



**RAVENS**

CARLETON UNIVERSITY



**2025-2026**

**Carleton University Track and Field / Cross Country**

# MEMBERSHIP

## Carleton University/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-Carleton92172>

### 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 Carleton University Admin admin forms that are shared by the Head Coach***

**Athletes must complete an athlete registration form online at [www.ottawalions.com](http://www.ottawalions.com)** – go to Varsity Programs > go to Raven Logo > go online registration (payment is to be made online via Trackie). Fees can also be paid by cash or cheque. Installments may be accepted for membership in agreement with the Head Coach using a credit card or post-dated cheques. All Academic Year Memberships must be fully paid by January 1<sup>st</sup> 2026. Refunds will only be granted within 14 days of registration and will be assessed a \$50 administration fee.

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

Training from mid-April to October is generally conducted at the Terry Fox Athletics Facility. Training from November to April is generally conducted Indoors at the DOME @ Louis-Riel Facility. All facility fees are included in your membership 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 applied by facility management.



Training at the Terry Fox Athletics Facility are generally very flexible in training times throughout the day (unless another event is taking place).



### **All Varsity 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.
- One-time Carleton uniform (singlet & shorts) – see below for further uniform requirements.
- Travel supplemented to designated team competitions (ground transportation, accommodations, entry fees).
- Team and competitive administration and coordination.
- Entry into all local home competitions during the academic season.
- Annual members also receive Athletics Canada registration, Ottawa Lions uniform, AO entry and support for outdoor club supported events.
- Varsity Academic Athletes can at any time after March maintain training from April to August via a Spring / Summer Casual Membership Fee or update their membership to Annual for April to August.

### **Conditions of Registration**

- To receive all benefits, athletes must be a paid member in good standing.
- All “Home” Competitions are mandatory to attend. as a competitor or as a technical support. Any athlete absence must have pre-approval by the Head Coach.
- Athletes traveling by ground to designated meets are responsible for payment of the travel fee assessed to each meet before the trip departure. Payment of these fees are generally conducted via trackie on a travel page created by the club.
- When entered in a competition, each athlete is expected to compete and to wear the team uniform. If an athlete chooses to not wear their uniform, they will be responsible for refunding the Ottawa Lions for their entry fee.
- 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 (Carleton) & Club (Ottawa Lions) policies and procedures. These policies and procedures are available at [www.ottawalions.com](http://www.ottawalions.com).

### **Additional Carleton Team Uniform Requirements**

NEW 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



## Cross Country

### The Competitive Process:

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

- Distance/Middle Distance Athletes - 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 @2:00pm).
- Distance/Middle Saturday, September 6th Practice at Terry Fox Athletic Facility @9:00am.
- 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.
- Thursday September 4th at Lansdown Park (@5:00pm East Entry of Aberdeen Pavillion), Saturday, September 6th @9:00am at Terry Fox Athletic Facility). On Monday September 8th, 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).

## **Selection Considerations**

### **RSEQ Championship Team Selection:**

1. In order to be eligible for RSEQ Championships an athlete must compete at a minimum of two RSEQ meets (meets hosted by an RSEQ school).
2. In order for a team to be eligible for the RSEQ Championships we must have a team compliment (5 athletes) finish at least one RSEQ meet (meet must be hosted by an RSEQ school)
3. There are no standards or team limitations in place for the RSEQ Championships.
4. For Team selection
  - a. Consistency, progression and health in race results and training throughout the season.

### **Usport Championship Selection:**

1. Must have competed at the RSEQ Championships to be eligible.
2. A maximum of 7 athletes (per gender) may be selected to represent the Carleton University.
3. Team Qualification – Finish no lower than 3rd place in the Team Scoring at RSEQ Championships.  
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 20 or better in the individual athlete rankings (of Usport eligible athletes) may be considered.



# Track & Field

## The Competitive Process:

1. The first week of school will see athletes attend meetings/practices.
  - a. Friday September 5th Team Meeting on Campus (room TBD @2:00pm).
  - b. Saturday, September 6th Practice at Terry Fox Athletic Facility @10:30am.
  - c. All who didn't attend Friday - Sunday September 7th Team Meeting on Campus (room TBD @1:30pm)
  - d. Monday September 8th, Practice at Terry Fox Athletic Facility @5:30pm.
2. The athlete must meet the conference 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 will be effectively reducing their potential for team selection. If there are valid conflicts and an athlete sits in a RSEQ top 5 or 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. Achieving Conference/National standards posted in mid-fall) allows you to enter the selection pool for consideration to the Carleton conference team.
5. For relay teams, we will value passing skills on the 200m track. Aggressiveness and consistency in relay splits on these 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. Conversion factors applied against times on the OS/B tracks will be factored into decisions.



## RSEQ Championship Team Selection:

1. To be eligible for RSEQ Championships an athlete must compete at a minimum of two RSEQ meets (meets hosted by an RSEQ school).
2. There is no team roster cap for the RSEQ Championships, however, 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.

3. Performances throughout the season will be considered. Results, progress, head to head outcomes, overall finish placing, defeating tough opponents, a continued performance, 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.
4. Field events and straightaway events will be considered equal in all venues (no conversion
5. We will consider an athlete's impact to the both the school records and the Carleton All-Time Rankings.
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. **On Sunday, February 16th, the Conference Championship Team for Carleton University will be finalized.**
8. 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 "team assessment" for a competitive nomination to the national's relay team (if needed) 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.
9. Athletes selected to 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.

**2025-2026 TENTATIVE SCHEDULE**

<b>2025-2026 Season</b>		
<b>Cross Country</b>		
Hoffman Invitational	September 20th, 2025	Canton, NY
Capital XC Challenge	September 27th, 2025	Ottawa, ON
Laval Rouge et Or XC Invite	October 11th, 2025	Quebec City, QC
RSEQ Championships	October 25th, 2025	Rawdon, QC
Usport Championships	November 8th, 2025	Sherbrooke, QC
<b>Track &amp; Field</b>		
Holiday Relays	December 6th, 2025	
Vert et Or Invite	December 13th, 2025	Canton, NY
Ottawa Winter Invite	January 10th, 2026	Sherbrooke, QC
McGill Team Challenge	January 16th-17th, 2026	Ottawa, ON
SLU Invite	January 24th, 2026	Canton, NY

Boston Terrier Classic & Harvard Invitational	January 30th-31st, 2026	Boston, MA
**TBD	February 6th-7th, 2026	TBD
Ravens Last Chance	February 13th-14th, 2026	Ottawa, ON
RSEQ Championships	February 20th-21st, 2026	Montreal, QC
Usport Championships	March 5th-7th, 2026	Winnipeg, MB

\*\* Tentative

