

2015 WOSSAA Cross Country Running Championship

October 29, 2015

Springwater Conservation Area – Orwell ON

Hosted by: TVRA – Tri County

Host School: Central Elgin CI

WOSSAA Convenor: Craig Jackson

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WOSSAA Entries/Results/OFSAA entries

Cathy Lynch (Oakridge SS)

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Registration: Coaches packages, registration and entry fee payment at pavilion. Race results will also posted in this area.

Athlete Registration/Bib Numbers: All athletes MUST be registered in the data base compiled by Cathy Lynch. The bib number worn at WOSSAA must be the same as that worn in the championship meet (the number assigned to the athlete in the data base). Bib numbers must be worn on the front of the athlete's jersey and must be clearly visible at all times. Any lost or changed bib numbers MUST be reported to Cathy Lynch prior to the Coaches meeting.

WOSSAA Forms: Convenors for each conference are asked to submit WOSSAA Eligibility Forms at the Registration Desk, prior to the first race.

WOSSAA Fees: \$10 per individual, \$40 per team to a maximum of \$200 per school.

Payable to **Central Elgin Collegiate Institute**

I know that several schools are having 'problems' with cheques due to CUPE Work to Rule Conditions – hopefully this will be 'sorted out' prior to the WOSSAA meet.

Facilities: Athletes are encouraged to come dressed and prepared to run. There are 2 sets of washrooms on site. Large grassy areas are available for tents. There is a large parking area for buses and cars. Food will be available at the food booth. Medical personnel will be available in the registration area. Athletes are encouraged to bring their own water and MUST be prepared for the weather.

Each team will be provided with a garbage bag ... please help us keep the park CLEAN!

Positive Identity will provide spirit wear for this event – \$15, 20, 35 and \$40 plus \$5 for name on the shirt or hoodie. **This will be CASH SALES ONLY!** See attachment for details!

Courses: The courses are comprised of grassy and gravel trails, there is one bridge and several races will cross the dam. Athletes are encouraged to wear spikes. It is the athlete's responsibility to walk, and know, their course prior to their race. Course maps are available on line at

<http://www.tvdsb.ca/webpages/lynchc/index.cfm?subpage=88761>

(Cathy Lynch's teacher website) No maps will be available on site - Coaches MUST provide course maps for their athletes.

Schedule of Events and Starting Boxes

Time	Event	Box 1	Box 2	Box 3	Awards @
	10:00 Course Open				
	10:45 Coaches meeting - Registration Area				
11:15	Amb/Para – marshalled at the start line				
11:30	Midget Girls	TVRA TC	TVRA Cent	HP	12:15
12:00	Junior Girls	HP	TVRA TC	TVRA Cent	12:45
12:30	Senior Girls	TVRA Cent	HP	TVRA TC	1:15
1:00	Midget Boys	TVRA TC	TVRA Cent	HP	1:45
1:30	Junior Boys	HP	TVRA TC	TVRA Cent	2:25
2:20	Senior Boys	TVRA Cent	HP	TVRA TC	3:15

Awards – presented in the Registration Area by Dave Mills.

Rules/Regulations/Forms

Teams and Eligibility:

1. A team consists of a minimum of four (4) runners per age group.
2. Uniform tops for all team members, in each division, must be identical and school approved.
3. All competitors must meet WOSSAA and OFSAA eligibility requirements as indicated by the signatures of the school principal and athletic director on eligibility sheets.
4. Age classes are designated by OFSAA. Please see www.ofsaa.on.ca for clarification.
5. All competitors must run in the same age category as they did for their conference events.
6. Runners may compete in one age group only.

Scoring:

Team scoring will be based on the order of finish for each individual in the race.

The team total shall be the cumulative total of the first four (4) team members in the race.

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

Overall boys and girls team scores 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.

Ambulatory and para athletes will run the 3 km race. The results for the ambulatory/para division are considered separately from all other results.

Awards:

WOSSAA Team Plaque for the winning team in each division

WOSSAA Team Plaques for Overall Boys and Overall Girls Champions

Ribbons (to a max of 7), to the 1st, 2nd, and 3rd place team in each division

Medals to the 1st, 2nd and 3rd place individuals in each division.

Ribbons to the 4th – 10th place individuals in each division.

Jury of Appeal: To be set with one coach from each conference, Craig Jackson as Chair. Protests must be made in writing, by the team's head coach, within 10 minutes of the completion of a race to Craig Jackson.

Disqualification of Competitor

A competitor can 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.

OFSAA Qualifiers:

The following qualifiers advance to OFSSA Cross Country Running Championships in Duntroon (Collingwood) on November 7, 2015.

The top 2 teams in each division, maximum 6 runners per team, only 5 runners compete at OFSAA.

The top 5 individuals in each division, NOT on an advancing team.

OFSAA Forms:

All OFSAA forms must be submitted to Craig Jackson, Dave Mills or Cathy Lynch before leaving the WOSSAA meet. Please download all forms from the OFSAA Cross Country Running website: <http://www.ofsaa.on.ca/cross-country-running>

- ✓ OFSAA Eligibility Form
- ✓ OFSAA Supervision Form
- ✓ OFSAA Practice Form
- ✓ OFSAA Behaviour and Rules Form
- ✓ OFSAA Photo Policy Form