

COEDUCATIONAL CROSS COUNTRY RUNNING

Revised: **June 2026**

Effective: **Sept 2026**

1.0 DATE

The WOSSAA Cross Country Championship shall be held at least nine days prior to the OFSAA Championship.

2.0 LOCATION

The location of the Championship shall be determined by that year's WOSSAA Convenor. The Convenorship shall follow a rotation as indicated in the Rotating Calendar of Convenorships (see website).

3.0 CLASSIFICATIONS

3.1 Competition shall be conducted in three age classifications as outlined in the OFSAA Age Policy:

Senior The individual's birthday indicates that they have not reached their 19th birthday by January 1st prior to the start of the school year in which the competition is held.

Junior The individual's birthday indicates that they have not reached their 15th birthday by January 1st prior to the start of the school year in which the competition is held.

Novice The individual's birthday indicates that they have not reached their 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.

3.2 Para Shall run as a separate classification with all ages included in one race as per OFSAA regulations.

4.0 EVENTS

4.1 The following events shall be held:

Novice Girls	- 4000 m
Novice Boys	- 4000 m
Junior Girls	- 5000 m
Junior Boys	- 5000 m
Senior Girls	- 6000 m
Senior Boys	- 6000 m
Para	- 4000 m

The Para event will consist of three **categories**, as follows:

- a) Visually Impaired (VI, Boys and Girls)
Athletes with visual impairments that influences athletic performance.
- b) Ambulatory (Amb, Boys and Girls)
Athletes who compete standing up. This includes athletes with amputations and/or limb deficiencies, as well as athletes with cerebral palsy, acquired brain injuries and/or neurological disorders that influence athletic performance.
 - i. **Ambulatory A**
Athletes who compete standing with a lower limb deficiency and use a high-performance prosthetic running blade.
 - ii. **Ambulatory B**
All other athletes who compete standing with a physical impairment.
- c) Intellectual Impairment (II, Boys and Girls)
Athletes with cognitive impairments that influences athletic performance.

4.2 A 400 m 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 WOSSAA Convenor to cover the fixed costs of the Championship.
- 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 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 As per WOSSAA Regulation 3.
- 6.2 In order to be eligible to compete at WOSSAA, a runner must be listed on their entry list by age division for their Conference Championship Meet and MUST compete at the WOSSAA Championship in the same age division that they 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 and finished the race for their school at their Conference Championship in order to be eligible for the WOSSAA Championship.
- 6.5 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 Regulations; OFSAA Regulations as of September 1st of the current school year; and any meet rules circulated by the WOSSAA Convenor
- 7.2 A Jury of Appeal shall be appointed, consisting of 3 teacher coaches from different Conferences, with the WOSSAA Convenor (or their designate) as the non-voting Chairperson. Members of the Jury of Appeal must not have any conflict of interest relevant to the incident under protest.

The Jury of Appeal shall rule on:

- a) any extenuating circumstance written requests for missing their Conference Championship (see WOSSAA Cross-Country Playing Regulation 6.4)
- b) any protest regarding course conditions (must be submitted in writing before the competition begins)
- c) any protest concerning a race (must be in writing and submitted within one hour of the completion of the race)
- d) any protest of a disqualification race (must be in writing and submitted within one hour of being informed of the disqualification).

A competitor will be disqualified without warning if:

- i) They are assisted by anyone before crossing the finish line.
- ii) They do not follow the correct course.
- iii) They deliberately interfere with another runner.
- iv) No portable audio devices (excluding hearing devices) are permitted during competition.

7.3 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 UNIFORMS

- 9.1** Uniforms as per the OFSAA Cross-Country Playing Regulations.
- 9.2** Tops for all team members must be identical (ie. same colour and design).
- 9.3** Any legal track shoes, cross country shoes, or running shoes are allowed. The WOSSAA Convenor may recommend footwear according to the nature of the course.

10.0 AWARDS

- 10.1** WOSSAA team plaques to the winning Boys and Girls teams in Novice, Junior and Senior.
- 10.2** Medals to a maximum of 7, to the 1st, 2nd, and 3rd place team in each Novice, Junior and Senior 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 Novice, Junior and Senior race. Ribbons from 4th to 10th.
- 10.4** For the Para race, medals to the 1st, 2nd and 3rd place individuals in each division. Ribbons from 4th to 10th place individuals in each division.

11.0 OFSAA ENTRY

- 11.1** According to current OFSAA Playing Regulations.
- 11.2** The school of any individuals attending OFSAA will be responsible for paying their OFSAA fees.