

CARLETON RAVENS
Cross Country/Track & Field
2026-2027



ABOUT

- ▶ The Carleton University Track and Field Team is a member of the RSEQ. There will be specific regulations and policies that apply to RSEQ 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.
- ▶ Carleton 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
- ▶ 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

New Athletes Student Portal

- ▶ Access the following link to the [Ravens Athletics Portal](#)
- ▶ Select the “Create your Own Account” button on the home page.
- ▶ Enter your first and last name as you would on any document (Please use proper capitalization) and your Carleton email address (name@cmail.carleton.ca) and select the “Create Account” button.
- ▶ From here you will be redirected to the main dashboard where you can select “Register for a team or club”
- ▶ Select the Team(s) you are a part of and begin your registration.
- ▶ Once your registration is complete, the Ravens athletics staff will be able to view your registration and begin the approval process for the upcoming season!



Returning Athletes Student Portal

- ▶ Log into your account using your @cmail.carleton.ca email and the password you created last season.
- ▶ From here you will be redirected to the main dashboard where you can select “Register for a team or club”
- ▶ Select the Team(s) you are a part of and begin your registration.
- ▶ Once your registration is complete, the Ravens athletics staff will be able to view your registration and begin the approval process for the upcoming season!

MEMBERSHIP

- ▶ Carleton University/Ottawa Lions – Varsity Competitive Membership
- ▶ Varsity 2026 Fall Membership (September 5th to November 14th = \$460.00)
- ▶ 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-Carleton>



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 readiness to compete for team selection.
- ▶ 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 (Carleton University) & Club (Ottawa Lions) policies and procedures. These policies and procedures are available at www.ottawalions.com under the about tab. You must complete all Carleton University criteria (Student portal, Safe Sport, Anti Doping, Usport Portal and any additional orientation) to be eligible. If anything is missed, 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



FACILITIES

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

COACHES

- ▶ SEAN BURGESS - HORIZONTAL JUMPS
- ▶ GORDON CAVE - SPRINTS
- ▶ HELEN COOPER - DISTANCE
- ▶ LESLIE ESTWICK - HIGH JUMP
- ▶ RICHARD JOHNSTON - MID-DISTANCE/SPRINTS
- ▶ YOLANDE JONES-GRANDE - SPRINT HURDLES
- ▶ TIM NEDOW - THROWS
- ▶ DARREN REESAL - 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**
- ▶ **TRAVEL & ACADEMIC CONFLICTS – BE PROACTIVE (DO NOT AIT UNTIL THE WEEK BEFORE)**



CROSS COUNTRY SEASON

- ▶ **FIRST WORKOUT – SATURDAY, SEPTEMBER 5TH @MOONEYS BAY/TFAP 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**
 - ▶ **CARLETON STUDENT-ATHLETE PORTAL**
 - ▶ **USPORT PORTAL**
 - ▶ **SAFE SPORT MODULES**
 - ▶ **ANTI-DOPING MODULES**



QUALIFICATION

- ▶ **REGULAR SEASON** - OPEN TO ALL MEMBERS
- ▶ **RSEQ CHAMPIONSHIPS** - MUST HAVE COMPETED AT 2 RSEQ MEETS TO BE ELIGIBLE (Capital XC Challenge and Sherbrooke Vert et Or)
- ▶ **NATIONAL CHAMPIONSHIPS** - (TOP 20 INDIVIDUAL, PODIUM TEAM AT RSEQ WILL BE NOMINATED).



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
RSEQ CHAMPIONSHIPS	SATURDAY, OCTOBER 31ST	SHERBROOKE, QC
USPORT CHAMPIONSHIPS	SATURDAY, NOVEMBER 14TH	HAMILTON, QC

TRACK & FIELD SEASON

- ▶ **FIRST SESSION FOR RETURNING ATHLETES – SATURDAY, SEPTEMBER 5TH @ 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**
 - ▶ **CARLETON STUDENT-ATHLETE PORTAL**
 - ▶ **USPORT PORTAL**
 - ▶ **SAFE SPORT MODULES**
 - ▶ **ANTI-DOPING MODULES**



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 (USA) WILL REQUIRE STANDARDS.
- ▶ **CONFERENCE CHAMPIONSHIPS** - MEET CONFERENCE PARTICIPATION REQUIREMENTS. PARTICIPATION AT 2 RSEQ MEETS IN THE 2026-2027 SEASON.
- ▶ **NATIONAL CHAMPIONSHIPS** - MEET USPORT QUALIFICATION CRITERIA (STANDARD, 1ST PLACE AT RSEQ, NATIONALLY RANKED IN THE TOP 12 AT THE CONCLUSION OF CONFERENCE CHAMPIONSHIP WEEKEND).



EMPLOYMENT

- ▶ **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.
 - ▶ 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