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# 12<sup>th</sup> Annual NATIONAL CAPITAL HIGH SCHOOL CLASSIC

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THURSDAY MAY 9<sup>TH</sup> & FRIDAY MAY 10<sup>TH</sup>, 2024  
TERRY FOX ATHLETIC FACILITY (MOONEY'S BAY PARK), OTTAWA, ONTARIO

The 12<sup>th</sup> annual National Capital High School Classic will once again run two identical competition days, allowing students on the road to the City Championships.

This event is intended to provide a competitive start to the season and encourage a learning environment for the students/athletes.

At this point in the season, Officials and volunteers will be patient but adhere to the rules & regulations followed by the city championships and OFSAA.

## Technical Information

- The meet capacity will be 800 athletes to manage the event within a workable timeline and team logistics for travel.
- Requests will be accepted as soon as March 5<sup>th</sup>.
- If you wish to attend the National Capital High School Classic, please send an email to Richard Johnston ([rjohnston@ottawalions.com](mailto:rjohnston@ottawalions.com)) and [timing@ottawalions.com](mailto:timing@ottawalions.com) with the subject line "National Capital High School Classic – School Name – Event day"
- Include an estimate in the numbers you plan to attend.
- Ensure you are very clear on which day your school will attend.
- This will be a first come first serve basis. If the cap is met coaches will be informed.

## Entry

- All entries will be completed online through [trackie.ca](http://trackie.ca)
- Day 1 Link - <https://www.trackie.com/event/2024ncclassicday1>
- Day 2 Link - <https://www.trackie.com/event/2024ncclassicday2>
- Teams accepted will receive confirmation in their request, the registration link and further registration details.
- Entry due dates
  - **Day 1 – Monday May 6<sup>th</sup> 11:59pm**
  - **Day 2 – Tuesday May 7<sup>th</sup> 11:59pm**
- Limits

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- 6 individual entries per event (Track & Field)
- 2 relays per age group
- Fees
  - \$12.00/Athlete
  - \$15.00/Relay
  - \$600.00/School Max (Male & Female teams combined)
- 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

- If not completed via trackie, Entry fees are paid upon arrival to the event. Cash/Cheque/Credit (visa or Master Card) will be accepted.
- Receipts will be provided.
  - If via trackie, an online receipt will be sent to the email used during registration.
  - If on site, a written receipt will be made.
- All fees are payable to: Ottawa Lions Track and Field Club.

#### Divisions

- Male & Female Events
  - Novice: Grade 9
  - Junior: Grade 10
  - Senior: Grade 11 & 12
  - Open: Grade 9-12
- NO BUMPING-UP YOUNGER ATHLETES TO OLDER DIVISIONS

#### Seed Times

- Seed times will be accepted (Please be honest on expectations). Use 2023 results as a guide.
- Field events do not require seeds.

#### Event order

- Track events will be run on a rolling schedule which can run 20min a head when possible.
- Events will be run youngest to oldest.
- Events will be run girls followed by boys (unless indicated otherwise).
- Track events will take priority. If an athlete finds themselves competing in a field event and track event at the same time, please inform the field official ahead of time that they may have to go race.

#### Relays

- We will provide batons.
- 4x100m (age group)
- 4x400m (open)

#### Check-In

- Track
  - 100m, 200m, 80mH, 100mH, 110mH, 300mH, 400mH, 4x100m runners are to report to the starting line no later than 15min prior to the start of each event.

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- 800m, 2000m S/C, 1500m, 3000m, 4x400m relay must report to the Ottawa Lions tent located near the finish to pick up a chest and hip number no later than 30min prior to their start.
- Field
  - Report to the site of their event 30min ahead of their competition for proper warm-up
  - Track events will take priority. If an athlete finds themselves competing in a field event and track event at the same time, please inform the field official ahead of time that they may have to go race.

#### Uniforms

- Please ensure that athletes compete in similar school uniforms.

#### Awards

- Track & Field Classic t-shirts will be awarded to the winner in each event (all 4 runners in the relay will receive a shirt).

#### Field Events

- High Jump: We will combine men and women during the event (unless entries permit us to divide). Athletes will enter the event at their respective heights. Results will be separated in the final results.
- Throws: 4 throws per athlete.
- Jumps: 4 jumps per athlete.

#### Pole Vault

- Only on Thursday, May 9th. If inclement weather prevents competition, we will run the event on Friday.
- Coaching – All athletes competing in the pole vault must have a coach on site to ensure that the athletes are monitored for safety and security purposes. Coaches may include: official high school teachers; or adult volunteers who have been approved by the athletes' schools.
- Minimum level of ability – All athletes must have attended at least three (3) pole vault practices with their school, or with another organization sanctioned by their school, prior to being entered in the pole vault.
- Minimum Standards – All athletes entered in the pole vault must be capable of achieving the following minimum starting heights: Male athletes (2.00m), Female athletes (1.80m)
- Poles – All athletes entered in the pole vault must use poles supplied through their school or an organization sanctioned by their school.
- Footwear – To ensure safety on the runway, all athletes entered in the pole vault must have running spikes (no longer than 6mm pyramid pins). Athletes that do not have running spikes may be prohibited from competing in cases of inclement weather.
- Depths of Standards - Athletes may request standard depths from 80cm to 40cm. Depths of less than 40cm will not be allowed.

#### Implement Weigh-in

- There will be no official weigh in procedure.
- Implements will be provided but athletes are welcome to use their own.
- Any implement that looks suspect to officials and volunteers will be removed from the event.

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### Facility

- Terry Fox Athletic Facility (Mondo Super X Track Surface & Grass Fields)
- Change rooms are available on site.
- Washrooms are available in the main building and north building.
- Limited food options. A small concession stand will sell bbq/snacks throughout the day. If athletes are ordering via food delivery, they must meet the courier at the front door or their order will be turned away (THERE IS NO WAITING, Ottawa Lions and City of Ottawa Staff will not wait with food).
- Parking is limited and the lower lot will fill quickly. Pay and display is available at the Mooneys Bay Beach parking.

### Spikes

- Anything longer than 6mm pyramid pins will be prohibited (except for HJ at 9mm)
- HJ spikes will be required if there has been rain in the past 12 hrs and the surface remains wet.



### Results

- Live Results & Complete Results will be posted on [liveresults.ottawalions.com](http://liveresults.ottawalions.com) and culmulative results at [www.ottawalions.com](http://www.ottawalions.com) at the conclusion of the meet.
- Paper copies will be posted on the brick wall beneath the timing tower.

### Tentative Schedule

- See below.

### Emergency Action Plan

- A first aid team will be located at the finish line.
- A defibrillator is 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).
  - o 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.
  - o An alternative pint 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. If buses are on site, athletes can take shelter there.

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## \*TENTATIVE SCHEDULE\*

THURSDAY MAY 9<sup>TH</sup> & FRIDAY MAY 10<sup>TH</sup>, 2024

TERRY FOX ATHLETIC FACILITY (MOONEY'S BAY PARK), OTTAWA, ONTARIO

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- All events are timed finals unless indicated otherwise
- Blocks may only be used in Varsity/Open age categories
- 9:50am Coaches Meeting (Finish Line – 1 coach must be present from each school)

### Track Events

10:30am 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

10:15am High Jump Open Boys (Starting height 1.30m)  
Pole Vault Open Girls (Starting height 1.80m)  
Discus NG/NB  
Javelin SG/SB  
Shot Put JG/JB  
Long Jump (2 pits) SG/SB  
12:00pm Javelin NG/NB  
Shot Put SG/SB  
Discus JG/JB  
Long Jump (2 pits) JG/JB  
1:00pm High Jump Open Girls (Starting height 1.20m)  
Pole Vault Open Boys (Starting height 2.00m)  
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