

2018 Capital XC Challenge

October 12-13

Mooney's Bay Park, Ottawa – 3 Exciting Race Divisions over 2 days

For all technical information and meet entry go to:

www.ottawalions.com / www.runottawa.ca

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Friday, Oct. 12 – Afternoon - High School XC Challenge - 2 Race Divisions

Saturday, Oct. 13 – Morning - Eastern Ontario Elementary Schools Championships

Saturday, Oct. 13 – Afternoon - Open / College / University XC Challenge



CAPITAL X-COUNTRY CHALLENGE – Jim Howe Memorial XC Challenge

OPEN / COLLEGE / UNIVERSITY RACES

SATURDAY, OCTOBER 13TH

Sponsored by Carleton University, Run Ottawa, Ottawa Lions Track & Field Club

2 Race Divisions (Women – Race 6k / Men – Race 6k)

Great Awards / Finish Line Best Music & Presentation Format / Incredible Spectator Friendly Challenging Race Courses
/ Chip Timing – Instantaneous Results / Start Line – Music & Drama

RACE TIME: 2:30 PM START MEN – 6 KM / 3:15 PM START WOMEN – 6 KM

The Organizers reserve the right to merge both the men's and women's events into one race should the entry numbers allow. If that is the case, all entrants will be notified by email, posting on our web site and at the time of race chip pick-up. Athletes should pick-up their race chips at least one hour ahead of the 2:30 pm race start.

ENTRY FEES: For STUDENTS (University / College) \$15.00 PER ENTRY up to a Team Maximum of \$100 PER MEN'S Team / \$100 PER WOMEN'S Team MAXIMUM

Open Athletes Register at www.runottawa.ca - online

Same day registration: \$30.00 - 12:00 - 1:30 pm at the Meet Registration Tent.

Entry Deadline: Thursday, October 11, 2018 / 8:00pm

CHEQUE: To be Paid on Race Day – Chip Pick-up - PLEASE MAKE CHEQUES PAYABLE TO Ottawa Lions T.F.C.

ENTRIES: ALL TEAMS, UNIVERSITY, COLLEGE ENTRIES MUST BE COMPLETED USING AN EXCEL SPREAD SHEET ENTRY FORM THAT WILL BE EMAILED TO ALL COACHES UPON REQUEST

ALL REGISTRATIONS ARE TO BE SENT BY EMAIL TO RACE DIRECTOR: ANDY MCINNIS

AMCINNIS@OTTAWALIONS.COM (613) 852-6783

COURSE: MOONEY'S BAY PARK, 2960 RIVERSIDE DRIVE, OTTAWA

2 X 2.5 KM LOOP AND THEN 1KM BREAKAWAY THROUGH GRASS FIELDS, WOODED AREA TO FINISH ENTRY TO STADIUM WITH 300M SPRINT TO HOME FINISHLINE

95 % GRASS – ROLLING GRASS – GOOD FOOTING / 1 AGGRESSIVE HILL – 100M CLIMB + 250M TEMPERED DOWNHILL / 200M OF HARD SAND / 2 to 4 HURDLE HAY BALE SET-UPS TO CHALLENGE / EXCITING FINISH WITH THE FINAL 300M IN THE TRACK STADIUM.

MAPS ARE AVAILABLE ONLINE: <https://ottawalions.com/capital-cross-country-challenge/>

AWARDS: AWARDS TO THE TOP 20 INDIVIDUAL RACE FINISHERS

AWARDS TO TOP 3 TEAMS (7 DEEP) AND CASH PRIZES TO TOP 3 SCHOOLS MEN / WOMEN

1ST - \$500 / 2ND - \$300 / 3RD – 200.00

AWARDS PRESENTATION WILL TAKE PLACE IMMEDIATELY AT THE END OF THE RACE

FACILITIES: WASHROOMS ARE AVAILABLE AT THE STADIUM / PORTABLE TOILETES AT THE START LINE

TEAM TENT SET-UP AREA ADJACENT THE START-LINE AREA AT THE BEACH

SCORING: CHIP TIMING – SPORTS STATS

IAAF SCORING FOR PRIZE MONEY (4 Score / 5 & 6 Displace)

U-SPORT SCORING WILL ALSO BE DONE BUT NOT FOR PRIZES. (5 score / 6 & 7 Displace)

TEAM CATEGORIES: OPEN (College, University, Club)