be clearly marked with a line of paint, flags and tape.
 - All course loops will be posted by registration tent with a QR code link.

MAPS

2km Course – Start/Green + Orange + Yellow/Finish



2.5km Course – Start/Green + Red + Orange + Yellow/Finish



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3km Course – Start/Green + Orange + Yellow/Finish



4km Course – Start/Green + 2xRed + Orange + Yellow/Finish



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5km Course – Start/Green + 2xOrange + Red + Yellow/Finish



6km Course – Start/Green + 2xRed + 2xOrange + Yellow/Finish



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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 Massage Therapy or Physio Therapy 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 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, 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