

# 2016 WOSSAA Cross Country Running Championship

October 27, 2016 Hosted by TVRA Central

Springbank Park - London ON

Convenors: Cathy Lynch (Oakridge S.S.) Jacki Trudeau  
W: 519-452-2750 H: 519 657 9853  
C: 519-649-1735 C: 519 282 9854  
c.lynch@tvdsb.on.ca jackitrudeau@gmail.com

## Registration Area will be the Pavilion:

Please check in and make your entry fee payment

Hand in ALL COMPLETED OFSAA FORMS (see below) when you arrive.

Race results will be posted in this area.

Team Awards will be presented in this area at the end of the meet.

Convenors from each conference are asked to hand in WOSSAA eligibility forms prior to the coaches' meeting.

## WOSSAA Fees:

Each school is responsible to make payment for their athletes at this meet.

\$15 per individual, \$60 per team to a maximum of \$250 per school.

Please make cheques payable to Oakridge S.S.

## Courses:

Rolling grassy parkland. There are some roadway crossings.

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 at [www.tvdsb.ca/webpages/lynchc](http://www.tvdsb.ca/webpages/lynchc) (Cathy Lynch's website)

No maps will be available on site - Coaches MUST provide course maps for their athletes.

Starting boxes have been set based on finishing place at the local championship.

## Schedule of Events

Time	Event	Awards
10:00	Course Open	Presentation for Teams and Overall at 3:00 at the Gazebo
10:45	Coaches meeting	
11:15	Amb/Para	
11:30	Midget Girls	
12:00	Junior Girls	
12:30	Senior Girls	
1:00	Midget Boys	
1:30	Junior Boys	
2:20	Senior Boys	

## Starting Boxes

Box 8-13 : Individuals who placed 8 <sup>th</sup> -13 <sup>th</sup>
Box 6 : Teams or Individuals who placed 6 <sup>th</sup>
Box 4 : Teams or Individuals who placed 4 <sup>th</sup>
Box 2 : Teams or Individuals who placed 2 <sup>nd</sup>
Box 1 : Teams or Individuals who placed 1 <sup>st</sup>
Box 3 : Teams or Individuals who placed 3 <sup>rd</sup>
Box 5 : Teams or Individuals who placed 5 <sup>th</sup>
Box 7 : Teams or Individuals who placed 7 <sup>th</sup>
Box 14-20: Individuals who placed 14 <sup>th</sup> -20 <sup>th</sup>

Box 8-13 is closest to Commissioners Rd

## Athlete Registration/Bib Numbers:

OFSAA eligibility rules must be adhered to.

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 during the race and through the chute.

Any lost or changed bib numbers **MUST** be reported to Cathy Lynch prior to the Coaches meeting.

## Facilities:

Athletes are encouraged to come dressed to run and **PREPARED** for the weather.

There are washrooms on site mid park and towards the west end of the course Athletes are encouraged to bring their own water.

Parking is available at the west entrance and Storybook Gardens. There is limited parking mid park and along the roadway.

No food will be sold on-site. Bring your own food or look to the local plazas within a 10 min walk.

Please help us keep the park clean.

Medical personnel will be available in the registration area.

## Spirit Wear:

Positive Identity will provide spirit wear for this event

## New this year:

PREORDER Oct 17-Oct 23  
for pick up at WOSSAA.

[www.positiveidentity.com/wossaa](http://www.positiveidentity.com/wossaa)

On site sales will be available as well. Cash/Debit/Visa/MC

**2016 WOSSAA WESOME SOUVENIRS**

**\$40** (Dark blue hoodie with 'CROSS COUNTRY WOSSAA' logo)

**\$15** (Blue t-shirt with 'CROSS COUNTRY WOSSAA' logo)

**LOTS OF COLOURS**

**\$5** (Blue t-shirt with 'MY NICKNAME' text)

**\$40** (Dark blue hoodie with 'CROSS COUNTRY WOSSAA' logo)

**\$20** (Grey t-shirt with 'CROSS COUNTRY WOSSAA' logo)

**\$5** (Grey t-shirt with 'MY NICKNAME' text)

**LOTS OF COLOURS**

**CROSS COUNTRY 2016 WOSSAA**

**GOOD LUCK @ SPRINGBANK**

**NEW!** this year.. pre-order for pickup at the event.. as well as onsite sales (order online to ensure you get your preferred size and colour)

[www.positiveidentity.com/wossaa](http://www.positiveidentity.com/wossaa)

## Teams and Eligibility:

1. Advancement to WOSSAA from the Conference Championship meets will be:
  - The top 7 teams in TVRA Central plus any athlete that finishes in the top 20.
  - The top 3 teams in TVRA TriCounty plus any athlete that finishes in the top 20.
  - The top 3 teams in Huron-Perth plus any athlete that finishes in the top 20.
  - There will be no overall team qualifications.
2. A team consists of a minimum of four (4) runners per age group.
3. Uniform tops for all team members, in each division, must be identical and school approved.
4. All competitors must meet WOSSAA and OFSAA eligibility requirements as indicated by the signatures of the school principal and athletic director on eligibility sheets.
5. Age classes are designated by OFSAA. Please see [www.ofsaa.on.ca](http://www.ofsaa.on.ca) for clarification.
6. All competitors must run in the same age category as they did for their conference events.
7. 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 (4<sup>th</sup>) 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place team in each division

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

Ribbons to the 4<sup>th</sup> - 10<sup>th</sup> place individuals in each division.

## Jury of Appeal:

To be set with one coach from each conference, Jacki Trudeau as Chair.

Protests must be made in writing, by the team's head coach, within 10 minutes of the completion of a race to Jacki Trudeau.

## **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 Port Hope on November 5, 2016.

- The top 2 teams in each division, 5 runners per team
- The top 5 individuals in each division, NOT on an advancing team.

## **OFSAA Forms:**

All OFSAA forms must be Submitted to 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 REGISTRATION FEES Are PAID BY  
WOSSAA.**