

ZONE 3 and 4 CROSS COUNTRY CHAMPIONSHIPS 2023

WEDNESDAY, October 18, 2023
(A combined meet)

Firemen's Park, Niagara Falls, Ontario

Information Package for High School Coaches

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Event Date: Zone 3 and Zone 4: Wednesday, October 18, 2023

Event Location: Firemen's Park, N.F.

PLEASE NOTE: This is a combined meet to be run simultaneously with results being processed separately after each race. Advancers to SOSSA will be recognized from each zone.

Meet Convenor/All Inquiries: Alex Acs – Alexander.Acs@dsbn.org.ca

Cell#: (905) 687-3691 (Urgent / Emergency calls during the meet)

ELIGIBLE ATHLETES: This competition is open to athletes from Zone 3 and 4 high schools.

All athletes must represent and be registered by their school. Athlete eligibility is the sole responsibility of the principal and coach of each school.

Eligibility sheets and Registration entries will be due by 6 p.m. October 11, 2023.

All athletes must be accompanied by a school official.

EACH COMPETING SCHOOL MUST SUPPLY ONE (1) ADULT TO PROVIDE A DUTY AT THE MEET (Marshal, Finish line, Scorer, etc.) regardless of the number of athlete competitors that the school brings. Duties will be assigned and sent to each school /coach by email.

Registration Package Pick-Up: Located at the pavilion. It will consist of a team roster identifying a bib number for each athlete, to be pinned **onto the front of the runner's singlet** to avoid confusion the coach is requested to print the athlete's name and school on the bib tear off section by the barcode.

Start Area: Each race will start at the open field by Mountain Rd.

1. Competitors will check in on the starting line for competition number and school's uniform verification 10 minutes prior to their designated race start.
2. To accommodate the large number of competitors in each event, each team will be allowed one runner on the start line, remaining runners will line up behind the first runner. *** (the number of team members allowed on the start line may be adjusted depending on the number of competitors in the event)
3. The chief starter will signal a five minute warning and three minute warning.
4. The chief starter will signal, "Warm-ups off" at 5 minutes to race time call. All non-competing individuals must clear the starting area.
5. The assistant starter will communicate an "all ready" signal to the chief starter (by a green flag/ card) athletes are now under the chief starter's' orders/vigil.
6. The start sequence: one command "On your Mark" may be indicated by a raised white flag or the starter's arm, then a gun(electronic or starting pistol) will be fired to indicate the START of the race. If the chief starter has determined an unfair start, he will fire the pistol again for a recalled start. Runners should then return to the start line.

- No portable hearing devices (excluding hearing aids) will be permitted during the race

Finish Area: Each race will finish at the chute demarcated by the series of stakes and rope at the pavilion at the north end of the park. A timing finish device, and operator will record the time of the athletes as they finish through the chute. A recorder team will identify and record the competitors'

numbers. Another person may record their number as they cross the finish line as a mode of verification. Competitors will be asked to move along the chute to where their tear-away portions of their bibs will be removed and placed on a place finish board. These have a barcode that will be used for placement verification. Then the runners will be ushered away from the finish area to go to their team locations.

Team Area: Room will be available for team tents to be erected near the pavilion or throughout the park. Please stay clear of the course route along the west side of the open field area leading up to the area behind the pavilion. Pavilion is out of bounds for teams.

IMPORTANT WEATHER NOTE: Teams should be prepared for possibly spending the day outside in rain and/or cold conditions.

Meet Suspension Due to Severe Weather: The meet will proceed rain or shine, however, if lightning is detected, the next scheduled event will be delayed by 30 minutes from the time of the strike.

Course: Each course will include segments of grass fields and cleared forest trails with some light rolling hills. Some portions may include gravel and slippery sections especially in wet conditions. Regular running shoes, racing flats and/or cross-country spikes would be appropriate to wear.

Meet Schedule:

9:45 a.m. Coaches Meeting (at the Pavilion)

10:05 a.m. Novice Girls / Para Girls 4000 metre race

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11:25 a.m. Junior Girls 5100 metre race

12:05 p.m. Junior Boys 5100 metre race

12:50 p.m. Senior Girls 6050 metre race

1:30 p.m. Senior Boys 6050 metre race

Timing and Bib Numbers: Your race package will include a competition bib number for each athlete to be worn on the front of their competitive singlet/shirt during the race. Please ensure that athletes do not lose these numbers. Athletes are advised to write their competition numbers on their arms with a sharpie marker to avoid delays and confusion if they lose their bibs. These numbers must be visible at the finish line. The finish system will recognize them when the athlete crosses the finish line and they will get a finishing result.

Playing Regulations and Team Scoring: For this competition, the SOSSA playing regulations will be used. They can be referenced at the NRHSAA Cross Country webpage.

Team and Individual Zone Entries and Advancement to the S.O.S.S.A Competition:

Athletes will be registered at the online entries website, trackdatabase.com.

Each athlete may only participate in one age division. If a younger athlete runs in a higher age division they must stay in that age category for the rest of the Zone Meet and in the subsequent SOSSA/OFSAA Cross Country Running Meet they may run to qualify for that season.

The finishing positions of the top four (4) for each school will be added to determine a team score.

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

TEAMS advancing to SOSSA:

The **top three (3)** teams (NO TIES) will advance to S.O.S.S.A.

Also, the 5th and 6th place runners on those top 3 teams will advance to SOSSA.

Note that the maximum number of runners in any age class from a school is six(6).

The **over-all, boys and girls combined**, champion from each Zone is allowed to send all six (6) teams to S.O.S.S.A.

The **over-all** boys' or girls' team champions from each Zone are allowed to send all three (3) boys' or three (3) girls' teams to S.O.S.S.A.

INDIVIDUAL RUNNERS advancing to SOSSA: The **first ten (10) individual** runners NOT on a team advances to S.O.S.S.A.

Girls and Boys will compete separately in three age classes as follows:

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

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

Novice: the individual's birth certificate indicates that he/she has not reached his/her 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 in Grade 9.

A **Para-Athlete** event will be contested, to be run as an open age division 4000m event and scored separately

Results:

- Final Results will be posted online later in the evening at the NRHSAA website and at the trackdatabase.com website.

Awards

- Top 5 finishers will receive ribbons. And • The Top 5 teams will receive ribbons.

Concessions/Food: Light snack food will be available at the main hall building concession facility. The Niagara Region "Water Wagon" will be on site to provide water for athletes' hydration.

First-Aid

- First Aid will be on site during the competition. Medical Personnel will be located at the pavilion.

Washrooms:

- Public washrooms are located by the main parking lot. There will also be portable washrooms in a convenient location nearby.

Course Maps: Refer to the maps sent to coaches through email or posted at the NRHSAA webpage. Please print / download your own copies of the course maps as none will be available at the Park.

<https://www.nrhsaa.ca/cross-country/>