



# Algonquin College

## 2018 - 2019 Schedule

### Track & Field / Cross Country

## GENERAL PROGRAM START-UP INFORMATION FOR XC & TRACK

Contact email for any and all inquiries: [amcinnis@ottawalions.com](mailto:amcinnis@ottawalions.com)

*New and Returning team members - contact us when you arrive in Ottawa.*

*Arrange to come and meet us at our office at Mooney's Bay Park ... close to Algonquin College main campus.*

### SEPTEMBER

- |    |     |   |
|----|-----|---|
| 5  | Wed | <p><b>Algonquin Classes Begin</b><br/> <b>XC Team - Full Team Training</b> begins 5:30 pm - Mooney's Bay Park<br/>         Terry Fox Athletics Facility for the XC FULL TEAM (Returning &amp; New Members)<br/> <b>Official Training Days - Mon &amp; Wed @ 5:30 pm / Sat. @ 10:00 am</b></p>   |
| 8  | Sat | <p><b>XC Athletes ... here we go.</b><br/>         Fitness Assessment Testing - Terry Fox Athletics Facility - 10 am (Women) / 11 am (Men)<br/>         If you have conflicts - email <a href="mailto:amcinnis@ottawalions.com">amcinnis@ottawalions.com</a>.</p>   |
| 17 | Mon | <p><b>Track &amp; Field Athletes - For All NEW Track &amp; Field Team Athletes</b><br/>         Training / Conditioning begins (for all TRACK &amp; FIELD ONLY athletes)<br/>         Returning athletes are to refer to head coach for training assignment &amp; coaches<br/>         Saturdays - 10:30 am to 12:00 - Terry Fox Athletics Facility for all training - rain / shine<br/>         Weekdays - 5:30 pm Monday to Thursday to 7pm - all athletes must try to make 2-3 sessions / week<br/>         5 sessions are offered. If you have conflicts - communicate.</p> |

## Cross Country Schedule

### September

- |    |     |  |              |
|----|-----|--|--------------|
| 8  | Sat | <p><b>Team Testing - Terry Fox Athletics Facility, Mooney's Bay Park - Ottawa</b><br/> <b>Testing outcomes allow us to properly structure training programs and intensities over the next 6-8 weeks. Athletes are not "cut" from the outcome of test results.</b><br/>         * <b>Men's Tests</b> - Recovery 2min between all runs<br/>         Men - 4 controlled pace runs = 3km (10:40-55), 2km (6:50-7:00), 1km (3:20 or better), 1km (tbd)<br/>         * <b>Women's Test</b> - Recovery 2min between all runs<br/>         Women - 2km (8:00-8:15), 2km (8:00-8:15), 1km (4:00 or faster)</p> <p>* <b>Testing Times - Times indicated are times the test runs BEGINS</b><br/>         Be 1 hr earlier to register / warm-up<br/>         * Athletes should APPEAR at Fox Facility about 1 hour before test start times to REGISTER &amp; Warm-Up and talk to staff. We go RAIN or SHINE - Have NO FEARS - we use data for creating balanced training from testing. TESTING TIMES - MUST BE WARMED UP BY THE FOLLOWING TIMES:<br/> <b>10:00 am - Women</b><br/> <b>11:00 am - Men</b></p> |              |
| 15 | Sat | <p><b>McGill XC Open -</b><br/>         (6km - Men / 4km - Women / Day Trip</p>  | Montreal, QC |
| 16 | Sun | <p><b>Ottawa Army Run (Road Races) - Volunteer race morning</b><br/>         This a team "pay it forward" opportunity to support our Armed Forces</p>  | Ottawa, ON   |
| 22 | Sat | <p><b>NCAA - St. Lawrence University Invitational</b><br/>         Optional Event - Day Trip / 8km - Men / 6km - Women</p>   | Canton, NY   |

7 Sat Sherbrooke Invitational Sherbrooke, QC  
6km Women / 8km Men / Day Trip

## October

12-13 F-S Capital XC Challenge Ottawa, ON  
Volunteering High School & Elementary School Divisions X-Country Team Fund Raiser

13 Sat Capital XC Challenge Ottawa, ON  
6km Women / 6km Men - Afternoon

27 Sat RSEQ XC Championships Montreal, QC  
Day Trip - 7:00 AM Departure / 8km Women / 10km Men

## November

10 Sat Canadian XC University Championships Kingston, ON  
(Team / Individual selected pending qualification standards achieved)

December See Track & Field Schedule to make upcoming plans

# Track & Field Schedule **(Get your passports in order)**

## September

17 Mon New Team Members Training Begins - contact [amcinnis@uottawa.ca](mailto:amcinnis@uottawa.ca)  
Terry Fox Athletics Facility, Mooney's Bay Park - 5:30 pm  
Training / Conditioning begins (all non- XC team athletes)  
Returning athletes are to refer to head coach for training assignment & coaches & coach changes  
Saturdays - 10:30 am to 12:00 noon - Terry Fox Athletics Facility for all training - rain or shine  
Weekdays - 5:30 pm to 7pm Monday to Thursday - all athletes must make 2-3 training sessions per week  
5 training sessions are offered each week.

October Be consistent at practices / make smart choices / go to class / study / get really fit and kill this year!  
Train and Study ... Study and Train

## November

25 Sat Varsity Track & Field Inter Squad Test Meet Ottawa, ON  
ALL Athletes (9 am - 12 noon)

## December

1 Sat McGill Open Montreal, QC  
Day Trip - AM Departure

1 Sat Saints Holiday Relays - St. Lawrence University Canton, NY

8 Sat Rouge et Or Invitational Quebec City, QC

9 - 21 Fall Semester Finals Exam Period Ottawa, ON

## January

7 Mon Carleton Classes Resume Ottawa, ON

12 Sat Vert & Or Invitational Sherbrooke, QC

12 Sat U Albany Great Dane Classic Staten Island, NYC

19 Sat uOttawa Winter National Invitational Ottawa, ON

<b>24-26</b>	<b>T-S</b>	<b>Dr Sander Invitational / Columbia Challenge - Armory</b>	<b>NYC, NY</b>
<b>25-26</b>	<b>F- S</b>	<b>McGill Team Challenge</b>	<b>Montreal, QC</b>

## **February**

<b>2</b>	<b>Sat</b>	<b>Ithaca College Bomber Invite</b>	<b>Ithaca, NY</b>
<b>8</b>	<b>Fri</b>	<b>Fastrack National Invitational</b>	<b>Staten Island, NYC</b>
<b>8-9</b>	<b>F-S</b>	<b>Boston U Valentine Invitational</b>	<b>Boston, MA</b>
<b>10</b>	<b>Sun</b>	<b>Cornell Sunday Invitational</b>	<b>Ithaca, NY</b>
<b>16</b>	<b>Sat</b>	<b>Carleton Varsity Standards Last Chance Meet</b>	<b>Ottawa, ON</b>

## **March**

<b>2</b>	<b>Sat</b>	<b>Dome Piper Challenge</b>	<b>Ottawa, ON</b>
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