



uOttawa



2023-2024

University of Ottawa Track and Field / Cross Country

MEMBERSHIP

University of Ottawa / Ottawa Lions – Varsity Competitive Membership

The Program

- Varsity 2023 Fall XC Membership** September to December = \$430.00
- Varsity 2023-2024 Full Academic Membership** September to April = \$700.00 (Includes of the \$200 Team Donation Fee)
- Varsity Annual Membership** September to August = \$1,350.00

What is the Varsity Team “Donation Fee”?

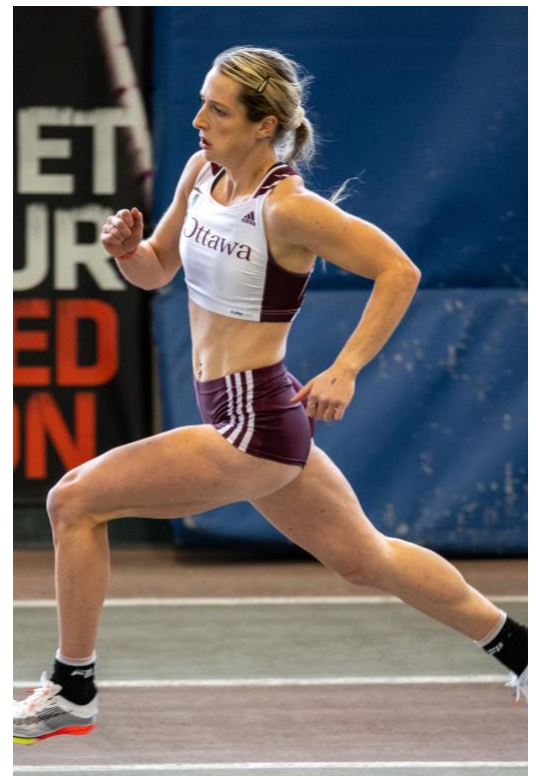
The “Team Donation Fee” is our commitment to the community. It can be either refunded or credited to future program activities after May 31st, 2023 and only if that member works at a minimum of four (3) fund raiser designated championship, high school meets. The Championship meets include ACXC in November and the Pan-Am Combined event Champs in May or high school meets which take place at the end of April to early May. There are 5 HS days to choose from. Members who work more than 3 competitions will earn added program credits with a value of \$50 for each added meet above 2 meets. The Varsity Team Donation Fee is to be paid annually by ALL members and is exempt from all other team credits and athlete discounts. \$200.00 is assessed to all Varsity athletes each year.

OTHER INFORMATION

Every athlete must complete an athlete registration form online. www.ottawalions.com – go to Registration – go to Varsity uOttawa – this will take you to online payment page via trackie. Fees can also be paid on site with cash or cheque. Pay installments may be accepted in agreement with the Head Coach using a credit card or post-dated cheques. Academic Year Memberships must be fully paid by January 1st, 2024. Refunds will only be granted within 14 days of registration and will be assessed a \$50 administration fee.

The uOttawa Gee Gee Track and Field Team is a member of the OUA. There will be specific regulations and polices that apply to OUA athletes in order to be eligible for the Championships between September and March.

Training from September-November (and mid-April to August) is conducted at the Terry Fox Athletics Facility, located in Mooneys Bay Park. Training from November to April is generally conducted Indoors at the DOME @ Louis-Riel Facility. The facility membership fees for the use of both facilities are included in the fees. Training times are restricted to specific hours in the Dome and training outside of these hours at the Dome will be subject to extra fees. Training times at the Terry



Fox Athletics Facility are generally very flexible throughout the day with coaches being present in the evenings and Saturday morning.

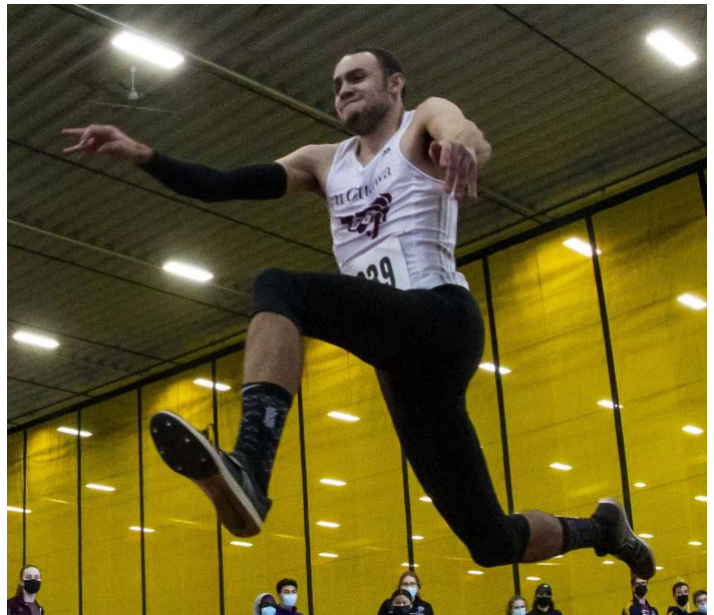
uOttawa Competitive Varsity Membership

All Members receive:

- Coaching & technical leadership from qualified coaches.
- Access to excellent outdoor and indoor facilities and equipment.
- All Facility training fees are included during designated training hours.
- uOttawa uniform (singlet, shorts, jacket, pants, backpack) – see below for further uniform requirements.
- Travel to designated team competitions (ground transportation, accommodations, entry fees) in excess of assessed athlete competition travel fees.
- Team and competitive administration and coordination.
- Entry into all local home competitions.
- Annual members also receive Athletics Canada registration and Ottawa Lions uniform
- Varsity Academic Athletes can at any time after March maintain training from April to August via a Spring / Summer recreational membership fee or update their membership to “Annual” for April to August.

Some Varsity Team Members will receive:

- The ability to receive added athlete support will be based on an athlete’s performance abilities to reach certain track and field performance standard minimums, rankings, and commitment to the team (training & academics) as determined by the Head Coach.
- Team standards are posted below. Athletes are required to meet these standards within the full calendar year prior to the start of the season. These standards are based on the previous years OUA standards.
- IST - medical support, physio therapy, mental performance.
- Training access to the uOttawa Varsity High Performance Centre (HPC) at Montpetit Hall.
- Full support during regular season away competition travel.
- Any athlete selected to the Indoor Track & Field Conference or to the Indoor Track & Field National Championships team will receive full travel support and meal per-diem.
- Athletes who compete at the Usport Indoor Track & Field National Championships will be awarded a \$200.00 credit. Athletes who earn an individual medal will be awarded \$500.00 credit, Athletes who are part of a relay team that earns a Usport medal will be awarded \$100.00 credit. This credit can be applied to any future team programs or camps.
- Some athletes will receive athletic financial bursaries / scholarships based on performance abilities and academic grade point average as interpreted by uOttawa admissions.



Conditions of Team Registration

- To receive all benefits, athletes must be a paid member in good standing. This includes payment of the \$200 Team Donation Fees.
- Home events are considered **MANDATORY**. Athletes must make every effort to attend all home events as a competitor or as a volunteer for technical support person. Any athlete absence must have pre-approval by the Head Coach.
- Athletes traveling to designated meets are responsible for payment of the travel fee assessed to each meet before the trip departure via trackiereg.com (Cash or cheque).
- When entered in a competition, each athlete is expected to compete and to wear the current team singlet. If an athlete does not compete in their singlet, they will be responsible for refunding their entry fee to the Ottawa Lions.
- A scratched or “no-show” entry fee expense must be reimbursed by an athlete to the Club unless substantiated by a medical professional or academic conflict.
- Any travel cancellation by an athlete will result in the payment of the full trip cost or partial travel fees and accommodation fees regardless of attendance to the meet.
- Athletes must adhere to entry deadlines for meets and relevant technical / travel deadlines.
- Athletes must agree and adhere to the Team (uOttawa) & Club (Ottawa Lions) policies and procedures. These policies and procedures are available at www.ottawalions.com under the about tab. You must complete all uOttawa criteria (student portal, medical forms, CCES, Usport Portal and any additional orientation) in order to be eligible.

Additional uOttawa Team Uniform Requirements

All team members will be required to get a “one-time team uniform package”. In addition to the team competitive uniform, a team uniform package must be purchased consisting of:

Team Back-Pack / Team T-Shirt(s) / Team Warm-Up Jacket and Pants = \$200

This fee is essentially an insurance tag as “competitive uniform” must be maintained or replaced at cost to the athlete if damaged or lost. The team package must be maintained over the course of time while representing uOttawa. New Singlet - \$65.00, Shorts - \$45.00, Jacket \$100.00, Pants - \$65.00, Back-pack - \$65.00, t-shirt - \$20.00

If the kit is updated with-in the timeline of representing uOttawa there will not be an additional fee.



uOttawa Varsity Track and Field Standards

Women	Event	Men
8.30	60m	7.40
42.70	300m	37.00
1:39.90	600m	1:24.30
3:04.70	1000m	2:35.50
4:50.00	1500m	4:04.00
10:21.00	3000m	8:46.00
9.30	60m Hurdles	8.60
1.60m	High Jump	1.85m
3.60m	Pole Vault	4.20m
5.10m	Long Jump	6.30m
11.10m	Triple Jump	13.70m
10.30m	Shot Put	11.30m
14.60m	Weight Throw	14.70m
3300pts	Pentathlon/Heptathlon	4500pts

Conference & U-Sport Championships Qualification Criteria

Cross Country

The Competitive Process:

Any athletes who will be competing in the cross-country season must declare their team intention to participate in the season at the start of the Fall semester with the Head Coach (no later than September 11th). Once an athlete has declared they must be familiar with the demands required to reach the championship level.

The first week of school will see all athletes meeting Thursday, Saturday and Sunday for a team orientation, workout and long run. Monday September 11th 2023, will see all declared athletes compliant with all team membership fees, team academic standards and uOttawa and U-Sport compliance regulations (these will be covered at the orientation). The final step will be to fulfill all the U-Sport requirements and OUA requirements during the regular season to be eligible for the OUA Championships. The OUA Championships will serve as the selection qualifier for the U-Sport National Championships. To be selected for the OUA & U-Sport National Championships an athlete(s) must demonstrate their commitment to the team at practices and throughout the regular season competition along with the following items:

Selection Considerations

OUA Championship Team Selection:

1. A maximum of 7 athletes (per gender) may be selected to represent University of Ottawa.
2. For Team selection
 - a. Consistency, progression and health in race results and training throughout the season.
 - b. The top 7 will be based on performances throughout the fall season, head to head comparison, commitment to training, competing and academic commitment.

Usport Championship Selection:

1. Must be selected to the OUA team to be eligible.
2. A maximum of 7 athletes (per gender) may be selected to represent the University of Ottawa (if team qualification is met).
3. Team Qualification – Finish no lower than a 5th place in the Team Scoring.
A team member is defined as a scoring member – team top 5 place. 6th and 7th runners on the team can displace other teams and are vital to the team score.
4. Individual Qualification – A finish of top 30 or better in the individual athlete rankings may be considered. A top 14 finish will be an automatic nomination.

Track & Field

The Competitive Process:

1. Training and commitment to the team begins in September. First practice for new Gee Gees will be Saturday September, 11th at 11:00am.
2. The athlete must meet the conference/Usport eligibility regulations for selection as well as any specific team standards or criteria.
3. The more an athlete competes, the more the athlete increases their opportunity for a performance(s) that could see them selected to the conference championship team. Athletes who by personal choice, injury or academic conflict compete in limited opportunities in this period could be effectively reducing their potential for team selection. If there are valid conflicts and an athlete sits in a OUA top 10 and Usport Championship qualifying position, it will be considered, if this is discussed with the Head Coach.
4. The higher performance and results achieved, along with the proximity to the Championships the better.



5. Usport Standards are released in mid-fall.
6. For relay teams, we will value passing skills on the 200m track. Aggressiveness and consistency in relay splits on 200m tracks to have more value than other tracks. We will consider the flat 200m track results at 200m, 400m and 800m for consideration to relay selection even though they are not individual Usport distances. Conversion factors applied against times on the OS/B tracks will be factored into decisions.

OUA Championship Team Selection:

1. The Head Coach will make the final team/athlete selection to the Championship. The Head Coach will consult with personal coaches on plans towards the meet and when the athlete results are not clearly or decisively apparent. This discussion can and will likely develop throughout the season.
2. An athlete's competition results as the season progresses will also consider factors like: consistency at practice, head to head outcomes, overall finish placing, defeating tough opponents, a continued performance improvement and overall ranking will be a factor. Relays: Was the athlete a significant member of a relay team, athlete splits in previous team results, did their effort move the team up in the races.
3. Field events and straightaway events will be considered equal in all venues (no conversion)
4. We will consider an athlete's impact to the both the school records and the uOttawa All-Time Rankings.
5. Finally, we will look at the Conference rankings after being updated each week. Athletes and relay team members need to be present on high side of the ranking or have performance trending to scoring potential (Top 8 finish).
6. An athlete who is injured will not be named to the conference team. This is also up to the athlete being honest and aware that this could impact a teammates opportunity to compete and put the best possible team forward.
7. The strength of the event will also be a factor. There is considerable depth in some events vs others in the OUA and Usport. This will be a factor in team selection. While an athlete may be ranked in the top 8 of the OUA, an athlete who is ranked 25th in their respective event could be a contributor (or alternate) to a OUA medal winning team or Usport medalist/finalist.
8. **On Sunday, February 19th, the Conference Championship Team for uOttawa will be finalized.**
9. It is a privilege, NOT a right to be considered for this team.



Usport Championship Selection:

1. The athlete must qualify for selection under the Usport Championship Rules and Regulations.

2. A “FINAL uOttawa Team Assessment” for a competitive nomination to the Nationals Relay team will come with a competitive test / challenge hosted on the Saturday prior to the start of the Usport National Championships.
3. An injured athlete will not be nominated to the National Championship. Athletes who were not named to the conference championships will be ineligible for Usport selection. The Head Coach will make the final team / athlete selection to the Championship. The Head Coach will consult with an athlete’s personal coach when the athlete results are not clearly or decisively apparent.

2023-2024 TENTATIVE SCHEDULE

2023-2024 Season		
Cross Country		
McGill XC Open	September 16 th , 2023	Montreal, QC
Hoffman Invitational	September 23 rd , 2023	Canton, NY
Capital XC Challenge	September 30 th , 2023	Ottawa, ON
Sherbrooke Invitational	October 14 th , 2023	Sherbrooke, QC
OUA Championships	October 28 th , 2022	Waterloo, ON
Usport Championships	November 12 th , 2023	London, ON
Track & Field		
Holiday Relays	December 2 nd , 2023	Canton, NY
Vert et Or Invite	January 13 th , 2024	Sherbrooke, QC
Ottawa Winter Invite	January 19 th -20 th , 2024	Ottawa, ON
McGill Team Challenge	January 26 th -27 th , 2024	Montreal, QC
TBD	February 2 nd , 2024	TBD
TBD	February 3 rd , 2024	TBD
TBD	February 9 th , 2024	TBD
TBD	February 10 th , 2024	TBD
Ravens Last Chance	February 16 th -17 th , 2024	Ottawa, ON
OUA Championships	February 23 rd – 24 th , 2024	Windsor, ON
Usport Championships	March 7 th -9 th , 2024	Winnipeg, MB

**Tentative

