



13th Annual

NATIONAL CAPITAL HIGH SCHOOL CLASSIC

THURSDAY MAY 8TH & FRIDAY, MAY 9TH, 2025
TERRY FOX ATHLETIC FACILITY, OTTAWA, ONTARIO

The 13th Annual National Capital High School Classic will once again run two identical competition days. This event is intended to provide a competitive start to the season and encourage a learning environment for the athletes. At this point in the season, officials and volunteers will be patient but adhere to the rules and regulations followed by the city championships and OFSAA.

Technical Information

- The meet capacity will be 1,000 athletes to manage the event within a workable timeline and team logistics for travel
- Requests will be accepted as soon as March 1st
- If you wish to attend the National Capital High School Classic, please send an email to Connor Dobson (cdobson@ottawalions.com) including your name, your school's name, which meet you intend on competing in, and an estimate of your numbers
- Entries will be accepted on a first come first serve basis

Entry

- All entries will be completed online through Trackie.ca
- Day 1 Link - <https://www.trackie.com/event/2025ncclassicday1>
- Day 2 Link - <https://www.trackie.com/event/2025ncclassicday2>
- Accepted teams will receive the registration details along with additional information
- Entry due dates
 - **Day 1 – Monday May 5th 11:59pm**
 - **Day 2 – Tuesday May 6th 11:59pm**

- Limits
 - o 6 individual entries per event (Track & field)
 - o 2 relays per age group
- Fees
 - o \$12.00/Athlete
 - o \$16.00/Relay
 - o \$615.00/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. Changes beyond this point may or may not be accepted and will not be refunded

Payment

- Entry fees are paid upon arrival to the event
- Cash/Cheque/Credit Card (visa or Master Card) will be accepted
- Receipts will be provided on-site
- All fees are payable to: Ottawa Lions Track and Field Club

Divisions

- Male & Female Events
 - o Novice: Grade 9
 - o Junior: Grade 10
 - o Senior: Grade 11 & 12
 - o 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 2024 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 ahead when possible
- Events will be run youngest to oldest (unless indicated otherwise)
- 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
 - o 100m, 200m, 400m, 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
 - o 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
 - o Report to the site of their event 30min ahead of their competition for proper warm-up

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: Athletes will enter the event at their respective heights. Results will be separated in the final results
Starting Heights: Girls – 1.15m, Boys – 1.30m
- Throws: 3 throws per athlete
- Jumps: 3 jumps per athlete

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

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 parking is available at the Mooney's Bay Beach parking lot

Spikes

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



Results

- Live results will be posted on liveresults.ottawalions.com and final results at www.ottawalions.com/results
- Paper copies will be posted on the brick wall beneath the timing tower

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 Drive and Ridgewood Avenue. They should take an immediate right once inside Mooney's Bay Park
 - o An alternative point of entry would be arriving from Hogs Back Road, 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 SCHEUDLE

THURSDAY, MAY 8TH & FRIDAY, MAY 9TH, 2025
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- All events are timed finals unless indicated otherwise

- 10:00am Coaches Meeting (Finish Line – 1 coach must be present from each school)

- We will be running on a rolling schedule, events can run up to 20 minutes ahead or behind schedule

Track

TIME	EVENT	CATEGORIES	SPECIFICATIONS
10:15am	2000m Steeplechase	OG, OB	OG = 30", OB = 36"
10:35am	4x100m Relay	NG, NB, JG, JB, SG, SB	4-point start
11:15am	400m	NG, NB, JG, JB, SG, SB	4-point start
11:45am	1500m	NG, NB, JG, JB, SG, SB	
12:30pm	80m Hurdles	NG, JG	30", 4-point start
12:40pm	100m Hurdles	SG	30", blocks or 4-point start
12:45pm	100m Hurdles	NB, JB	NB = 33", JB = 36"
12:50pm	110m Hurdles	SB	36", blocks or 4-point start
1:05pm	200m	NG, NB, JG, JB, SG, SB	4-point start
1:45pm	800m	NG, NB, JG, JB, SG, SB	
2:20pm	100m	NG, NB, JG, JB, SG, SB	4-point start
2:55pm	400m Hurdles	SB	36", 4-point start
3:00pm	400m Hurdles	SG	30", 4-point start
3:05pm	300m Hurdles	JB, NB	33", 4-point start
3:10pm	300m Hurdles	JG, NG	30", 4-point start
3:15pm	3000m	OG	
3:35pm	3000m	OB	
3:50pm	4x400m Relay	OG, OB	

Field

	Novice Girls	Junior Girls	Senior Girls	Novice Boys	Junior Boys	Senior Boys
10:15am		Javelin	Long Jump	Shot Put		Discus
11:00am	Long Jump Discus		Javelin	High Jump	High Jump Shot Put	High Jump
11:45am		Long Jump Discus		Javelin		Shot Put
12:30pm	High Jump Shot Put	High Jump	High Jump Discus		Long Jump Javelin	
1:15pm		Shot Put		Discus		Long Jump Javelin
2:00pm	Javelin		Shot Put		Discus	Long Jump
2:45pm	Triple Jump	Triple Jump	Triple Jump			
3:15pm				Triple Jump	Triple Jump	Triple Jump