

2017 WOSSAA Cross Country Running Championship

October 26, 2017 Hosted by Huron-Perth

St. Anne's CSS—Clinton, ON

Convenors: Baird Robinson Cathy Lynch (Oakridge S.S.)
W: 519-482-5454 W: 519-452-2750
C: 519-440-2724 C: 519-649-1735
brobinson@hpcdsb.ca c.lynch@tvdsb.on.ca

Registration Area is by Finish Line on St. Joseph's Soccer Field:

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.

\$12 per individual, \$50 per team to a maximum of \$225 per school.

Please make cheques payable to **St. Anne's C.S.S.**

Courses:

WOSSAA will be on the grounds of St. Anne's (100 acre farm with pond and trails).

Fairly flat (sports fields) to rolling terrain, a couple of steeper inclines--no big hills.

There are wood chips in some sections. 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 (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 4:15 at the Finish Line Area
11:45	Coaches' Meeting	
12:15	Amb/Para	
12:30	Midget Boys	
1:00	Midget Girls	
1:30	Junior Boys	
2:05	Junior Girls	
2:40	Senior Boys	
3:20	Senior Girls	

Starting Boxes

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

Boxes 14-20 are closest to St. Joseph's School

Athlete Registration/Bib Numbers:

OFSAA eligibility rules must be adhered to.

All athletes must be registered in the data base compiled by Cathy Lynch.

There will be NEW bib number assigned at WOSSAA that are to be picked up at registration.

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 portable washrooms available. Please do NOT use the schools! Athletes are encouraged to bring their own water.

Parking is available at Clinton Christian Reformed Church on Princess St

No food will be sold on-site. Bring your own food.

Please help us keep the site clean (clear plastic bags will be provided).

Medical personnel will be available in the finish/registration area.

Spirit Wear:

JB Screenprint will provide spirit wear for this event.

PREORDER from Oct. 11-Oct. 18 for pick up at WOSSAA.

PLEASE EMAIL ME THE STYLE, COLOUR, SIZES AND QUANTITY OF ITEMS.

brobinson@hpcdsb.ca I will have these sent to our supplier.

The order form is the last page of this package.

On site sales will be available as well. Cash or School Cheque (if pre-ordered) ONLY.

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 Tri-County 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 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 (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, Baird Robinson as Chair.

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

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 Petawawa on November 4, 2017.

- 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.**



front print

WOSSAA XC MMXVII

In Her Honor HS | St. Joseph's HS | Ingham HS
 St. Ignace HS | St. Joseph's HS | Port Huron HS
 Loyd Lombard HS | St. Joseph's HS | Wauville HS
 West Essex HS | Catholic HS | South HS
 Woodland HS | St. Paul HS | Holy Family HS
 North Baldwin HS | South Central HS | Walter Thomas HS
 Woodward HS | St. Mary's HS | Reginald College
 St. Michael's HS | St. Mary's HS | St. Joseph's HS
 Holy Cross HS | St. Joseph's HS | St. Joseph's HS
 Loyola School of the Sacred Heart | St. Francis Xavier HS | St. Mary's HS
 Marygrove-Hempden | St. Michael's HS | St. Thomas Aquinas HS
 St. Ignace HS | St. Joseph's HS | St. Joseph's HS
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back print



front print



S350 Performance short sleeve shirt Small to XL \$15 XXL \$17.00

CIRCLE COLOUR NAVY RED

ADULT S M L XL XX

LADIES S M L XL XXL



S350LS Performance long sleeve shirt Small to XL \$ 20.00 XXL \$22.00

CIRCLE COLOUR NAVY RED

ADULT S M L XL XXL



Style 6400 soft style cotton t-shirt Small to XL \$12.00 XXL \$15.00

CIRCLE COLOUR NAVY RED

ADULT S M L XL XXL

LADIES S M L XL XXL



Style 18500 50/50 blend hood Small to XL \$35.00 XXL \$37.00

CIRCLE COLOUR NAVY RED

ADULT S M L XL XXL

Total _____

NAME: _____

SCHOOL: