

High School Capital XC Challenge

Friday, October 14, 2016

◆ Mooney's Bay Park, Ottawa ◆

◆ RUN OTTAWA ◆ uOTTAWA ◆ Ottawa Lions Track Club ◆ Running Room ◆ CarletonU ◆ SPORT STATS ◆

WHEN Friday, October 14TH Day 1 of the Capital XC Challenge Weekend

12:00 pm **Race Registration** – Race registration opens for pre-registered athletes and teams for pick-up of bib numbers and race ankle chips. Registration is located inside the stadium of the Terry Fox Athletic Facility. Registration will remain open throughout the race schedule. Please look for signs to direct you from the parking lot.

1:30 am **Races Begin.** Award presentations will follow each race immediately in front of the main grandstand.

See the Championship Schedule for all race start times. Coaches, parents and athletes should plan to arrive at Mooney's Bay Park at least one hour before your scheduled race time to pick-up your race registration materials. Depending on the time of day for your arrival, parking may be a challenge, but there are many options situated around the area. Please plan ahead and arrive 90 minutes before to find parking and arrive at registration.

WHERE **Mooney's Bay Park, Ottawa, ON** (2960 Riverside Drive & Hogsback Road)
The Entrance to the Park is at Riverside Drive & Ridgewood Avenue Stop Light intersection
Free Parking. Park Administration - Front Desk – (613) 247-4883

RACE DIVISIONS

JUNIOR VARSITY DIVISION (GIRLS & BOYS RACES) – RACE DISTANCE – 4000M
SCHOOL GRADES 9 & 10 / OFSAA MIDGET & JUNIOR DIVISION COMBINED.

VARSITY DIVISION (GIRLS & BOYS RACES – RACE DISTANCE – 6000M
OPEN TO ALL GRADES FOR TEAM COMPOSTION

OPEN 4 KM DEVELOPMENT RACE – RACE DISTANCE – 4000M
THIS WILL BE A COED RACE OPEN TO ALL GRADES. IT IS AN OVERFLOW COMPETITIVE RACE FOR SCHOOLS WITH MORE ATHLETES THAN THE TEAM SIZE RESTRICTIONS

TEAMS

School Teams are made up of a **maximum of 6 Athletes per race.** (4 runners to score / 2 alternates)
The first 4 place finishers of a team are then totaled to comprise the score for the team. The lowest team score determines the team score. 4 athletes **MUST** finish the race to qualify a team score.

** Schools can bring and enter their full team rosters and those runners can participate in the OPEN 4KM DEVELOPMENT RACE". If the entries exceed the team cap of 6 athletes per division, all other athletes should be registered in the Open 4km Development race **

INDIVIDUAL ATHLETE ENTRY

Athletes may enter as “**individuals**” in their respective age group race.
Athletes must compete in their own age classification and MAY NOT move up in age to compete.
Individual entry athletes are still required to represent their school in name and wearing a uniform
The school name and school board must be included on the entry form.

AWARDS

**Event shirts to the top 20 finish placers in each race division,
Awards to the top 3 Individual placers in each race division.
Awards to the Top 3 schools in each race division and Coach.
Prize Money to the Top School in each Race Division. \$500 in support for team travel to their
respective school championship meets. \$300 for 2nd place and \$200 for 3rd place teams.
In the Open 4km Development Race there will be awards to the top 10 female and male finishers**

INQUIRIES

Meet Director: Andy McInnis (613) 247-4886
Head Coach – Ottawa Lions Track & Field Club
Meetentry@ottawalions.com

CHAMPIONSHIP ENTRY - There are 2 Entry Protocols to enter this championship.

1. School Team Entry Option

Coaches – load a bus up with your athletes and teams. There is no advance championship qualification process so you can start planning your school’s participation **NOW**. Just simply follow the directions provided. EMAIL US AT MEETENTRY@OTTAWALIONS.COM FOR THE TEAM ENTRY ONLINE PROCESS. Use this great event to help promote and recruit athletes to your school teams.

2. “Individual Entry Option” – Pass it ON - EMAIL US AT MEETENTRY@OTTAWALIONS.COM

Give the information to the parents or your student athletes to share with their parents to enter the championship. Parents can easily handle the athlete entry online system. Parents with school designated permission of school administration are welcome to organize and bring the school teams. There will be excellent “race day” support.

**Everyone go to: www.ottawalions.com
High School Capital XC Challenge
... and you are off to the races!**

ENTRY FEES

There will be **NO ENTRY FEES** for the High School XC Challenge.
Our sponsors support the schools, coaches and athletes that take part in this great event

**ENTRY DEADLINE - WEDNESDAY, OCTOBER 12TH
9:00 pm For ALL teams and individuals**

FOR YOUR CHAMPIONSHIP ENTRY PROCESS

General Information

www.OttawaLions.com

meetentry@ottawalions.com

Still cannot find what you need - CALL US - (613) 247- 4886

Capital High School XC Challenge

Mooney's Bay Park, Ottawa

Race Time	Age Groups Individual & Teams	Distance
1:30 pm	Open Development Race	4000 meters
1:55 pm	Junior Varsity Division - Girls Grades 9 & 10	4000 meters
2 :25 pm	Junior Varsity Division - Boys Grades 9 & 10	4000 meters
2:50 pm	Varsity Division - Girls Open – All Grades	6000 meters
3:15 pm	Varsity Division – Boys Open – All Grades	6000 meters

Technical Information

TEAM TENTS: Tents for school teams are permitted. They may be set-up in the start-line area. Please ask our staff for the designated area to do this.

CLOTHING: Please dress for the weather! This is cross country season and the races will be conducted no matter the weather and course conditions.

All the races will have a lead Cyclist. The final runners will be followed a cyclist or golf cart on the course as well. There will be NO walk through tours of the courses.

THE RACE START - Athletes should be in the start area **20 minutes before** the scheduled race start time. The registration area staff will tell you where to go. Runners must find the **"RACE CLERK"** at the **starting line area to check-in**. At **"Check-In"**, the runners should be wearing their correct bib number pinned to the **FRONT** of their **SCHOOL** shirts & the timing chip secured to the ankle.

PRE-RACE WARM-UPS & MUSIC WILL BE AVAILABLE - led by members of the U. of Ottawa GG and Carleton Ravens X-Country Teams.

In the starting area, the race starter will give the following start time notices:

- 4 Blasts of AIR HORN - 15 minutes to the start of the race
- 3 Blasts of AIR HORN - 10 minutes to the start of the race
- 2 Blasts of AIR HORN - 5 minutes to start of the race.
- 1 LONG BLAST of AIR HORN - 1 minute to the start of the race

The starter will be situated 50 meters in front of the start line. All runners should remove warm-ups starting on the 5 minute warning horn and assemble on the start line by the 1 minute warning horn. There may or may not be Team Box positions assigned at the start-line. You will be notified of this process by email in advance.

THE START - A white flag will be raised into the air 10 seconds before the race start which will then be followed by an AIR HORN BLAST to begin the race. Should any athlete fall in the early stages of the race start, a series of whistle blasts will signal the stop of the race and runners will return to the start line to repeat the process of the race start.

The course will be "CLEARLY" marked and the paths painted with a white line, flags and poles. No runners will get lost or wander off the race course.

The race course is **VERY SPECTATOR FRIENDLY**. Parents and coaches will be able to observe the majority of a race, the start and the finish, followed by the award ceremonies that take place **IMMEDIATELY** after the conclusion of each race.

A canteen is available - serving drinks and food located at the main building of the Terry Fox Athletics Facility.

Plan your transportation so that your team(s) and athletes arrive on time or early to pick-up registration for their race. IF you arrive by team bus - please drop-off your team and have the bus driver follow instructions for our bus parking location at another location in Mooney's Bay Park.

AWARD PRESENTATIONS: Athletes will report immediately to the Awards Tent for our awards ceremony, presentations and photo opportunities. Ceremonies will take place immediately after each race and are located directly beside the finish line area. Coaches and parents - you may want to have the athlete's warm-up gear at the finish line area ready to give to the runners in event of cool or rainy weather.