**NCAA BOARD CROSS COUNTRY MEET**

**Date:** Tuesday, October 22, 2019

**Time:** 9:30am -1:30pm

**Coaching and Athlete Meeting:** 9:45am

**Place:** Fireman’s Park – Niagara Falls

1. **ENTRIES:**

**Each area is able to enter 5 girls and 5 boys per age group.**

1. **INDIVIDUAL PLACINGS:**

1st-3rd medals and 4th -10th ribbons will be awarded immediately after each race.

1. **COURSE:**

a) The course is mainly flat with cinder trail.

**Approximate distances:**

* Grade 4 2.0 km
* Grade 5 2.5 km
* Grade 6 2.5 km
* Grade 7 3.0 km
* Grade 8 3.5 km

1. **FINISH LINE**:

All Runners will receive a “place marker” at the finish line.

ONLY the top 10 runners will be asked to bring place markers to the score table.

1. **SCHOOL DUTIES :**

**We will need one coach from each school at the finish line to help guide runners through the finish chute. We will also need one coach from each school to help line up runners at the start line. When lining up your runners at the start, please seed your runners so that the fastest 3 runners are at the front of the group. Let your group know ahead of time so that they are aware of how this will work before the race. We will need student volunteers (Grade 7/8 non-runners) to be marshals.**

**See Marshal Map when posted.**

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| **APPROXIMATE RACE TIMES** | **GRADE** |
| 10:05 | Grade 4 |
| 10:35 | Grade 5 |
| 11:10 | Grade 6 |
| 11:45 | Grade 7 |
| 12:25 | Grade 8 |
| 1:30pm | Clean up your areas/leave |

1. The top 10 runners results will be posted on [www.ncaa.ca](http://www.ncaa.ca/) .

1. **SAFETY:**

Coaches are asked to keep athletes who are not running out of start area and the finish line area. Please keep your team together.

1. **LUNCH:**

Athletes are to eat and drink according to their race time. There will be food at the Pavilion however, pack a lunch just in case. Please no peanut products at the meet.

**Please ask all athletes to clean up after themselves and put garbage in the containers provided.**

If you have any other questions please do not hesitate to contact Christopher.mclean@ncdsb.com