

2023 WOSSAA Cross Country Running Championship

October 26, 2023

Hosted by HURON-PERTH – St. Annes CSS – Clinton ON

Convenors: Cindy Carter (Central Huron SS)
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Mark Dewan (St. Michael CSS – Stratford)
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Registration Area will near the finish Line:

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: TO BE DETERMINED \$65 per team. \$13 per individual qualifier. Maximum \$325 per school.)

Calculated WOSSAA fees will be posted for coaches after conference championships.

Please make cheques payable to: St. Michael CSS

Courses:

The course is set in the rolling hills and trails of the St. Anne's wetlands and adjoining fields. Please ask your runners to stay on the trail and respect the property. Maps of the races will be sent ASAP. Walking the trail prior to race time is encouraged. It is the responsibility of each runner to know their course. Spikes are encouraged.

Course maps are available at bit.ly/lynchxc (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 finish Line
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 the elementary school.

Athlete Registration/Bib Numbers:

OFSAA eligibility rules must be adhered to.

All athletes must have completed their Championship race.

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.

Facilities/PARKING:

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

Port-a-potties will be available near the course. Athletes are encouraged to bring their own water.

There is limited parking available at the Clinton Christian Reformed Church for cars/vans. Buses are asked to park at the Central Huron Community Centre - lower parking lot (239 Bill Fleming Dr. Clinton). NO PARKING at St Joseph Catholic Elementary or St Anne's CSS.

No food will be sold on-site. Bring your own food or look to the local restaurants within a 10 min walk. Please help us keep the area clean.

Medical personnel will be available near the registration area.

Spirit Positive Identity will provide spirit wear for this event

PREORDER by midnight of October 23rd for pick up at the meet. 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, Mark Dewan as Chair.

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

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:

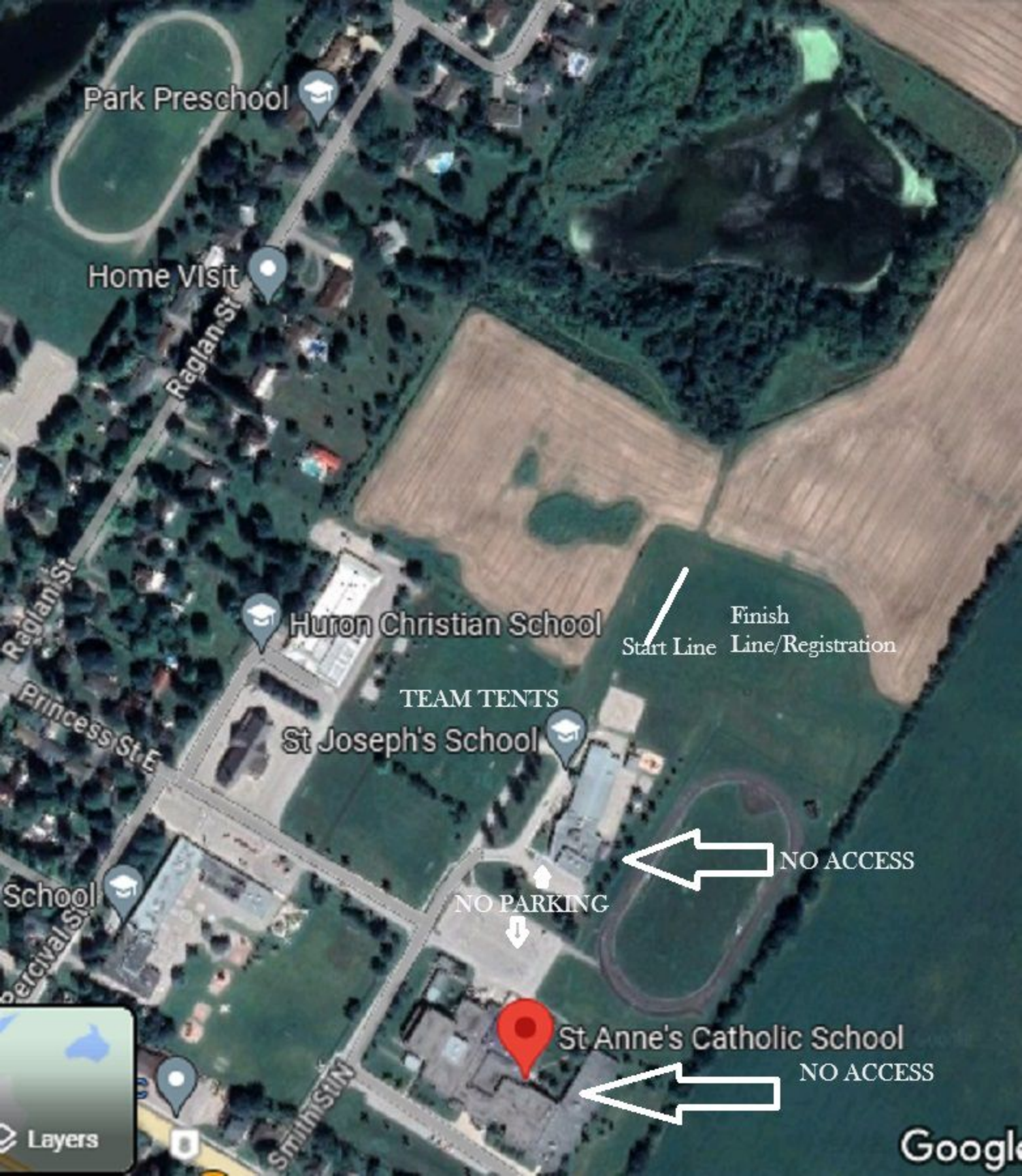
The following qualifiers advance to OFSSA Cross Country Running Championships at Etobicoke Centennial Stadium on November 4th, 2023.

- 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.



Park Preschool

Home Visit

Raglan St

Huron Christian School

TEAM TENTS

St Joseph's School

Princess St E

School

Percival St

NO PARKING

St Anne's Catholic School

NO ACCESS

Start Line
Finish Line/Registration

NO ACCESS

Layers

Google

ST. ANNE'S XC COURSE 2



MG/MB: 4275 START-PINK LOOP-BLUE LOOP-PINK LOOP-BLUE LOOP- FINISH

JG/JB: 5065m START-PINK LOOP- YELLOW LOOP- BLUE LOOP- PINK LOOP - BLUE LOOP - FINISH

SG/SB: 5775m START- PINK LOOP- YELLOW LOOP- PINK LOOP- BLUE LOOP - PINK LOOP- BLUE LOOP- FINISH

AMB: 2970m START- PINK LOOP- BLUE LOOP- - YELLOW LOOP - FINISH

Please note:

All loops are completed in a CLOCKWISE DIRECTION.

FLAGS should always be to the runner's RIGHT (except for the Start and Finish areas).