

2009 SWOSSAA Cross Country Championships

The 2009 SWOSSAA Cross Country Championships will be run at Canatara Park in Sarnia on Wednesday, October 28.

Courses and Race Times

The courses are the same as in previous years. The course is mainly grass with some woodchip trails. An asphalt road is crossed several times. The entire course will be marked by 11:30 on race day.

Race Times and Distances

Midget Girls	1:00 pm	3020m	Senior Girls	2:45 pm	4915m
Junior Girls	1:30 pm	4290m	Junior Boys	3:30 pm	6200m
Midget Boys	2:00 pm	4915m	Senior Boys	4:15 pm	6905m

Parking

All parking for the meet will be in the beach parking lot at the north side of the park. Follow the road to the right after entering into Canatara Park.

OFSAA Qualifying

The top 2 teams in each division, as well as the top 3 individuals in each race, will be entered in the OFSAA meet. **All coaches who have athletes qualify for OFSAA are asked to complete the OFSAA entry forms including coaches contact information, prior to leaving the meet.**

As well, OFSAA forms that must be filled out and given to the SWOSSAA convenor at SWOSSAA are:

1. OFSAA XC Eligibility Form 2009
2. OFSAA XC Supervision Form 2009
3. OFSAA XC Practice Form 2009
4. OFSAA XC Behaviour Form 2009
5. OFSAA Release of Liability Form 2009
6. OFSAA Photo Policy Release Form 2009

These forms are available at www.ofsaa.on.ca/crosscountry/. Form #5, the release of liability, is a new form and must be filled out for each individual and includes a required parent signature. ☺

AWARDS

Awards will be presented at the conclusion of the senior boys' race. SWOSSAA gold medals will be presented to the 1st place teams and individuals. Ribbons will go to teams and individuals placing 2nd through 6th. SWOSSAA 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:

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

Convenors: Mark Scott and Scott Burns

scottma@lkdsb.net

519 542 5545 x234