



2025-2026

University of Ottawa Track and Field / Cross Country

MEMBERSHIP

University of Ottawa/Ottawa Lions – Varsity Competitive Membership

- ❑ Varsity 2025 Fall Membership (September 6th to November 30th = \$445.50)
- ❑ Varsity 2025-2026 Full Academic Membership (September 6th to March 28th = \$750.00)
- ❑ Varsity Annual Membership 2025-2026 (September 6th to August 12th = \$1,400.00)

Registration Link - <https://www.trackie.com/club/2025-2026-OTTL-uOttawa17334>

What can I do to reduce my fees?

Working home meets (Capital XC Challenge, Raven Relays, UOttawa High School Invite, National Capital Classic, Canadian Track and Field Championships). Each meet can earn \$50.00 of credit towards the following season membership or club's outdoor season.

OTHER INFORMATION

Every athlete must complete an athlete registration form online along with the uottawa admin forms that are shared by the Head Coach.

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, 2026. 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 policies that apply to OUA athletes 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 for Annual Members. Training from November to April is generally conducted Indoors at the DOME @ Louis-Riel Facility. The main 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.
- Free entry into all local home competitions.
- Annual members also receive Athletics Canada/Athletics Ontario registration and Ottawa Lions uniform
- Varsity Academic Athletes can maintain training from April 1st to August via a Spring / Summer recreational membership fee or update their membership to “Annual” for April to August.



Varsity Team Members (with standard) will receive:

- The ability to receive added athlete support will be based on an athlete's performance 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 (January 2025-January 2026) to receive these benefits. These standards are based on the OUA standards. Note that the team and OUA standards will be adjusted in 2026-2027.
 - IST - medical support, physiotherapy, 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.
- Athletes registered with the Ottawa Lions for the 2025-2026 season 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 registration or training 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.
- 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. Any athlete absence must have pre-approval by the Head Coach.
- Athletes or confirmed with their coaches must submit away entry to the head coach well in advance to the entry deadline posted in seasonal updates.
- 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 to the Ottawa Lions unless substantiated/assessed by a medical professional or academic conflict.
- Any travel cancellation by an athlete will result in the payment of the full trip cost for team travel fees and accommodation fees regardless of attendance to the meet.
- Athletes must adhere to entry deadlines for meets and relevant technical / travel deadlines posted by the Head Coach!
- 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) to be eligible. If anything is missed, you will be ineligible to compete.

Additional uOttawa Team Uniform Requirements

COMPETITIVE KIT – Returning members \$100.00 (singlet & shorts). Speed-suite is an additional personal purchase. Speed Suits sold separately (Women - \$105.00, Men - \$120.00)

New team members will be required to get a “one-time team uniform package”. In addition to the team competitive kit, a team uniform package must be purchased consisting of: **Team Back-Pack / Team T-Shirt(s) / Team Warm-Up Jacket and Pants = \$250.00**

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 Carleton. New Singlet - \$65.00, Shorts - \$45.00, Jacket \$100.00, Pants - \$65.00, Back-pack - \$65.00, t-shirt - \$20.00



uOttawa Varsity Track and Field Standards

<i>Women</i>	<i>Event</i>	<i>Men</i>
8.25	60m	7.35
43.00	300m	36.70
1:39.10	600m	1:24.30
3:03.50	1000m	2:35.50
4:50.00	1500m	4:05.00
10:15.00	3000m	8:40.00
9.20	60m Hurdles	8.70
1.56m	High Jump	1.85m
3.60m	Pole Vault	4.10m
5.10m	Long Jump	6.40m
11.10m	Triple Jump	13.70m
10.60m	Shot Put	11.30m
13.00m	Weight Throw	13.50m
3100pts	Pentathlon/Heptathlon	4400pts

Conference & U-Sport Championships Qualification Criteria

Cross Country

The Competitive Process:

The first week of school will see athletes attend meetings/practices.

- *Distance/Mid-Distance -Thursday September 4th Team Run at Lansdown Park (@5:00pm East Entry of Aberdeen Pavillion).*
- *All - Friday September 5th Team Meeting on Campus (room TBD @5:00pm).*
- *Distance/Mid-Distance - Saturday, September 6th Practice at Terry Fox Athletic Facility @9:00am.*
- *All Who didn't attend Friday - Sunday September 7th Team Meeting on Campus (room TBD @11:00am)*
- *Distance/Mid-Distance - Monday September 8th, Practice at Terry Fox Athletic Facility @4:30pm.*
- *All declared athletes must complete team membership fees, meet 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.*

Any athletes who will be competing in the cross-country season must declare and complete all action items for the team intention to participate in 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 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:

- *A maximum of 7 athletes (per gender) may be selected to represent University of Ottawa.*
- *For Team selection*
 - *Consistency, progression, health and race results throughout the season.*
 - *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:

- *Must be selected to the OUA team to be eligible.*
- *A maximum of 7 athletes (per gender) may be selected to represent the University of Ottawa (if team qualification is met).*
- *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.
- *Individual Qualification – A top 30 or better finish in the individual athlete rankings may be considered. A top 14 finish will be an automatic nomination.*

Track & Field

The Competitive Process:

The first week of school will see athletes attend meetings/practices.

- *Friday September 5th
Team Meeting on Campus
(room TBD @5:00pm).*
- *Saturday, September 6th
Practice at Terry Fox
Athletic Facility @10:30am.*
- *All who didn't attend Friday
- Sunday September 7th
Team Meeting on Campus
(room TBD @11:00am)*
- *Monday September 8th,
Practice at Terry Fox Athletic Facility @5:30pm.*
- *All declared athletes must complete team membership fees, meet 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.*



- *Consistency, progression, health and race results throughout the season. FULL SUPPORT athletes must meet the conference/Usport eligibility regulations/criteria for selection as well as any specific team standards.*
- *Any athlete who intends to compete at the varsity level during the track season must declare their team intention and COMPLETE ALL FORMS to participate in the season at the start of the Fall semester with the Head Coach (no later than December 8th). Once an athlete has declared they must be familiar with the demands required to reach the championship level.*
- *Between December 6th-February 14th, the more an athlete competes, the more the athlete increases their opportunity for performance(s) 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 well in advance.*
- *The higher performances and results achieved, along with the proximity to the Championships the better!*
- *For relay teams, we will value passing skills on the 200m track. Aggressiveness and consistency in relay splits on a 200m track will have more value than other tracks. We will consider the flat 200m track results in the 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:

- *The Head Coach will make the final team/athlete selection to the Championship. Throughout the season the Head Coach will consult with personal coaches on plans towards the meet and when the athlete results are not clearly or decisively apparent.*
- *An athlete's training/competition results as the season progresses will be considered 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/reliable member of a relay team, athlete splits in previous team results, did their effort move the team up in the races.*
- *Field events and straightaway events will be considered equal in all venue.*
- *Conversions: A reminder that conversions are ONLY valid for indoor championship qualification, it is not a personal best (you ran what you ran)!*
- *We will consider an athlete's impact to the both the school records and the uOttawa All-Time Rankings.*
- *Finally, we will look at the conference rankings after being updated each week. Athletes and relay team members need to be present on the top end of rankings or have performance trending to scoring potential (Top 8 finish).*
- *An athlete who is injured will not be named to the conference team. The athlete is expected to be honest and aware that this could impact a teammates opportunity to compete and put the best possible team forward.*
- *The strength of the event will also be a factor. There is considerable depth in some events vs others in the OUA and Usport and 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.*
- ***On Sunday, February 15th, the Conference Championship Team for uOttawa will be finalized.***
- *It is a privilege, NOT a right to be considered for this team.*



Usport Championship Selection:

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

- A “FINAL uOttawa Team Assessment” for a competitive nomination to the national’s relay team may come with a competitive test / challenge hosted on the Saturday prior to the start of the Usport National Championships.
- Qualification can be attained in three ways.
 - Attain the automatic standard.
 - Ranked in the top 12 at the conclusion of the 2026 Conference Championships.
 - Finish 1st or 2nd at the OUA Championships (With or without standard).
- 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.

2025-2026 TENTATIVE SCHEDULE

2025-2026 Season		
Cross Country		
<i>Hoffman Invitational</i>	<i>September 20th, 2025</i>	<i>Canton, NY</i>
<i>Capital XC Challenge</i>	<i>September 27th, 2025</i>	<i>Ottawa, ON</i>
<i>Laval Rouge et Or XC Invite</i>	<i>October 11th, 2025</i>	<i>Quebec City, QC</i>
<i>OUA Championships</i>	<i>October 25th, 2025</i>	<i>Kingston, ON</i>
<i>Usport Championships</i>	<i>November 8th, 2025</i>	<i>Sherbrooke, BC</i>
TRACK & FIELD		
<i>Intersquad</i>	<i>December 6th, 2025</i>	<i>Ottawa, ON</i>
<i>Holiday Relays</i>	<i>December 13th, 2025</i>	<i>Canton, NY</i>
<i>Vert et Or Invite</i>	<i>January 10th, 2026</i>	<i>Sherbrooke, QC</i>
<i>Ottawa Winter Invite</i>	<i>January 16th-17th, 2026</i>	<i>Ottawa, ON</i>
<i>McGill Team Challenge</i>	<i>January 23rd, 2026</i>	<i>Montreal, QC</i>
<i>SLU Invite</i>	<i>January 24th, 2026</i>	<i>Canton, NY</i>
<i>Boston Terrier Classic & Harvard Invitational</i>	<i>January 30th-31st, 2026</i>	<i>Boston, MA</i>
<i>TBD</i>	<i>February 6th-7th, 2026</i>	<i>TBD</i>
<i>Ravens Last Chance</i>	<i>February 13th-14th, 2026</i>	<i>Ottawa, ON</i>
<i>OUA Championships</i>	<i>February 20th-21st, 2026</i>	<i>Toronto, ON</i>
<i>Usport Championships</i>	<i>March 5th-7th, 2026</i>	<i>Winnipeg, MB</i>

