

2018 WOSSAA Cross Country Running Championship

Thursday October 25, 2018 - Hosted by TVRA-TriCounty

Springwater Conservation Area, Orwell ON

Convenors: Craig Jackson (CECI) Cathy Lynch (Oakridge S.S.)
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Registration in the Pavilion in Springwater Day Use Area

Please check in and make your entry fee payment

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

Race results and team awards will be posted in this area.

Convenors - please submit 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, \$75 per team to a maximum of \$350 per school.

Please make cheques payable to **Central Elgin Collegiate Institute**

Courses:

Flat to rolling terrain on grass and trails. 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 to be downloaded from bit.ly/lynchxc

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

Schedule of Events:

Time	Event	Awards
11:00	Course Open	Presentations will take place 20 minutes following each race at the Pavilion
12:00	Coaches' Meeting @ Pavilion	
12:30	Amb/Para (Start Box 2)	
1:00	Midget Boys	
1:30	Midget Girls	
2:00	Junior Boys	
2:30	Junior Girls	
3:00	Senior Boys	
3:40	Senior Girls	

Starting Boxes

Race	Box 1	Box 2	Box 3
MB	TVRA City	TVRA Tri-C	HP
MG	HP	TVRA City	TVRA Tri-C
JB	TVRA Tri-C	HP	TVRA City
JG	TVRA City	TVRA Tri-C	HP
SB	HP	TVRA City	TVRA Tri-C
SG	TVRA Tri-C	HP	TVRA City

Athlete Registration/Bib Numbers:

OFSAA Rules of Competition will be followed.

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

NEW bib numbers are assigned at WOSSAA -they are to be picked up upon 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.

Facilities:

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

There are 2 sets of washrooms on site.

There will be a food booth on-site. Athletes are encouraged to bring their own water.

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

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

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.

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 Christie Lake Conservation Area, Dundas on November 3, 2018.

- 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

Cathy has a single file to print with all forms on her coaches' bitly

OFSAA REGISTRATION FEES Are PAID BY WOSSAA.

Spirit Wear: JB Screenprint will provide spirit wear for this event. Online orders completed by each individual athlete, cash sales only on race day.