



It is my hope that you will consider McGill as the number one choice for your university experience. McGill University and the City of Montreal provide an exceptional environment for you to pursue your academic and athletic endeavors.

McGill is a world renowned University, ranked 19th in the world and 1st in Canada, in a world wide ranking by the London Times and MacLean's Magazine for the school year 2008-2009. A degree from McGill University is of great value for both career purposes as well as a pre-requisite for post-graduate studies.

The McGill XC/Track program has been in existence since 1899, and we have a very rich tradition in both with numerous championships and individual winners in Canadian University Sports. Our women's team is known as the Martlets and the men's team as the Redmen. We compete in the Quebec Student Sports Federation Conference, (RSEQ) and have won numerous titles in cross country and track.

Student-athletes at McGill University benefit from some of the best sports facilities in Canada. Mont-Royal Park which is where our Sports Complex is located, serves as a scenic training ground for the cross-country team and of course our distance runners. The track and field team utilizes Tomlinson Fieldhouse, the venue of the 1999, 2000, 2007, and 2008 Canadian Interuniversity Sport (CIS) Track and Field Championships. Our outdoor track situated in Molson Stadium is a 4-lane oval training track. McGill also has a state-of-the-art 10,000 sq. ft. Fitness Centre and a 2000 sq. ft. varsity weightroom, a training facility designated specifically for the use of varsity athletes.

McGill is situated in the heart of downtown Montreal, and combines the traditional aspects of campus life with the various conveniences of an urban centre. Montreal, with a population of over three million, is the largest French-speaking city in the world after Paris, as such, it possesses a unique cultural diversity and a very liberal-minded approach to life, perfectly suited for the university student-athlete.

I hope this letter has sparked a desire for you to take a very in-depth look into what McGill has to offer from an academic, athletic and cultural experience. If you have any questions concerning McGill University or our track and field / cross-country programs, please email me at dennis.barrett@mcgill.ca or phone (514) 398-7000 ext. 01646 or visit us at www.mcgilltrack.com. More information is also available at our official Athletics website <http://www.mcgill.ca/athletics/>. I look forward to hearing from you. I have included some relevant information regarding the application process and other frequently asked questions. I would strongly advise when applying to McGill that you include my name on your application as it facilitates me getting information from the Admissions and or Scholarship Office concerning the status of your application.

1. How do I apply to McGill University?

McGill's online application form is available on the Web at www.mcgill.ca/applying. Admission is competitive and depends on the space available: applicants possessing the minimum requirements are not guaranteed acceptance. (In any given year, if the bank of applicants average scores consistently higher than the minimum required by McGill, the entrance standard will increase to reflect that fact.)

A notice acknowledging receipt of your application to McGill University will be sent to the email address indicated on your application.

This acknowledgement notice will contain a McGill identification number and a PIN which you can subsequently use to log on to MINERVA, McGill's self-service Web-based administrative system, at www.mcgill.ca/minerva/applicants.

Once you are in contact with the McGill Varsity XC/Track Office, it would be advisable to send your McGill identification number to my attention – dennis.barrett@mcgill.ca with a cc: to the Administrative Coordinator in the Intercollegiate Office, caroline.james@mcgill.ca. We will put an athletic flag on your application, and monitor your application progress on a weekly basis. However, we highly recommend that you check the status of your application frequently, as the University may post requests for supporting documentation from time to time and your application will not move forward until they are received.

The McGill View Book is also an excellent source of information and can answer most of your questions about the application process. Send Caroline James a request by email, stating your name and address we will be happy to furnish you with this publication.

2. Am I eligible for any financial or athletic scholarships?

McGill has an extensive program of entrance awards to recognize and honour academic excellence. From 2007 all applicants will automatically be considered for basic scholarships (\$3,000 - \$5,000). In order to receive a major scholarship based on academic grades (\$5,000 - \$10,000) students must make an official application, respecting the deadlines and other criteria. Scholarships are generally renewable annually based on academic success. To answer all your scholarship questions visit the Web at www.mcgill.ca/scholarships.

In addition McGill University offers a need-based entrance Financial Aid program to students from modest income families. In-course Financial Aid is also available for students experiencing financial difficulty. Undergraduate students may apply for Financial Aid on MINERVA at www.mcgill.ca/minerva-students or find detailed information about all financial programs at www.mcgill.ca/studentaid.

Our track and field/cross country program also has a very limited number of financial scholarships and awards available to student-athletes. The Dr. C. A. Thompson Award and other awards were first offered in fall 2005. The awards have a maximum value of \$3,000 and a minimum unit value of \$1,000 renewable for a four-year period as long as the student-athlete maintains a GPA of 2.7 or better. These awards are based upon performance criteria, and at the discretion of the Head Coach.

3. What do I have to do to be eligible to compete in XC and or Track & Field?

In order to compete in varsity XC/Track you must be admitted into an academic program that will lead to a degree. Students who are registered for 12 or more credits in an undergraduate program are considered full-time students. However, for the purposes of participation in varsity sport, you may register for 9 credits in each semester in which you will compete, and be considered eligible. If you opt to take 9 credits in any given semester, you will forfeit some of the benefits of being deemed full-time. For example a

student who has been awarded a financial scholarship or award must carry 12 credits in order to continue being eligible to receive the award.

Students who opt to carry a diminished course load (9 credits) should contact the Dean of Students Office in order to discuss what other student services may be affected by this decision.

In order to continue in good standing to compete, all student-athletes must successfully complete a minimum of 18 credits throughout the academic year (including the summer session).

Student records are checked weekly and transcripts are reviewed twice a year. Any student who does not fulfill the requirements listed above will forfeit their right to play varsity sports. If you have questions related to your eligibility you can forward them to Caroline James at caroline.james@mcgill.ca.

4. What happens if I find it hard to balance academics and practices?

McGill University has an excellent Tutorial Service located in the Brown Student Services Building. Varsity athletes who have academic difficulty or who simply want to maintain or improve their G.P.A. are entitled to 12 hours of tutoring paid for by the McGill Martlet Foundation. To access this service please stop by the Intercollegiate Office, to complete a short tutorial request form and within 24 hours a list of suitable tutors will be sent to your email address.

5. How many times does the XC/Track and Field Teams workout?

Cross Country begins in late August and all runners are required to compete in the track season as well. Track and Field workouts begin in early September and the season goes until mid March. Practices take place between 5 and 6 days per week. There are approximately 6 cross country meets and 9-10 track and field meets throughout the season.

Dennis Barrett
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