

2022 WOSSAA Cross Country Running Championship

October 27, 2022

Hosted by TVRA Central Springbank Park – London ON

Convenor: Adam Jarrett
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Registration Area will be the Pavilion:

Please check in and make your entry fee payment

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: \$60 per team. \$12 per individual qualifier. Maximum \$300 per school. Calculated WOSSAA fees will be posted for coaches after conference championships.

Please make cheques payable to: London Central 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 bit.ly/lynch (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

Starting Boxes

Time	Event	Awards
11:00	Course Open	Presentation for Teams at 5:00 at the Gazebo
12:00	Coaches meeting	
12:15	Para	
1:00	Novice Boys	
1:30	Novice Girls	
2:00	Junior Boys	
2:30	Junior Girls	
3:15	Senior Boys	
4:00	Senior Girls	

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

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 database compiled by Cathy Lynch.

New bib numbers will be provided at WOSSAA

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

PREORDER by midnight of October 24th for pick up at WOSSAA.

<http://wossaa-wear.com>

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

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 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.

Para athletes will run the 4 km race.

Awards:

WOSSAA Team Plaque for the winning team in each division

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, Adam Jarrett as Chair.

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

Disqualification of Competitor

A competitor can be disqualified without warning if:

They are assisted by anyone before crossing the finish line (including pacing by a coach or teammate)

They do not follow the correct course.

They deliberately interferes with another runner

They have an audio device (not hearing devices) during a race

OFSAA Qualifiers:

The following qualifiers advance to OFSSA Cross Country Running Championships at Dagmar Ski Resort on November 5, 2022.

- 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:

OFSAA Forms are now to be uploaded to the OFSAA HUB (talk to your school Athletic Director for info on how to access). All forms can be accessed at <http://www.ofsaa.on.ca/cross-country-running>

OFSAA REGISTRATION FEES ARE PAID BY WOSSAA.