

9th Annual

Captial XC Challenge Weekend

Eastern Ontario

Open Elementary Schools

Cross Country Championships

Saturday, October 13, 2018

◆ **Mooney's Bay Park, Ottawa** ◆



RAVENS
CARLETON UNIVERSITY



◆ **RUN OTTAWA** ◆ **uOTTAWA** ◆ **Ottawa Lions Track Club** ◆ **Running Room** ◆ **CarletonU** ◆ **SPORTSTATS** ◆

WHEN Saturday, October 13TH

9:30 am **Race Registration** – Race registration opens for pre-registered athletes and teams for the pick-up of race ankle chips. Registration is located just outside the Terry Fox Athletic Facility Gates in a Tent. Registration will remain open throughout the race schedule. Please look for signs to direct you.

Late Registrations “on the day of the event” should arrive at least 90 minutes in advance of their age group race time to ensure that the registration process is completed. Go directly to the Race Registration Tent.

11:00 am **The Championship Races Begin.** Award presentations will follow each championship race immediately in front of the main grandstand area.

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 AGE GROUPING

Athlete Age Class is determined by **age as of December 31st of 2018**

TEAMS

An Age Group Team is made up of a **minimum of 4 Athletes** and a **maximum of 10 athletes**. The first 4 athlete finish places of a team are then added to compose the score for the school team. The lowest team score determines the team winner. 4 athletes **MUST** finish the race to qualify to score as a team.

The team must ALL be from The SAME SCHOOL. All team runners must be in the same age ... (RULE EXEPTION) ... A maximum of 2 athletes from a younger age group can be included as part of the 4 to 10 members that comprise a school team. Each athlete may only compete in ONE championship race. All team members must be of the SAME GENDER (no "mixed / coed" teams).

INDIVIDUAL ATHLETES

Athletes may enter an **"individual"** 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 preferably wearing a uniform or a school t-shirt. The school name and school board must be included on the entry form.

AWARDS

"Best Team Award" in each of the 6 Race Age Groups

\$100.00 donation to each winning school's sports programs

"Best School Award" – Combining all Team Finishes Award

\$200.00 donation to winning school's sports programs

"Championship Shirts" to the top 20 individuals in each Age Group Race

"Championship Medal Toques" to the top 3 individuals in each race.

Free Coaching Education Clinic Awards to the coaches of the top 3 teams in each of the 6 age group races – 18 awards

Athlete Program Scholarships to the top 10 finishers in each age group race – 60 scholarships presented!!

INQUIRIES

Meet Directors:
Andy McInnis (613) 247-4886
Head Coach – U. of Ottawa
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 ... **all the entries are ONLINE at TRACKIE.REG**. Go to "Find Meet" ... Go to "Capital XC Challenge – Elemenatry Schools". Use this great event to help promote and recruit athletes to your school teams.

2. "Individual Entry Option" – Pass it ON to the Parents

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. Go to TRACKIE.REG. Go to "Find Meet" ... Go to

Capital XC Challenge – Elementary School Division. Parents with school designated permission of school administration a welcome to organize and bring the school teams. There will be excellent “race day” information support.

Parents – you are strongly encouraged to work with teachers and principals at your school whenever possible. Parents should also inquire with your principle about the potential of organizing school team participation (4 to 10 students can make a team). A parent, or group of parents (with permission from the school), could become the school coach(s) and enter the championship using the School / Team Entry Option. We realize that cross country programs are not available at all schools and that teachers cannot always attend events hosted on a weekend date. For this reason, we encourage the flexibility of the “Individual Entry Option” to the championship.

Go to: www.ottawalions.com
**EASTERN ONTARIO ELEMENTARY SCHOOL
CROSS COUNTRY ALL-BOARD CHAMPIONSHIPS
... and you are off to the races!**

ENTRY FEES

\$100.00	MAXIMUM SCHOOL FEE – (Best Deal) Full School Participation – Entry is due by Oct. 10 th (9:00 pm) 4 to 10 athletes in each of the 6 age group races can compete. A maximum of 60 athletes can run for a school for this fee.
\$30.00	One Team Entry per Age Group – 4 to 10 athletes per team. If a school enters more than 3 teams you should use the Max School Fee . Team Entry(s) is due on or before the October 10 th (9pm).
\$15.00	For individual Athlete Entry. Entry is due by October 10 th (9pm). Entries received after 9pm on Oct. 10 th will be assigned the late entry fee (\$25). Late entries can be emailed with payment up to Oct. 12 th to 4 pm. After this, entries will be made on the day of the championships (see instructions above).
\$25.00	Late Entry Deadline / Per Individual Athlete Entry after 9pm on October 10th / Entry online by Friday, October 12 th 4pm or on Race Day at Mooney’s Bay – Terry Fox Athletics Facility.

ENTRY DEADLINES

- 1. Wednesday , October 10th – 9:00 pm**
For teams and individuals at the Oct. 11th rates posted above.
All Entry Fees are paid at the time of Entry via Credit Card online and email using the Championship Entry Forms. They can also be hand delivered directly to the main administration building at the Terry Fox Athletic Facility at Mooney’s Bay. We will accept only MasterCard and Visa
- 2. “On the Day” LATE ENTRY. Registration must be completed 1 hour BEFORE the schedule age group race start time. BE EARLY. Registration will be accepted on Race Day @ \$25 Cash per athlete. Entry and payment must be completed 1 hr. before the race**

FOR YOUR CHAMPIONSHIP ENTRY FORMS

General Information & Meet Schedule

www.OttawaLions.com

meetentry@ottawalions.com

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

CAPITAL XC CHALLENGE EASTERN ONTARIO Elementary Schools Cross Country All-Board Championships Mooney's Bay Park, Ottawa

Race Time	Age Groups Individual & Teams	Distance
10:30 am	8 & 9 Year Old Girls	2000 meters
11:00 am	8 & 9 Year Old Boys	2000 meters
11:30 am	10 & 11 Year Old Girls	2500 meters
12:00 pm	10 & 11 Year Old Boys	2500 meters
12:30 pm	12 & 13 Year Old Girls	3000 meters
1:00 pm	12 & 13 Year Old Boys	3000 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. Light hats or head bands and gloves are sometimes good to wear on cold race days. Avoid racing in cotton warm-up pants, sweat shirts and jackets as they can become quite heavy if wet. Extra clothing (warm-ups) can be shed by the runners just prior to the race start line area and given to the coach or parents to take to the finish line area. The best method of collection of warm-up gear at a cross country start area is to bring and use garbage bags to quickly dump all the gear in for the athlete or the team (wet / muddy etc).

Advise all the runners that **running spikes are not allowed**. This will be checked before the start of each race. Proper running shoes should be worn.

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

THE RACE START - Athletes should be in the start area **15 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 - will be 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:

3 Blasts of AIR HORN - 10 minutes to the start of the race

2 Long Blasts of AIR HORN - 5 minutes to the start of the race

1 Long Blast of AIR HORN - 1 minute WARNING to 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 2 minute warning horn and assemble on the start line after the 1 minute warning horn. There are no positions assigned at the start-line.

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.

**2017 EASTERN ONTARIO
Elementary Schools Cross Country Championship
Mooney's Bay Park, Ottawa
Saturday, October 13
◆ Mooney's Bay Park, Ottawa ◆**

**Come and join us in the greatest cross-country championship
ever for our children of today and the champions of
tomorrow!**