

# **2023 SWOSSAA Cross Country Championships**

## **Tuesday October 27, 2023**

### **Entry Information**

1. All entries are made through the conference convenor. Any scratches should be made before 12:00 pm on race day.
2. SWOSSAA and OFSAA registration fees will be billed to the school directly by SWOSSAA at the conclusion of the meet. Coaches are not required to bring registration fees to the meet.

### **Courses and Race Times**

1. The courses are not the same as the University meet. The course is mainly grass with some woodchip trails and packed gravel paths. An asphalt road is crossed a few times. The entire course will hopefully be marked by 11:30 am on race day.
2. Race Times and Distances (approximate)

PARA 12:45 pm 4km

Novice Girls 1:00 pm 4km    Novice Boys 1:30 pm 4km    Junior Girls 2:00 pm 5km

Junior Boys 2:40 pm 5km    Senior Girls 3:25 pm 6km    Senior Boys 4:00 pm 6km

### **Parking**

There will be limited parking on the one side of the start/finish line in the new parking lot. Busses are asked to drop athletes off here and to proceed out of the lot. Busses are to park in the Mic Mac parking lot across the street. **Please let parents know to park at Mic Mac Park in the parking lot off of Matchette Road.** If your bus is staying for the meet or you are driving yourself, please park in the Mic Mac Park parking lot. There will be parking enforcement on site. Once the Malden Lot is full it will be closed. A parking map will be send in the information email.

### **OFSAA Qualifying**

The top five individuals and two teams in each race will qualify for the OFSAA championship meet next weekend. Coaches must confirm names of OFSAA qualifiers before they leave SWOSSAA and submit the following two forms:

1. Signed OFSAA Hub Eligibility Form
2. Signed OFSAA Supervision Form

All forms and checklists for coaches are on the OFSAA XC web site -

<https://www.ofsaa.on.ca/championship/cross-country-running/for-coaches/checklists/>. This contains a list of everything that must be submitted on the OFSAA Hub before October 31, 2023.

### **AWARDS**

Awards will be presented at the conclusion of the senior boys' race.

The overall champions will be determined by the following point system:

1st - 10 pts    2nd - 8 pts    3rd - 6 pts    4th -4 pts    5th -2pts    6th- 1 pt