

## **NCAA BOARD ELEMENTARY CROSS COUNTRY MEET**

**Date: Tuesday, October 24, 2023 (rain date Oct. 25th)**

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

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

### **1. ENTRIES:**

Each area is able to enter 5 girls and 5 boys per grades 4 - 8.

### **2. INDIVIDUAL PLACINGS:**

Awards to 1st through 3rd place finishers

### **3. 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 3.0 km

### **4. FINISH LINE:**

Runners will receive a "place marker" at the finish line.

ONLY the top 3 runners will be asked to bring place markers to the score table.

### **5. SCHOOL DUTIES :**

We will need one coach from each school at the finish line to help guide runners through the finish chute and/or to help lineup 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 have Blessed Trinity student volunteers (Grade 12 Recreation & Leadership Class) to be marshals.

See Marshal Map when posted.

**APPROXIMATE RACE TIMES GRADE**

9:30am - Arrival. Coaches and Athletes gather at the starting line for a meeting.

9:45am - Group walk through course.

Grade 4 - 10:15am

Grade 5 - 11:00am

Grade 6 - 11:30am

Grade 7 - 12:00pm

Grade 8 - 12:30pm

1:30pm Clean up your areas/leave

**6. The top 3 runners' results for each grade will be posted on [www.ncaa.ca](http://www.ncaa.ca) .**

**7. SAFETY:**

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

**8. 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 [jennifer.benoit@ncdsb.com](mailto:jennifer.benoit@ncdsb.com)