

## NCAA BOYS' AND GIRLS' CROSS COUNTRY RUNNING 2018

### 1. SEASON OF PLAY

NCAA, Zone and SOSSA Cross Country take place in October and OFSAA takes place the first Saturday of November.

### 2. LEVELS OF COMPETITION

Midget Boys	Junior Boys	Senior Boys
Midget Girls	Junior Girls	Senior Girls

### 3. ELIGIBILITY

Any athlete participating in the OFSAA Cross Country Championship must have participated as a member of a bona fide high school program during the current school season (Sept. - Nov.) in a minimum of Cross Country Practices (sixteen (16), at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the school principal.

This rule does not preclude the school and/or school coach from instituting more stringent guidelines.

An UNLIMITED number of athletes may race in each category.

Midget: the individual's birth certificate indicates that he/she has not reached his/her 14<sup>th</sup> birthday by January 1<sup>st</sup>. prior to the start of the school year in which the competition is held AND IS GRADE 9 ONLY.

Junior: the individual's birth certificate indicates that he/she has not reached his/her 15<sup>th</sup> birthday by January 1<sup>st</sup>. prior to the start of the school year in which the competition is held.

Senior: the individual's birth certificate indicates that he/she has not reached his/her 19<sup>th</sup> birthday by January 1<sup>st</sup>. prior to the start of the school year in which the competition is held.

### 4. ELIGIBILITY SHEETS

For Cross Country Running, the eligibility sheets must be received by the Convenor no later than 5 full school days **prior** to the date of the Zone Meet.

### 5. NCAA- OFSAA-START TIME

The meet shall start at a time sufficient to allow all schools the opportunity to travel to the site.

### 6. RACE DISTANCES

A 400m tolerance is permitted. Para is 3000m

Midget Girls	-	4000m	Midget Boys	-	4000m
Junior Girls	-	5000m	Junior Boys	-	5000m

Senior Girls - 6000m Senior Boys - 6000m

## 7. NCAA and ZONE MEET AND CHAMPIONSHIP FORMAT

**NCAA-** top three runners in each category will get medals- 4-10 ribbons

### **Zone**

The combined overall cross country team champion shall be the school with competitors in both the girls and boys categories and with the most points.

The overall boys and overall girls' champions shall be the school with the most points in the boys section and the girls section respectively.

The points shall be awarded as follows : 1<sup>st</sup> place team gets 10 points, 2<sup>nd</sup> place team gets 8 points, 3<sup>rd</sup> place team gets 6 points, 4<sup>th</sup> place team gets 4 points, 5<sup>th</sup> place team gets 2 points and 6<sup>th</sup> place team gets 1 point.

## 8. TEAM AND INDIVIDUAL QUALIFYING MEET ENTRIES AND ADVANCEMENT TO ZONE AND SOSSA

Each competing school must provide one (1) adult to work at the meet (course marshall, finish line, scorer, etc.). This is regardless of the number of athletes the school brings.

Team entries at the qualifying meet: Each school may enter an UNLIMITED number of boys and girls in each category.

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 together to determine a team score.

Ties: In the event of a tie, it will be resolved in favor of the team whose fourth (4<sup>th</sup>) runner finishes nearest to first place.

Both NRHSAA and NCAA will hold a separate qualifying meet for entry to Zone competition.

Zone III and Zone IV meet will be held together, on the same day and at the same site.

**ALL RUNNERS WHO COMPETE AT THE NCAA QUALIFIER AND THE NRHSAA QUALIFIER WILL AUTOMATICALLY QUALIFY FOR THE ZONE CHAMPIONSHIP MEET.**

TEAMS advancing to SOSSA:

The top three (3) teams will advance to SOSSA.  
Also, the 5<sup>th</sup> and 6<sup>th</sup> place runner on those top 3 teams will advance to SOSSA.

The over-all (boys and girls combined) champion from Zone is allowed to send all six (6) teams to SOSSA.

The over-all boys' and girls' team champions are allowed to send all three (3) boys' or three (3) girls' teams to SOSSA.

Note: Each athlete may only participate in one age category. If a younger athlete runs in a higher age category they must stay in that age category for the rest of the Meet and in any other

ZONE/SOSSA/OFSAA Cross Country Running Meet they may run in or qualify for that season.

INDIVIDUAL RUNNERS advancing to SOSSA: The first ten (10) individual runners NOT on team advances to SOSSA.

**9. UNIFORMS**

Each athlete must compete in a proper cross country outfit. Runners should compete in identical tops (preferred, school singlets, plain white tops, or plain school color tops).

If there is a question regarding this policy, the convenor will have final say on what is appropriate or not.

**10. SOSSA BOYS' AND GIRLS' CROSS COUNTRY RUNNING**

The SOSSA Cross Country Championship shall be held at least seven (7) days before the OFSAA Championship (first Saturday in November). Check [sossa.on.ca](http://sossa.on.ca) for information.

**The NCAA constitution will govern all NCAA sports.**