

# NRHSAA BOYS' & GIRLS' CROSS COUNTRY RUNNING 2023 - 2024

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## 1. SEASON OF PLAY

Zone and SOSSA Cross Country take place in October and OFSAA takes place the first Saturday of November.

## 2. LEVELS OF COMPETITION

Para		
Novice Girls	Junior Girls	Senior Girls
Novice Boys	Junior Boys	Senior Boys

## 3. ELIGIBILITY

Any athlete participating in the OFSAA Cross Country Championship must have participated as a member of a 'bona fide' high school program consisting of a minimum of sixteen (16) practices during the current school season (September - November), at a location where the majority of their high school practices are held under the supervision of a teacher as certified by the school principal.

This rule does not preclude the school and/or school coach from instituting more stringent guidelines.

An UNLIMITED number of athletes may race in each category.

**Para:** Para athletes with a S14 classification are permitted to compete until the age of 21 and shall be eligible for no more than seven (7) consecutive years from the date of entry into Grade 9.

**Novice:** the individual's birth certificate indicates that he/she has not reached his/her 14<sup>th</sup> birthday by January 1<sup>st</sup>, prior to the start of the school year in which the competition is held AND IS GRADE 9 ONLY.

**Junior:** the individual's birth certificate indicates that he/she has not reached his/her 15<sup>th</sup> birthday by January 1<sup>st</sup>, prior to the start of the school year in which the competition is held.

**Senior:** the individual's birth certificate indicates that he/she has not reached his/her 19<sup>th</sup> birthday by January 1<sup>st</sup>, prior to the start of the school year in which the competition is held.

## 4. ELIGIBILITY SHEETS

For Cross Country Running, the eligibility sheets must be received by the Convener no later than five (5) full school days **prior** to the date of the Zone Meet.

## 5. START TIME

The meet shall start at a time sufficient to allow all schools the opportunity to travel to the site.

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## 6. RACE DISTANCES

A 400m tolerance is permitted.

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

## 7. ZONE MEET AND CHAMPIONSHIP FORMAT

Zone III and Zone IV meet will be held together, on the same day and at the same site.

The combined overall cross country team champion shall be the school with competitors in both the girls and boys categories and with the most points.

The overall boys and overall girls' champions shall be the school with the most points in the boys section and the girls section respectively.

The points shall be awarded as follows : 1<sup>st</sup> place team gets 10 points, 2<sup>nd</sup> place team gets 8 points, 3<sup>rd</sup> place team gets 6 points, 4<sup>th</sup> place team gets 4 points, 5<sup>th</sup> place team gets 2 points and 6<sup>th</sup> place team gets 1 point.

## 8. TEAM AND INDIVIDUAL ADVANCEMENT TO ZONE AND SOSSA

Each competing school must provide one (1) adult to work at the meet. This is regardless of the number of athletes the school brings.

Each school may enter an **UNLIMITED** number of boys and girls in each category.

In the Para race, all competitors qualify through to SOSSA.

The Para classification will consist of three (3) divisions, as follow:

- Visually Impaired (VI, Boys and Girls)
- Ambulatory (AMB, Boys and Girls)
- Intellectual Impairment (II, Boys and Girls)

In the Novice, Junior and Senior races, the top four (4) finishers for each school will be used to determine team placing. The finishing positions of the top four (4) for each school will be added together to determine a team score.

**Ties:** In the event of a tie, it will be resolved in favor of the team whose fourth (4<sup>th</sup>) runner finishes nearest to first place.

### TEAMS advancing to SOSSA:

- The top three (3) teams will advance to SOSSA. Also, the 5<sup>th</sup> and 6<sup>th</sup> place runner on those top 3 teams will advance to SOSSA.
- The over-all (boys and girls combined) champion from Zone is allowed to send all six (6) teams to SOSSA.
- The over-all boys' and girls' team champions are allowed to send all three (3) boys' or three (3) girls' teams to SOSSA.

**Note:** Each athlete may only participate in one (1) age category. If a younger athlete runs in a higher

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age category they must stay in that age category for the rest of the Meet and in any other ZONE/SOSSA/OFSAA Cross Country Running Meet they may run in or qualify for that season.

## **INDIVIDUAL RUNNERS advancing to SOSSA:**

- The first ten (10) individual runners **NOT** on a team advance to SOSSA.

Please note: that Athletes participating in any event at OFSAA must be able to complete the race in 45 minutes or less.

## **9. UNIFORMS**

Each athlete must compete in a proper cross country outfit. Runners should compete in identical tops (school singlets, plain white tops, or plain school color tops).

If there is a question regarding this policy, the convener will have final say on what is appropriate or not.

## **10. SOSSA BOYS' AND GIRLS' CROSS COUNTRY RUNNING**

The SOSSA Cross Country Championship shall be held the week before the OFSAA Championship (first Saturday in November).