

WELCOME

University of Ottawa
Cross Country/Track & Field
2026-2027



ABOUT

- ▶ 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.



ABOUT

- ▶ **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. Note that some competitions require performance standards.
- ▶ 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.

ABOUT

- ▶ **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 2026-January 2027) 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



MEMBERSHIP

- ▶ **University of Ottawa/Ottawa Lions – Varsity Competitive Membership**
- ▶ **Varsity 2026 Fall Membership (September 5th to November 30th = \$475.00)**
- ▶ **Varsity 2026-2027 Full Academic Membership (September 5th to March 10th = \$790.00)**
- ▶ **Varsity Annual Membership 2026-2027 (September 5th to August 12th = \$1,580.00)**
- ▶ **Registration Link - <https://www.trackie.com/club/2026-2027-OTTL-uOttawa>**

Conditions of Team Registration

- ▶ To receive all benefits, athletes must be a paid member in good standing.
- ▶ Practice attendance is required. Athletes must attend at least 3 practices a week during the season to maintain consistency and proof of fitness.
- ▶ 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 must confirm with their coaches before submitting away entries 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 and all travel fees in full..
- ▶ 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, 7 you will be ineligible to compete.

Conditions of Team Registration

Student/Athlete Checklist

All instructions are attached in the info email.

These Items NEED to be done as soon as possible. If you do not complete these items before the first competition you WILL NOT BE ELIGIBLE TO COMPETE!

- ▶ Ottawa Lions – uOttawa Registration
- ▶ Student Athlete Portal
- ▶ Safe Sport Webinar
- ▶ Sport Integrity/Anti Doping Webinar
- ▶ Usport Portal



Competitive Kit

- ▶ 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 uOttawa. New Singlet - \$65.00, Shorts - \$45.00, Speedsuit -\$105.00, Jacket \$120.00, Pants - \$65.00, Back-pack - \$90.00, t-shirt - \$20.00

FACILITIES

- ▶ **TERRY FOX ATHLETIC FACILITY**
(SITE OF 2017 & 2018 NATIONAL CHAMPIONSHIPS, 2022 & 2023 ACXC, 2025 & 2026 NATIONAL CHAMPIONSHIPS)
 - ▶ SEPTEMBER – NOVEMBER
- ▶ **LOUIS RIEL DOME (ONLY INDOOR 400M TRACK IN CANADA).**
 - ▶ NOVEMBER – APRIL



COACHES

- ▶ SEAN BURGESS – HORIZONTAL JUMPS
- ▶ CRAIG BURKETT - MULTI
- ▶ GORDON CAVE – SPRINTS
- ▶ HELEN COOPER – DISTANCE
- ▶ LESLIE ESTWICK – HIGH JUMP
- ▶ RICHARD JOHNSTON – MID/DISTANCE/SPRINTS
- ▶ YOLANDE JONES-GRANDE – SPRINT HURDLES
- ▶ TIM NEDOW – THROWS
- ▶ DARRIN RESSAL - THROWS
- ▶ NORMAND SEGUIN – MID-DISTANCE/LONG SPRINTS
- ▶ CRAIG TAYLOR – SPRINT HURDLES



ACADEMIC COMMITMENT

- ▶ LIFE OF A STUDENT-ATHLETE & BALANCING YOUR COURSE LOAD TO PERSUE YOUR DESIRED DEGREE AND ATHLETIC COMMITMENTS.
 - ▶ FALL SEMESTER (SEPTEMBER – DECEMBER)
 - ▶ WINTER SEMESTER (JANUARY – APRIL)
 - ▶ INTERSESSION (MAY – JUNE)
 - ▶ SUMMER (JUNE – AUGUST)
- ▶ MINIMUM COURSE ENROLMENT/CREDITS EARNED IS MANDATORY
- ▶ TEAM STANDARDS ARE MANDATORY TO ATTAIN IF YOU WISH TO COMPETE.
- ▶ FIRST YEAR – WELCOME TO UNIVERSITY
- ▶ SECOND YEAR – 5.0 (ANNUAL GPA)
- ▶ THIRD YEAR AND ON – 6.0 (ANNUAL GPA)
 - ▶ COMMUNICATE WITH HEAD COACH, ACADEMIC ADVISORS ON ANY CHANGES.
- ▶ TRAVEL & ACADEMIC CONFLICTS – BE PROACTIVE (DO NOT AIT UNTIL THE WEEK BEFORE)



CROSS COUNTRY SEASON

- ▶ **FIRST WORKOUT – SATURDAY, SEPTEMBER 5TH
@MOONEYS BAY/TF AF 10:00AM**
- ▶ **TRAINING TIMES**
 - ▶ **MONDAY & WEDNESDAY EVENINGS AT
MOONEYS BAY (WARMED UP READY TO
GO BY 5:00PM) – THIS WILL BE ADJUSTED
AS WE BEGIN TO LOSE THE LIGHT LATER
IN THE FALL.**
 - ▶ **SATURDAYS (IF NOT RACING) AT
MOONEYS BAY (WARMED UP READY TO
GO BY 9:00AM).**
- ▶ **ELIGIBILITY CHECKLIST ITEMS**
 - ▶ **OTTAWA LIONS REGISTRATION**
 - ▶ **GEE GEE STUDENT-ATHLETE PORTAL**
 - ▶ **USPORT PORTAL**
 - ▶ **SAFE SPORT MODULES**
 - ▶ **ANTI-DOPING MODULES**



QUALIFICATION

- ▶ **REGULAR SEASON** – OPEN TO ALL MEMBERS
- ▶ **CONFERENCE CHAMPIONSHIPS** – TOP 7 ATHLETES (BASED ON REGULAR SEASON PERFORMANCES)
- ▶ **NATIONAL CHAMPIONSHIPS** - (TOP 30 INDIVIDUAL, TOP 6 TEAM AT OUA WILL BE NOMINATED).
- ▶ **ACADEMICS** - RETURNING ATHLETES MUST MEET ACADEMIC REQUIREMENTS.



CROSS COUNTRY SEASON

MEET	DATE	LOCATION
HOFFMAN INVITATIONAL	SATURDAY, SEPTEMBER 19TH	CANTON, NY
CAPITAL XC CHALLENGE	SATURDAY, SEPTEMBER 26TH	OTTAWA, ON
VERT ET OR XC INVITATIONAL	SATURDAY, OCTOBER 10TH	SHERBROOKE, QC
MCMASTER INVITATIONAL	FRIDAY, OCTOBER 16TH	HAMILTON, ON
OUA CHAMPIONSHIPS	SATURDAY, OCTOBER 31ST	WINDSOR, ON
USPORT CHAMPIONSHIPS	SATURDAY, NOVEMBER 14TH	HAMILTON, QC
ACXC (OPTIONAL - CLUB)	SATURDAY, NOVEMBER 28 TH -29 TH	QUEBEC CITY, QC

TRACK & FIELD SEASON

- ▶ FIRST SESSION FOR RETURNING ATHLETES – TUESDAY, SEPTEMBER 8TH @ MOONEYS BAY/TERRY FOX ATHLETIC FACILITY.
- ▶ TRAINING WILL TAKE PLACE AT MOONEYS BAY MONDAY – THURSDAY EVENINGS & SATURDAY MORNINGS
 - ▶ NEW ATHLETES – FOR THE MONTH OF SEPTEMBER, YOU ARE TO BE WARMED UP READY TO GO WITH THE HEAD COACH BY 6:30PM AT MOONEYS BAY MONDAY, TUESDAY, WEDNESDAY & THURSDAY. 10:00AM ON SATURDAY MORNINGS.
 - ▶ RETURNING – ATHLETES WILL CONNECT WITH THEIR EVENT COACHES FOR START TIMES.
- ▶ ELIGIBILITY CHECKLIST ITEMS
 - ▶ OTTAWA LIONS REGISTRATION
 - ▶ GEE GEE STUDENT-ATHLETE PORTAL
 - ▶ USPORT PORTAL
 - ▶ SAFE SPORT MODULES
 - ▶ ANTI-DOPING MODULES



STANDARDS (2025-2026) - UPDATED STANDARDS WILL BE RELEASED WITH OUA 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

TRACK AND FIELD SEASON

MEET	DATE	LOCATION
INTERSQUAD Garnet vs Grey vs Red vs Black	NOVEMBER 21 ST , 2026	Ottawa, ON
Holiday Relays	December 5 TH , 2026	Canton, NY
Vert et Or Invite	January 9 TH , 2027	Sherbrooke, QC
Ottawa Winter Invite	January 15 TH -16 TH , 2027	Ottawa, ON
TBD	January 22 ND -23 RD , 2027	
Boston University Terrier Classic & Harvard Invitational	January 29 TH -30 TH , 2027	Boston, MA
TBD	February 8 TH -9 TH , 2027	
Ravens Last Chance	February 12 TH -13 TH , 2027	Ottawa, ON
OUA Championships	February 19 TH -20 TH , 2027	Toronto, ON
USPORT Championships	March 4 TH -6 TH , 2027	Winnipeg, MB

QUALIFICATION

- ▶ **REGULAR SEASON** – OPEN TO ALL MEMBERS. SOME MEETS WILL REQUIRE STANDARDS.
- ▶ **CONFERENCE CHAMPIONSHIPS** – MEET CONFERENCE PARTICIPATION REQUIREMENTS AND CHAMPIONSHIP STANDARDS/ROSTER LIMITS.
- ▶ **NATIONAL CHAMPIONSHIPS** – MEET USPORT QUALIFICATION CRITERIA (STANDARD, 1ST or 2ND PLACE AT OUA, NATIONALLY RANKED AT THE CONCLUSION OF CONFERENCE CHAMPIONSHIP WEEKEND).
- ▶ **ACADEMICS** - RETURNING ATHLETES MUST MEET ACADEMIC REQUIREMENTS.



EMPLOYMENT

Work-study positions .

Academic Advisor

- ▶ Work with student-athletes in assisting guidance, tutoring and uOttawa compliance officers, provide updates to head coach on academic progress. Applicants must have a GPA of 9.0 or better. I am looking for a student-athlete who is enrolled in a science based program and a student-athlete enrolled in a humanities/social science/math based program. Please reach out if you would like to take this on and I will introduce you to Jean-Francois

Ottawa Lions Track and Field Club

- ▶ Youth Program Coaching (part time evening work with the Ottawa Lions coaching athletes 6-14). The Ottawa Lions will also be hosting a Run-Jump-Throw Coaching Clinic on September 25th for anyone looking to gain some knowledge across the various events. This would be an excellent opportunity for those who are looking to go on an teach. <https://www.trackie.com/online-registration/event/nccp-run-jump-throw-wheel-course/481522/#.YwsSly8r3UJ>
- ▶ Timing team (event set up and photo timing for Ottawa Lions events and contracted events throughout Eastern Ontario). This can be a very demanding position during the outdoor track season and easily bill up to 40+ hours per week with all the High School, Elementary School and Club events.



MY CONTACT

- ▶ OFFICE - LOCATED AT THE TERRY FOX ATHLETIC FACILITY
- ▶ PHONE
 - ▶ OFFICE - 613-237-4686
- ▶ EMAIL
 - ▶ RJOHNSTON@OTTAWALIONS.COM
 - ▶ RJOHNST5@UOTTAWA.CA