SWOSSAA CROSS COUNTRY 2026

Date: Thursday, October 29, 2026
Location: Canatara Park, Sarnia

Entry Information:

- All entries are completed by the conference convenor.
- Scratches should be made before 12:00 pm on race day.
- SWOSSAA and OFSAA entry fees will be billed directly to your school by SWOSSAA at the conclusion of the meet. Coaches are not required to bring registration fees to the meet.

Course:

- The race course is mainly grass and wood chip trails. An asphalt road and trail is crossed multiple times.
- Course maps will be posted at https://lkssaa.ca/index.php/cross-country-running/ Please provide your own maps for the meet.

Race Times and Distances:

12:00	Coaches Meeting	
12:30	Para	4km
1:00	Novice Boys	4km
1:30	Novice Girls	4km
2:00	Junior Boys	5km
2:35	Junior Girls	5km
3:15	Senior Boys	6km
3:55	Senior Girls	6km

Start Line:

- Each team may have three athletes on the start line
- Box assignments will be posted prior to the meet

Awards:

- Will be presented at the conclusion of the senior girls race
- The overall champions will be determined using the following point system:
  1st - 10 pts, 2nd - 8 pts, 3rd - 6 pts, 4th - 4 pts, 5th - 2 pts, 6th - 1 pt

OFSAA Qualifying

- The top five individuals and two teams in each race will qualify for the OFSAA championship in Sudbury on **Monday**, November 9th
- The OFSAA website for the event is live and updated regularly as of this date https://www.ofsaa.on.ca/championship/cross-country-running/

OFSAA Info

- **Coaches must confirm names of OFSAA qualifiers before leaving SWOSSAA and submit the following form**:
    - Signed **OFSAA Supervision form** (see more information regarding this form below)
    - **Cross Country Running Team Eligibility roster sheet**. This form confirms that runners representing the school are OFSAA eligible.
        - ****ALL runners can be placed on one form **.** You do NOT need to put them on 6 different forms for their age group. That will be sorted by the HUB when you register them.**. **ONE roster sheet per school.**

- Please make it a habit to visit this site OFTEN. The organizers are sharing information about the meet, entries, and registration here, along with information about Nike products and their sale from our partners at NIKE.
- Please be mindful of the Hotel and Accommodations listed if you are travelling and need overnight accommodations. Visit the OFSAA website and try to meet their deadlines. This is standard in the industry and these are intended for schools- athletes and coaches, **NOT for parents!**
- Registration for your athletes who qualify for OFSAA will be done using the OFSAA HUB. This will require schools to register for the event and upload the forms. (AD and/or coach)
- All of the forms (Team Eligibility, Student Waiver of Understanding, Coach Confirmation and Release must be uploaded) If you have a **PARA athlete(s)**, there is an additional form to upload so the OFSAA convenors will be informed as to any unique needs of your PARA athletes.

- ALL OFSAA participants **MUST** be supervised on-site by a qualified teacher-coach, as approved by their Principal. **This can be another school's teacher-coach who is on site.**
- The athlete's **PARENT is NOT the Supervisor**. As such, if you are going to be sending the athlete to be supervised by a teacher-coach from another school in your Association, they must be named on the OFSAA Supervision sheet. The Supervision sheet has been updated and this will allow you to put additional teacher-coach supervisors on it. Please read this Supervision sheet and ensure that the name(s) of the teacher(s) who are responsible for your athlete(s) is on this sheet. This sheet is to be **handed in at SWOSSAA.** (If Supervision names change between SWOSSAA and the OFSAA Championships, that school **MUST** bring a hard copy with the revised information properly signed by the school.)