



RAVENS

CARLETON UNIVERSITY



2023-2024

Carleton University Track and Field / Cross Country

MEMBERSHIP

Carleton University / Ottawa Lions – Varsity Competitive Membership

The Program

Varsity 2023 Fall Membership September to December = \$430.00

Varsity 2023-2024 Full Academic Membership December to April = \$700.00

Includes of the \$200 Team Donation Fee

Varsity Annual Membership 2023-2024 September to August = \$1,350.00

Registration Link - <http://www.trackiereg.com/2024-OTTL-Carleton>

What is the Varsity Team “Donation Fee”?

The “Team Donation Fee” is our commitment to the community. It can be either refunded or credited to future program activities after May 31st, 2023 and only if that member works at a minimum of four (4) fundraiser designated championships, high school meets. The Championship meets include ACXC in November and the Pan-Am Combined event Champs in May or high school meets which take place at the end of April to early May. There are 5 HS days to choose from. Members who work more than 3 competitions will earn added program credits with a value of \$50 for each added meet above. The Varsity Team Donation Fee is to be paid annually by all

OTHER INFORMATION

Every athlete must complete an athlete registration form online at www.ottawalions.com – go to Varsity Programs > go to Raven Logo > go online registration (payment is to be made online via Trackie). Fees can also be paid by cash or cheque. Installments may be accepted for membership in agreement with the Head Coach using a credit card or post-dated cheques. All Academic Year Memberships must be fully paid by January 1st. Refunds will only be granted within 14 days of registration and will be assessed a \$50 administration fee.

The Carleton Ravens Track and Field Team is a member of the RSEQ. There will be specific regulations and polices that apply to RSEQ athletes in order to be eligible for the Championships between September and March.

Training from mid-April to October is generally conducted at the Terry Fox Athletics Facility. Training from November to April is generally conducted Indoors at the DOME @ Louis-Riel Facility. All facility fees are included in your membership 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 applied by facility management. Training at the Terry Fox Athletics Facility are generally very flexible in training times throughout the day (unless another event is taking place).



All Varsity 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.
- One-time Carleton uniform (singlet & shorts) – see below for further uniform requirements.
- Travel supplemented to designated team competitions (ground transportation, accommodations, entry fees).
- Team and competitive administration and coordination.
- Entry into all local home competitions during the academic season.
- Annual members also receive Athletics Canada registration, Ottawa Lions uniform, AO entry and support for outdoor club supported events.
- Varsity Academic Athletes can at any time after March maintain training from April to August via a Spring / Summer Casual Membership Fee or update their membership to Annual for April to August.

Conditions of Registration

- To receive all benefits, athletes must be a paid member in good standing.
- All “Home” Competitions are mandatory to attend. as a competitor or as a technical support. Any athlete absence must have pre-approval by the Head Coach.
- Athletes traveling by ground to designated meets are responsible for payment of the travel fee assessed to each meet before the trip departure. Payment of these fees are generally conducted via trackie on a travel page created by the club.
- When entered in a competition, each athlete is expected to compete and to wear the team uniform. If an athlete chooses to not wear their uniform, they will be responsible for refunding the Ottawa Lions for their entry fee.
- A scratched or “no-show” entry fee expense must be reimbursed by an athlete to the Club unless substantiated by a medical professional or academic conflict.
- Any travel cancellation by an athlete will result in the payment of the full trip cost or partial travel fees and accommodation fees regardless of attendance to the meet.
- Athletes must adhere to entry deadlines for meets and relevant technical / travel deadlines.
- Athletes must agree and adhere to the Team (Carleton) & Club (Ottawa Lions) policies and procedures. These policies and procedures are available at www.ottawalions.com.

Additional uOttawa Team Uniform Requirements

All team members will be required to get a “one-time team uniform package”. In addition to the team competitive uniform, a team uniform package must be purchased consisting of:

Team Back-Pack / Team T-Shirt(s) / Team Warm-Up Jacket and Pants = \$200

This fee is essentially an insurance tag as “competitive uniform” must be maintained or replaced at cost to the athlete if damaged or lost. The team package must be maintained over the course of time while representing uOttawa. New Singlet - \$65.00, Shorts - \$45.00, Jacket \$100.00, Pants - \$65.00, Back-pack - \$65.00, t-shirt - \$20.00

If the kit is updated with-in the timeline of representing Carleton there will not be an additional fee.



Cross Country

The Competitive Process:

Any athletes who intend to compete in the cross-country season must declare their team intention to participate in the season at the start of the Fall semester with the Head Coach (September 11th). Once an athlete has declared they must be familiar with the demands required to reach the championship level.

The first week of school will see all athletes meeting Thursday September 7th, Saturday September 9th, Sunday September 10th and Monday September 11th for a team orientation/icebreakers/practices. Monday September 11th, will see all declared athletes compliant with all team membership fees, team academic standards, Carleton and U-Sport compliance regulations. The final step will be to fulfill all

the U-Sport requirements and RSEQ attendance requirements during the regular season to be eligible for the Championships. The RSEQ Championships will serve as the selection qualifier for the U-Sport National Championships.

Selection Considerations

RSEQ Championship Team Selection:

1. In order to be eligible for RSEQ Championships an athlete must compete at a minimum of two RSEQ meets (meets hosted by an RSEQ school).
2. In order for a team to be eligible for the RSEQ Championships we must have a team compliment (5 athletes) finish at least one RSEQ meet (meet must be hosted by an RSEQ school)
3. There are no standards or team limitations in place for the RSEQ Championships.
4. For Team selection
 - a. Consistency, progression and health in race results and training throughout the season.

Usport Championship Selection:

1. Must have competed at the RSEQ Championships to be eligible.
2. A maximum of 7 athletes (per gender) may be selected to represent the Carleton University.
3. Team Qualification – Finish no higher than 3rd place in the Team Scoring.
A team member is defined as a scoring member – team top 5 place. 6th and 7th runners on the team can displace other teams and are vital to the team score.
4. Individual Qualification – A finish of top 20 or better in the individual athlete rankings (of Usport eligible athletes) may be considered.

Track & Field

The Competitive Process:

1. The athlete must meet the conference regulations for selection as well as any specific team standards or criteria.
2. The more an athlete competes, the more the athlete increases their opportunity for a performance(s) that could see them selected to the conference championship team. Athletes who by personal choice, injury or academic conflict compete in limited opportunities in this period will be effectively reducing their potential for team selection. If there are valid conflicts and an athlete sits in a OUA top 10 and Usport Championship qualifying position, it will be considered, if this is discussed with the Head Coach.
3. The higher performance and results achieved, along with the proximity to the Championships the better. Achieving Conference/National standards posted in mid-fall) allows you to enter the selection pool for consideration to the uOttawa conference team.
4. For relay teams, we will value passing skills on the 200m track. Aggressiveness and consistency in relay splits on these tracks to have more value than other tracks. We will consider the flat 200m track results at 200m, 400m and 800m for consideration to relay

selection. Conversion factors applied against times on the OS/B tracks will be factored into decisions.

RSEQ Championship Team Selection:

1. In order to be eligible for RSEQ Championships an athlete must compete at a minimum of two RSEQ meets (meets hosted by an RSEQ school).
2. There is no team roster cap for the RSEQ Championships, however, the Head Coach will consult with personal coaches on plans towards the meet and when the athlete results are not clearly or decisively apparent. This discussion can and will likely develop throughout the season.
3. Performances throughout the season will be considered. Results, progress, head to head outcomes, overall finish placing, defeating tough opponents, a continued performance, overall ranking will be a factor. Relays: Was the athlete a significant member of a relay team, athlete splits in previous team results, did their effort move the team up in the races.
4. Field events and straightaway events will be considered equal in all venues (no conversion)
5. We will consider an athlete's impact to the both the school records and the Carleton All-Time Rankings.
6. An athlete who is injured will not be named to the conference team. This is also up to the athlete being honest and aware that this could impact a teammates opportunity to compete and put the best possible team forward.
7. **On Sunday, February 19th, the Conference Championship Team for Carleton University will be finalized.**
8. It is a privilege, NOT a right to be considered for this team.



Usport Championship Selection:

1. The athlete must qualify for selection under the Usport Championship Rules and Regulations.
2. A final "team assessment" for a competitive nomination to the national's relay team (if needed) will come with a competitive test / challenge hosted on the Saturday prior to the start of the Usport National Championships.
3. An injured athlete will not be nominated to the National Championship. Athletes who were not named to the conference championships will be ineligible for Usport selection. The Head Coach will make the final team / athlete selection to the Championship. The Head Coach will consult with an athlete's personal coach when the athlete results are not clearly or decisively apparent.
9. Athletes selected to 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 programs or camps.

2023-2024 TENTATIVE SCHEDULE

2023-2024 Season		
Cross Country		
McGill XC Open	September 16 th , 2023	Montreal, QC
Hoffman Invitational	September 23 rd , 2023	Canton, NY
Capital XC Challenge	September 30 th , 2023	Ottawa, ON
Sherbrooke Invitational	October 14 th , 2023	Sherbrooke, QC
RSEQ Championships	October 28 th , 2023	Rawdon, QC
Usport Championships	November 12 th , 2023	London, ON
Track & Field		
Holiday Relays	December 2 nd , 2023	Canton, NY
Vert et Or Invite	January 13 th , 2024	Sherbrooke, QC
Ottawa Winter Invite	January 19 th -20 th , 2024	Ottawa, ON
McGill Team Challenge	January 26 th -27 th , 2024	Montreal, QC
TBD	February 2 nd , 2024	TBD
TBD	February 3 rd , 2024	TBD
TBD	February 9 th , 2024	TBD
TBD	February 10 th , 2024	TBD
Ravens Last Chance	February 16 th -17 th , 2024	Ottawa, ON
RSEQ Championships	February 23 rd – 24 th , 2024	TBD
Usport Championships	March 7 th -9 th , 2024	Winnipeg, MB

** Tentative