

BOYS AND GIRLS CROSS COUNTRY RUNNING

Revised: Oct 2017

1.0 DATE

The date shall be set in the WOSSAA calendar, at least nine days prior to the OFSAA Meet.

2.0 LOCATION

The location shall be determined by the host Conference. The host conference will be determined according to the schedule of rotating WOSSAA convenorships. The schedule of rotating convenorships shall be as follows: TVRA TriCounty, TVRA Central, and Huron Perth.

3.0 CLASSIFICATIONS

Competition shall be conducted in three age classifications.

- 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;
- Midget:** 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.
- Ambulatory/Para:** shall run as a separate classification with all ages included in one race as per OFSAA regulations.

There shall be a girls' and boys' run in each classification except ambulatory.

4.0 EVENTS

4.1 The following events shall be held:

Midget Girls	- 4000 m +/- 400 m
Midget Boys	- 4000 m +/- 400 m
Junior Girls	- 5000 m +/- 400 m
Junior Boys	- 5000 m +/- 400 m
Senior Girls	- 6000 m (max)
Senior Boys	- 6000 m +/- 400 m
Ambulatory/Para Girls and Boys	- 3000 m +/- 400 m

4.2 A 400m tolerance is permitted in each race except where a maximum is indicated.

4.3 Race lengths are subject to change to correspond to OFSAA competitive distances.

5.0 ENTRY AND ENTRY FEES

- 5.1 Entries are to be made by the Conference Convenor and each school must pay entry fees as determined by the host WOSSAA convenor to cover the fixed costs of the meet.
- 5.2 It is the responsibility of Conference Convenor to communicate the WOSSAA representatives to the WOSSAA Convenor after the Conference Championship, no later than the next school day.
- 5.3 Teams or individuals who do not pay prior to the meet will be ineligible to compete.
- 5.4 Advancement to WOSSAA from the Conference Championship meets will be: The top 7 teams in each age class in TVRA Central plus any athlete that finishes in the top 20. The top 3 teams in each age class in TVRA TriCounty plus any athlete that finishes in the top 20. The top 3 teams in each age class in Huron-Perth plus any athlete that finishes in the top 20. There will be no overall team qualifications.

6.0 ELIGIBILITY

- 6.1** All Competitors must be eligible according to ByLaw 2 of the WOSSAA Constitution.
- 6.2** In order to be eligible to compete at WOSSAA, a runner must be listed on his/her entry list by age division for her/his Conference Championship Meet and MUST compete at WOSSAA in the same age division that he/she competed in (or was listed for) at the Conference Championship Meet.
- 6.3** A team may consist of unlimited runners, but only the first 4 count for team points.
- 6.4** All runners must have competed for their school at their Conference Championship Meet in order to be eligible for WOSSAA. If there are extenuating circumstances they must be reviewed by an appeal committee.
- 6.5** OFSAA eligibility rules require all athletes to represent a school in any activity must ...
- (i) be certified as eligible by the Principal of the school;
 - (ii) meet the age requirements as listed in Section 3.0 of these Playing Regulations.
 - (iii) be eligible under the OFSAA Transfer Policy (ByLaw 5, Section 4)
 - (iv) be eligible for no more than five consecutive years from date of entry into Grade 9 (ByLaw 5, Section 4)
 - (v) Any athlete participating in the WOSSAA 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 number of cross-country practices (16 - as set by OFSAA), 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.

7.0 RULES AND OFFICIALS

- 7.1** The rules of competition shall be those contained in the WOSSAA Constitution; OFSAA Regulations; and any meet rules circulated by the WOSSAA convenor.
- 7.2** A competitor will be disqualified without warning if:
- ✓ He/she is assisted by anyone before crossing the finish line.
 - ✓ He/she does not follow the correct course.
 - ✓ He/she deliberately interferes with another runner.
 - ✓ He/she has a Personal Electronic Device during a race.
- 7.3** A jury of appeal shall be appointed prior to the meet (either the day of the meet or earlier) consisting of 3 people from different Conferences with the WOSSAA convenor or his/her designate as a non-voting chairperson (4th member). This jury shall rule on any formal complaint at the meet (e.g. failure to complete the course).
- 7.4** A protest regarding eligibility, or course conditions must be submitted in writing before the competition begins. Protests concerning a race must be in writing within one hour of completion of the race.
- 7.5** Officials are the responsibility of the WOSSAA convenor and the Conference involved. The following is a suggested list of MINIMUM requirements.
- a) official's assistant(s)
 - b) announcer
 - c) starter and marshals
 - d) jury of appeal
 - e) recorders (2) plus student help
 - f) finish line judges (2) plus student help
 - g) finish line recorders - depending on method used
 - h) course marshals at all key points on the course

8.0 SCORING

- 8.1** Team scoring shall be based on the order of finish of each individual in the race.
- 8.2** The team total shall be the cumulative total of the first four members in the race.

8.3 In the event of a tie, it shall be resolved in favour of the team whose fourth (4th) runner finishes nearer first place.

8.4 Overall boys and girls team scoring shall be based on the order of finish of the teams. If a tie occurs, the team with the fewest total points will be declared the winner.

9.0 DRESS

9.1 Tops for all team members must be identical (i.e. same colour and design).

9.2 Any legal track shoes, cross country shoes, or running shoes. The WOSSAA convenor may recommend footwear according to the nature of the course.

10.0 AWARDS

10.1 WOSSAA team plaques to the winning team in each division.

10.2 Medals to a maximum of 7, to the 1st, 2nd, and 3rd place team in each race. Ribbons to a maximum of 7, from 4th to 6th place teams in each race.

10.3 Medals to the 1st, 2nd, and 3rd place individuals in each division. Ribbons from 4th to 10th.

11.0 OFSAA ENTRY

According to current OFSAA Playing Regulations.