

2017 Capital XC Challenge

October 13-14

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. 13 – Afternoon - High School XC Challenge - 2 Race Divisions

Saturday, Oct. 14 – Morning - Eastern Ontario Elementary Schools Championships

Saturday, Oct. 14 – Afternoon - Open / College / University XC Challenge



CAPITAL X-COUNTRY CHALLENGE – OPEN / COLLEGE / UNIVERSITY RACES

SATURDAY, OCTOBER 14TH

The “Jim Howe Memorial Cross Country Races” Sponsored by Carleton University

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 WOMEN – 6 KM / 3:00 PM START MEN – 6 KM

ENTRY FEES: \$15.00 PER ENTRY up to \$100 PER MEN'S Team / \$100 PER WOMEN'S Team MAXIMUM

Same day registration: \$20.00. 8:00 - 9:00 am in the sports complex.

Entry Deadline: **Thursday, October 12, 2017 / 8:00pm**

CHEQUE: 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 HURDLE HAY BALE SET-UPS TO CHALLENGE / EXCITING FINISH WITH THE FINAL 300M IN THE TERRY FOX STADIUM ON THE TRACK

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

TOP 5 MEN AND TOP 5 WOMEN (NO DISPLACERS)

TEAM CATEGORIES: UNIVERSITY & COLLEGE / OPEN & CLUB