

**2008 NOSSA Cross-Country Running Championships**  
**Friday, Oct. 24th**  
**General Information**

**Host:** Manitoulin Secondary School

**Convenor:** Jim Stringer  
**Phone:** 705-377-5321  
**Fax:** 705-377-5533  
**Home:** 705-368-3102  
**Email:** [stringj@rainbowschools.ca](mailto:stringj@rainbowschools.ca)

**Location:** Races will be held at the Rainbow Ridge Golf Course in Manitowaning. Please note: Competitors must stay off the greens; spikes must not be worn in the clubhouse.

**Schedule:**

<b><u>Thursday</u></b>	
<b>5:00</b>	<b>Registration; Course open</b>
<b><u>Friday</u></b>	
<b>9:00 – 10:00 am</b>	<b>Registration</b>
<b>9:45- 10:00 am</b>	<b>Coaches' Meeting</b>
<b>10:30 am</b>	<b>Midget Girls</b>
<b>11:00 am</b>	<b>Midget Boys</b>
<b>11:45 pm</b>	<b>Junior Girls</b>
<b>12:30 pm</b>	<b>Junior Boys</b>
<b>1:15 pm</b>	<b>Senior Girls</b>
<b>2:00 pm</b>	<b>Senior Boys</b>
<b>3:00 pm</b>	<b>Awards Presentation</b>

**Courses:** All races are run on the the Rainbow Ridge Golf Course. The course is primarily flat with one modest uphill section. Trails are mainly grass, with some gravel cart paths. Runners are encouraged to walk or jog their course before the race to become familiar with them. Maps are available on the NOSSA website.

The course will be available for walking on Thursday, October 23<sup>rd</sup>, beginning at 5:00 pm.

**Entries:** The entry fees will be \$3 per competitor entered, and are payable at registration. Entry fees must be presented in order to receive your team race numbers. (make cheques payable to Manitoulin S.S.) Entries must be submitted by Friday, October 17, 2008, 4 pm. Entry form is available separately on the NOSSA website. No changes will be made on race day.  
Please fax entries to 705-377-5533, attention Jim Stringer.

**Facilities:** The clubhouse has toilet facilities which will be available. The lower floor will be used as the office and will be for officials and coaches only. Registration, coaches' meeting, and OFSSA entries will be in this area. Food and drinks will be for sale at the clubhouse. NOSSA shirts will be available for sale at the site on race day. Results will be posted on the covered deck area.

**Awards:** NOSSA medals will be given to the 1<sup>st</sup> seven finishers on the 1<sup>st</sup> place team in each category, as well as to the 1<sup>st</sup> place individual in each category. The 1<sup>st</sup> seven finishers on the 2<sup>nd</sup> and 3<sup>rd</sup> place teams, as well as the 2<sup>nd</sup> through 6<sup>th</sup> individuals in each category will receive ribbons. Banners will be presented to Girls' Aggregate, Boys' Aggregate, and Overall Aggregate. Please return any trophies to the Officials' Building during registration.

**Uniforms:** Runners must compete in their school uniforms. Uniform tops must be identical – minor inconsistencies are acceptable. Failure to abide by these rules will result in disqualification.

**Souvenirs:** NOSSA T-shirts will be available at the site. More info will be posted on the website.

**OFSAA Entries:**

The top two teams as well as the best three individuals not on those teams shall qualify for the OFSAA Championships. Entries of teams and individuals and payment for same must be made through the NOSSA convenor on Friday, October 24 before you leave the race site. The OFSAA entry package has been included as separate links on the NOSSA track home page. Please be sure to have all necessary signatures before leaving for NOSSA as all forms will need to be handed in.