

## Boys' &amp; Girls' Cross Country Coaches

The Elliot Lake Invitational Cross Country Meet will be held Friday October 15 at 11:00 A.M. and the NSSSA Cross Country Meet will be held Friday October 22 at 11:00 A.M. at the Stone Ridge Golf Course outside Elliot Lake.

The trails are all on packed gravel paths except for two rough sections through forests and two asphalt road crossings. The course is comprised of a 1 km flat loop and a 2.1 km loop with a series of rolling hills and one long 600m uphill. The lodge is a heated building with washrooms to change in, plenty of room for stretching and a snack bar.

There will be a snack bar on site providing drinks, snacks and some cooked food, although the exact description of that is unavailable at this time.

COURSE Maps are available on my website. All races start and finish in the area around the club house.

ENTRY FORMS are located on the page entitled NSSSA Cross Country Forms

Race Schedule will be as follows :

10:00 - 10:45 am - Registration and filling out racer name labels  
 11:00 am - Midget Girls  
 11:30 am - Midget Boys  
 12:10 pm - Junior Girls  
 12:40 pm - Junior Boys  
 1:30 pm - Senior Girls  
 2:10 pm - Senior Boys

AWARDS Ribbons will be presented to the first three individuals and up to 7 members of First, Second and Third place teams in each division for the Invitational race. Medals will be awarded to First place individuals in the NSSSA Championship race in each division. Ribbons will be presented to the second and third individuals and up to 7 members of First, Second and Third place teams in each division for the NSSSA Championship race. Awards can be picked up after results are posted for each race.

NUMBER OF TEAMS Each school is allowed one team in each of the six age classes with unlimited numbers on a team.

TEAM ENTRIES Entries should be made by entering your team into the Hy-Tek Meet Manager Pre-NSSSA file that was e-mailed to you. Using the export team function you can e-mail me your team list and I will import it. If you are not proficient with Meet Manager you may send NEATLY printed entries. Entry forms are available on my website. Fax or e-mail these Monday night preceeding the race to 848-0103 (fax) or [kpbl@onlink.net](mailto:kpbl@onlink.net).

Race numbers will not be used. Instead you will be provided with a set of adhesive labels and pins. Please PRINT the athlete's name, age group and school on the label as indicated in the diagram below and pin it to the front of the jersey.

MB

 Richard Runfast  
 ELSS

The label will be peeled off and stuck to a recording sheet when the athlete crosses the finish line, so please have them pin, NOT STICK the labels to their jersey.

Results will be posted on my website.

ENTRY FEE An invoice will be sent out after the race with the actual cost of the race divided by the number of runners or teams each school brings.

The WEB SITE can be accessed by clicking on the web address below :

<http://teacherweb.com/ON/ElliottlakeSecondarySchool/PeterShipman/>

Course Descriptions (Maps can be found on the web site):

Midget Girls 3 km (Loop A, Loop B)

Leaving the start line, runners run the flat Loop A (maximum elevation change = 10 m) until they come back to the Club House where they go past the finish line and start on Loop B. Loop B starts with a series of rolling hills as it descends about 34 m before crossing the road and entering the second rough singletrack section. Immediately upon leaving the forest, runners climb a 600m hill with an elevation change of about 35 m. A rolling section leading to the second road crossing brings runners to the last 400m, 200m of which is uphill before the flat finish.

Junior Girls 4.0 km (Loops A,B,A)

This course is the same as the MG course except that about 100m from the finish of Loop B, there will be an intersection where runners will turn right to get back on Loop A for a 900m flat, fast finish.

Senior Girls & Midget Boys 5.1 km (Loops B,A,B)

This course has a different start line, located by the finish line as they start on Loop B. The second time through Loop B, runners do not take the right turn back onto Loop A but continue backward through the start line of all the other races to the finish line at the end of Loop A. Note that the second time up the long hill ends only 600m from the finish line.

Junior Boys 6.1 km (Loops A,B,A,B)

Senior Boys 7.0 km (Loops A,B,A,B,A)

QUESTIONS ? Call me at 848-7162 (school) or e-mail me at [shipmap@email.adsb.on.ca](mailto:shipmap@email.adsb.on.ca) at school or at [kpbl@onlink.net](mailto:kpbl@onlink.net) at home. Clicking on the mailbox in the top left corner of the website home page will direct an e-mail to me.

Yours sincerely,

Peter Shipman, ELSS







