NCAA ZONE 2 CROSS COUNTRY CHAMPIONSHIPS 2019

Information Package for Coaches Event Date: Wednesday, October 16, 2019

Event Location: Firemen’s Park, Niagara Falls

Meet Convenor: Christopher.mclean@ncdsb.com

**ELIGIBLE ATHLETES**: For Cross Country Running, the eligibility sheets and track database entries must be received by the Convenor no later than October 10th, 2019 by 3:00pm.

All athletes must be accompanied by a school official.

Each school must provide one adult to work at the meet. Duties will be sent to each school /coach by email.

**Registration package** pick-up will be at the pavilion. It will consist of a team roster and a bib number for each athlete. A coaches meeting will begin at 9:45 a.m.

**Start Area**: Each race will start at the open field by Mountain Rd. There will be a single start line. We will be using an open start (no boxes) with each team allowed 2 runners “on the line” with the rest of their team positioned behind them. Depending on the number of competitors in the event, we may adjust the number of team members allowed “on the line.”

No portable hearing devices (excluding hearing aids) will be permitted during the race

**Finish Area**: Each race will finish at the pavilion at the north end of the park. A timing finish device, and operator will record the time of the athletes as they finish through the chute. A recorder team will identify and record the competitors’ numbers and remove their bibs and place them on a master finish line board. Another person will record their number as they cross the finish line as a mode of verification.

**Team Area**: Room will be available for team tents near the pavilion or throughout the park. Please stay clear of the course route.

**IMPORTANT Weather Note**: Teams should be prepared for possibly spending the day outside in rain and/or cold conditions.

**Meet Suspension Due to Severe Weather**: The meet will run rain or shine, however, if lightning is detected, the next scheduled event will be delayed by 30 minutes.

**Course**: Each course will include segments of grass fields and cleared forest trails with some slight rolling hills. Some portions may include gravel. Regular running shoes, racing flats and/or cross country spikes would be appropriate to wear.

Meet Schedule:

9:45 a.m. Coaches Meeting (at the Pavilion)

10:00 a.m. Event meeting for coaches and Athletes (Prayer and O Canada)

10:15 a.m. Para-Boys 3000m race and Para-Girls 3000m race

10:45 a.m. Novice Girls 4100 metre race

11:15 a.m. Novice Boys 4100 metre race

11:45 p.m. Junior Girls 5100 metre race

12:15 p.m. Junior Boys 5100 metre race

12:45 p.m. Senior Girls 6050 metre race 1:15 p.m. Senior Boys 6050 metre race

**Timing and Bib Numbers**: Your race package will include a competition bib for each athlete to be worn on the front of their competitive shirt during the race. Please ensure that athletes do not lose these numbers. Athletes are advised to write their competition numbers on their arms with a marker to avoid delays and confusion if they lose their bibs. These numbers must be visible at the finish line. The finish system will recognize them when the athlete crosses the finish line and they will get a finishing result.

**Team and Individual Zone Entries to SOSSA:**

Athletes will be registered at the online entries website, trackdatabase.com.

NCAA (Zone 2) Champions to SOSSA:

1. Top 3 teams per age group and top 10 individuals not on qualifying teams will advance to SOSSA
2. The 5th and 6th runners on the top 3 qualifying teams will advance to SOSSA
3. All runners must compete at the NCAA (Zone 2) Championship to compete at SOSSA
4. No more than six runners will be advanced from each school age classification.
5. The overall (boys and girls combined) champions from the NCAA (Zone 2) Championship is allowed to send all six (6) teams to SOSSA
6. The overall boys team champions and girls team champions are allowed to send all three (3) boys or three (3) girls teams to SOSSA

The top four (4) finishers for each school will be used to determine team placing.

The finishing positions of the top four (4) for each school will be added to determine a team score. Ties: In the event of a tie, it will be resolved in favour of the team whose fourth (4th) runner finishes nearest to first place.

**Girls and Boys will compete separately in three age classes as follows:**

**Senior:** the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by

January 1st prior to the start of the school year in which the competition is held;

**Junior:** the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by

January 1st prior to the start of the school year in which the competition is held;

**Novice:** the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in Grade 9.

A **Para-Athlete** event will be contested, to be run as an open age division 3000m event and scored separately

**Results:**

Results will be posted at the “Results” area at the pavilion.

Results will also be posted online at www.ncaa.ca

**Awards**

The top 3 female and male finishers in each individual race will receive a medal.

The top overall team will receive a NCAA Championship Trophy

**Concessions/Food:**

A variety of delicious hot and cold foods and beverages may be purchased at the New Concession area provided by the Stamford Volunteer Firemen’s Association.

**First-Aid**

Provision shall be made by the NCAA Convenor to have qualified first-aid personnel at the competition site.

Coaches shall provide all consumable medical supplies (e.g. tape, band aids) for their athletes.

**Washrooms:**

Public washrooms are located by the main parking lot. There will also be portable washrooms nearby.

**Course Maps:** Are available at [www.ncaa.ca](http://www.ncaa.ca)