

WOSSAA Cross Country Running Championships 2025

Springbank Park, London

October 23, 2025

Meet Convenor: Adam Jarrett (London Central)

a.jarrett@tvdsb.ca

Entry Fees:

\$60 per qualifying team

\$12 per qualifying individual athlete

Cheques can be made out to: **London Central Secondary School**

Registration (at main picnic shelter near the North St. entrance to the park):

Coaches are to bring their entry fees **and** [OFSAA Supervision Form](#) to registration.

Schedule of Events:

10:30 Course opens for walk-through

11:30 Coaches Meeting (at Pavillion near finish line)

12:00 Novice Boys

12:30 Novice Girls

1:00 Para Race

1:30 Junior Boys

2:00 Junior Girls

2:45 Senior Boys

3:30 Senior Girls

Awards immediately following senior girls' race

Course: Rolling parkland with a few road crossings. Spikes are recommended.

It is the athlete's responsibility to walk, and know, their course prior to their race.

Course maps are available at (bit.ly/lynchxc). **No maps** will be available on site - coaches must provide course maps to their athletes.

Starting boxes:

- Athletes are asked to assemble in their Conference box.
- Individual finishers should organize in order of finishing place.
- Teams may have no more than 2 runners on the line.

Playing Regulations:

Coaches should be familiar with the [WOSSAA](#) and [OFSAA](#) Cross country Playing Regulations.

All athletes must be registered in the database 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.

Protests and Appeals (from WOSSAA Playing Regulations)

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.

Qualification to OFSAA:

Age Categories (Novice, Junior, Senior): The top two teams and top five individuals not on a qualifying team will be entered by the Association to compete at OFSAA.

Coaches who wish to have a sixth team runner registered as an alternate must notify Cathy Lynch before leaving the WOSSAA championship meet.

Para Race: Athletes who complete the para race in under 45 *minutes* are eligible to compete at OFSAA. Coaches should **confirm** para entries with Cathy Lynch before leaving the WOSSAA championship meet.

Scoring in Age Category Races:

- 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.

WOSSAA Spiritwear: Positive Identity will have an online store from Oct. 6 – Oct 19 for advance ordering at: <https://www.positiveidentity.com/wossaa/>