

## 2025 WECSSAA Cross Country Championships

Thursday October 16<sup>th</sup> – Malden Park

### Entry Information

1. Entry fee will be billed to each school by WECSSAA upon meet completion. **Coaches will not bring cheques/registration fees to the meet.**
2. Changes to your entries will be accepted on race day before 12:00 pm. The **only** changes that will be allowed are those resulting from the **injury** of an athlete. The changes must go through the meet convenors. Injured athletes who wish to compete next week must start the race before walking off. If their team is to qualify, they will move on to the SWOSSAA meet.
3. Entries must be submitted on the ‘Trackie’ web-site. <https://www.trackie.com/event/wecssaa-cross-country-championships/1031687/>
4. Entry deadline is Saturday October 11<sup>th</sup> at 10:00 pm.

### Courses and Race Times

1. 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 be marked by 11:30 am on race day.
2. Race Times and Distances (approximate)

PARA 12:15 pm 4km

Novice Girls 12:30 pm 4km Novice Boys 1:00 pm 4km Junior Girls 1:30 pm 5km  
Junior Boys 2:10 pm 5km Senior Girls 2:45 pm 6km Senior Boys 3:30 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. **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.

**PLEASE DO NOT PARK AT THE JOHN McGIVNEY CENTRE PARKING LOT. WE HAVE BEEN RECEIVING COMPLAINTS.**

### SWOSSAA Qualifying

The **top 10 teams** in each division, as well as any other runners who placing in the top 30 move on to the SWOSSAA meet to be held at Malden Park on **Thursday October 23<sup>rd</sup>.**

### OFSAA Qualifying

OFSAA forms that must be filled out and submitted through the OFSAA HUB. All information can be found at <https://www.ofsaa.on.ca/championship/cross-country-running/for-coaches/coaches-information/>.

### AWARDS

Awards will be presented at the conclusion of the senior boys’ race. WECSSAA gold medals will be presented to the 1<sup>st</sup> place teams and individuals. Ribbons will go to teams and individuals placing 2<sup>nd</sup> through 6<sup>th</sup>.

WECSSAA championship plaques are awarded to the 6 division champions and to the overall team champions.

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

1 <sup>st</sup> - 10 pts	2 <sup>nd</sup> - 9 pts	3 <sup>rd</sup> - 8 pts	4 <sup>th</sup> - 7 pts	5 <sup>th</sup> - 6pts
6 <sup>th</sup> - 5 pts	7 <sup>th</sup> - 4 pts	8 <sup>th</sup> - 3pts	9 <sup>th</sup> - 2pts	10 <sup>th</sup> - 1 pt