

**CONVENORS:** Please distribute the following to all Coaches.

**2011 NOSSA Cross-Country Running Championships General Information**

**Host:** White Pines Collegiate and Vocational School

**Convenor:** Wendy Basawa

**Phone:** 705-945-7429

**Fax:** 705-945-0726

**Email:** [basawaw@email.adsb.on.ca](mailto:basawaw@email.adsb.on.ca)

**Location:** Races will be held at the Kinsmen Park on Fifth Line East, in Sault Ste. Marie. Maps attached. There is a parking lot for buses off Fifth Line across from the Kinsmen Centre Building. Please note that there is no parking at the Lodge or along Fifth Line East from the lodge to the Kinsmen Park entrance.

<b>Schedule:</b>	9:30 – 10:30 am	Registration
	10:30 – 10:45 am	Coaches' Meeting
	11:00 am	Midget Girls
	11:30 am	Midget Boys
	12:00 pm	Junior Girls
	12:30 pm	Junior Boys
	1:15 pm	Senior Girls
	1:45 pm	Senior Boys
	2:45 pm	Awards Presentation

**Courses:** All races are run on the Hiawatha Highlands trails in Kinsmen Park. There is a variety of terrain on each course: paved roads, sand hills, paths with protruding roots, rocky and challenging slopes. Runners are encouraged to walk or jog their course before the race to become familiar with them. There will be marshals at various turns throughout as well as areas flagged off, and colour coded arrows for each race. Colour coded maps will be posted on the back wall of the Kinsmen Centre facing the ball field. Teams will be able to pick up their registration package and walk through the course from 3:30-6:30pm on Thursday October 27<sup>th</sup>, 2011. More details will follow for individual schools.

**Entries:** The entry fees will be \$5 per competitor, and are payable at registration. Entry fees must be presented in order to receive your team race numbers. (Make cheques payable to SSMWAA) Entries must be submitted by Friday October 21<sup>st</sup>, 2011 by 3pm. How entries will be received will be announced soon.

**Facilities:** Portable toilets will be available at the park. The Kinsmen Centre will be used as the office and will be for officials and coaches only. Registration, coaches' meeting, and OFSAA entries will be in this building. Food and drinks will be for sale at the site. NOSSA shirts will be available for sale at the site on race day. A preorder form for shirts will be sent to competing schools at a later date.

**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. Failure to abide by these rules will result in disqualification.

**OFSAA Entries:** The athletes must meet OFSAA age and eligibility requirements as stated in the constitution. 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 must be made through the NOSSA Convenor on Friday October 28<sup>th</sup> before you leave the race site. OFSAA entry forms will be available. The Coach and/or Supervisor of your teams and/or individual runners must be authorized by your Principal. You are reminded that OFSAA requires authorized supervision by individuals of the same sex as that of all competitors that you take. Copies of this form and OFSAA eligibility forms are available on the OFSAA website. (<http://www.ofsaa.on.ca/crosscountry/>)

**Suggested hotels near competition site include:**

- Fairfield 633 Great Northern Road (705) 253-7378
- Water Tower Inn 360 Great Northern Road (705) 949-8111
- Comfort Inn 333 Great Northern Road (705) 759-8000
- Comfort Suites & Conference Centre 229 Great Northern Road (705) 942-2500
- Super 8 184 Great Northern Road (705) 254-6441

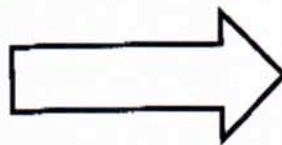
**Cross-Country Running Trails  
NOSSA 2011  
Sault Ste. Marie**

Midget Girls 3240m	Junior Girls 4130m	Senior Girls & Midget Boys 4900m
1	1	1
10	2	2
7	3	3
6	4	4
5	9	5
20	3	6
21	2	7
7	10	8
8	8	

**Note:** 21 is a steep 10m bike trail joining 20 (the Inner Loop) and 7 (the main trail).

Junior Boys 5990m	Senior Boys 6850m
1	1
2	2
3	3
4	4
5	5
11	11
12	12
13	17
14	14
15	18
16	16
7	7
8	8

**Note:** All trails will be marked with coloured arrows.



# NOSSA Cross Country Running Meet Kinsmen Park, Sault Ste. Marie 2011

