

# SOSSA CROSS COUNTRY CHAMPIONSHIPS 2018

Thursday, October 25, 2018

Firemen's Park, Niagara Falls, Ontario

## Information Package for High School Coaches

Please take some time to peruse the following documents

SOSSA XC Playing Regulations

<http://www.sossa.on.ca/pdf/regulations/Cross%20Country.pdf>

and

OFSAA Regulations

[http://www.dsb.edu.on.ca/uploadedFiles/DSBN\\_Main\\_Website/Athletics/Secondary/OFSAA%20XC%20playing%20regs.pdf](http://www.dsb.edu.on.ca/uploadedFiles/DSBN_Main_Website/Athletics/Secondary/OFSAA%20XC%20playing%20regs.pdf)

Coaches are reminded of the following points:

- Association(SOSSA) convenors are responsible for all athlete entries and entry fees to OFSAA
- Association(SOSSA) convenors are also responsible for all forms to be submitted so coaches must hand in all forms at their association meets.
- SEE last page of this package to access the OFSAA forms

SOSSA CROSS COUNTRY CHAMPIONSHIPS 2018 Information  
Package for Coaches

Event Date: Thursday, October 25, 2018 Event Location: Firemen's  
Park, N.F.

Meet Convenor/All Inquiries: Michelle Wilson [michelle.wilson@ncdsb.com](mailto:michelle.wilson@ncdsb.com)

Cell: (289) 213-4369 Phone: (905) 945-6706 ext 2787 Blessed Trinity

ELIGIBLE ATHLETES: This competition is open to athletes from SOSSA Inc. high schools. All athletes must represent and be registered by their school. Athlete eligibility is the sole responsibility of the principal and coach of each school. Eligibility sheets and Registration entries have been processed.

All athletes must be accompanied by a school official.

**EACH COMPETING SCHOOL MUST PROVIDE ONE (1) ADULT TO WORK AT THE MEET (Marshal, Finish line, Scorer, etc.). REGARDLESS OF THE NUMBER OF ATHLETES THE SCHOOL BRINGS. Duties will be sent to each school /coach by email.**

Registration Package Pick-Up: Located at the pavilion. It will consist of a team roster identifying a bib number and barcode label for each athlete, to be pinned onto the front of the runner's singlet. To avoid confusion the coach is requested to print the athlete's name and school on the bib. The runner's bib number should also be written on their arm with a waterproof marker.

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 (up or down) the number of team members allowed "on the line" The start sequence:—one command "On your Mark" then an electronic gun report/signal.

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

Finish Area: Each race will finish at the chute demarcated by the series of stakes and rope 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 barcode labels and place them on a master finish line board. Another person will record their number and place on a clipboard as they cross the finish line as a mode of verification.

Team Area: Room will be available for team tents to be erected near the pavilion. Please stay clear of the course route along the west side of the open field area leading up to the behind the pavilion

IMPORTANT WEATHER NOTE: Teams should be prepared for 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 sighted, 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 crosscountry spikes would be appropriate to wear.

### Meet Schedule:

10:30 a.m. Coaches Meeting (at the Pavilion)

10:45 a.m. Para Event, Boys and Girls 3000m race

11:15 a.m. Midget Girls 4100 metre race

11:50 p.m. Midget Boys 4100 metre race

12:25 p.m. Junior Girls 5100 metre race

1:15 p.m. Junior Boys 5100 metre race

2:00 p.m. Senior Girls 6050 metre race

2:45 p.m. Senior Boys 6050 metre race

Timing and Bib Numbers: Your race package will include a competition bib number and barcode label for each athlete to be worn on the front of their competitive singlet/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.

Playing Regulations and Team Scoring: For this competition, the SOSSA playing regulations will be used. They can be referenced at the NRHSAA Cross Country webpage.

### Team and Individual Zone Entries and Advancement to the S.O.S.S.A Competition:

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.

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.

**TEAMS advancing to SOSSA:** The top three (3) teams of six (6) runners will advance to S.O.S.S.A. Note: only five (5) runners per team are permitted to run at OFSAA.

The over-all, boys and girls combined, champion from each Zone is allowed to send all six (6) teams to S.O.S.S.A.

The over-all boys' or girls' team champions from each Zone are allowed to send all three (3) boys' or three (3) girls' teams to S.O.S.S.A.

**INDIVIDUAL RUNNERS advancing to SOSSA:** The first ten (10) individual runners NOT on a qualifying team advances to S.O.S.S.A.) If four (4) or five (5) of these individuals happen to be from the same school, they may not be considered a team for SOSSA INC

**TEAMS advancing to the OFSAA CHAMPIONSHIP:** The top three (3) teams (No Ties) will advance. A team shall be comprised of no more than six (6) runners in boys' events and six (6) runners in girls' events. Of the potential six (6) runners registered, only five (5) runners may actually compete on race day.

**INDIVIDUAL RUNNERS advancing to OFSAA CHAMPIONSHIP:** The top seven (7) individuals (who are not a member of the representative team)

Classification: Competition shall be conducted in the three (3) age classifications as per Article VII SOSSA INC Constitution. There shall be a girls' and boys' run in each classification. A Para-Athlete event will be contested, to be run concurrently with the 3000m event and scored separately.

Scoring:

- (i) The finishing positions of four (4) of the (5) runners shall count for the team score. These shall be added together to arrive at a team score. The team with the lowest score shall be the winning team. In the event of a tie, it shall be resolved in favour of the team whose fourth runner finishes nearest first place.
- (ii) The combined overall cross-country team champion shall be the school with competitors in both the boys and girls categories and with the most points. The overall boys and overall girls champion shall be the school with the most point in the boys section and the girls section respectively.
- (iii) The points shall be awarded as follows: 1st place team gets 10 points, 2nd place team gets 8 points and 3rd place team gets 6 points, 4th place team gets 4 points, 5th place team gets 2 points and 6th place team gets 1 point.

Results:

- Results will be posted at the "Results" area at the pavilion.
- Results will also be posted online later in the evening at the NRHSAA website and at [trackdatabase.com](http://trackdatabase.com)

Awards

Medallions shall be awarded to members of the winning team in each classification. The 1st place individuals in each classification shall also receive medallions

Ribbons for other positions are

- Top 6 finishers will receive ribbons. The Top 6 teams will receive ribbons.

Concessions/Food:

- A variety of delicious hot and cold foods and beverages may be purchased at the New Concession area provided by the volunteer Firemen's Assoc.

First-Aid

- First Aid will be on site during the competition. Medical Personnel will be located in the vicinity of the pavilion. Coaches shall provide all consumable medical supplies (ie. tape, bandages) for athletes

Appeals and Protest: See Article IX. of the SOSSA regulations

Washrooms:

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

Parking : A large parking lot is located at the park itself and a smaller lot across Mountain Rd. at the church (NF Christian Fellowship). Please refrain from parking in the bike lane along Mountain Road.

Course Maps: Refer to the map pages sent to coaches through email or obtained at the NCAA.ca webpage.

<https://www.google.ca/maps/place/Firemens+Park/@43.141715,-79.1160425,15z/data=!4m5!3m4!1s0x0:0xef6b6d1dc931336c!8m2!3d43.141715!4d-79.1160425>

Extra maps will be available at the pavilion.

OFSAA Forms

All coaches are required to submit all forms to their association convenor.

Association convenors are reminded that the couriered information need only include these forms for those athletes qualifying for OFSAA from their association.

- (i) Entries,
- (ii) Supervision Forms,
- (iii) Behaviour Forms
- (iv) Photo Release

Forms are available at the hyperlink below (scroll down the screen to locate)

<http://www.ofsaa.on.ca/cross-country-running/coaches/registration>

The hard copies of these forms MUST be priority couriered by each association convenor to the OFSAA convenor :

Nov. 3, 2018, Christie Lake Conservation Area, Dundas

Mike Smith / Steve Moran

Dundas Valley / Burlington Central

905-628-2203 / 905-634-7768

[msmith@hwdsb.on.ca](mailto:msmith@hwdsb.on.ca) / [morans@hdsb.ca](mailto:morans@hdsb.ca)