

## **2018 NOSSA Cross-Country Running Championship** **General Information**

**Date:** Wednesday, October 24<sup>th</sup>, 2018

**Host:** Lo-Ellen Park Secondary School

**Convenors:** Colin Ward  
Cell: (705) 929-4728 (ringer is usually off, texting is better)  
Email: [wardc@rainbowschools.ca](mailto:wardc@rainbowschools.ca)

Camille Dupuis  
Cell: (705) 626-9942  
Email: [dupuisc@rainbowschools.ca](mailto:dupuisc@rainbowschools.ca)

**Location:** Kivi Park, 4472 Long Lake Rd, Sudbury  
[melissa@kivipark.com](mailto:melissa@kivipark.com)

### **Schedule:**

Tuesday Oct 24th

3:30-5:30 - Early Registration and Course Walk

Wednesday Oct 25th

9:15am – 10:30am Registration and Course Walk (Bib pick-up)

10:30am - 10:45am Coaches meeting (in portable building at the edge of the parking lot)

11:00 am Para Race

11:30 am Midget Girls Race

12:00 pm Midget Boys Race

12:30 pm Junior Girls Race

1:00 pm Junior Boys Race

1:30 pm Senior Girls Race

2:15 pm Senior Boys Race

3:00 pm – 3:30 pm Banner Presentation and Final OFSAA Confirmation

**Entries:** All entries are to be completed on the following website. If you haven't used this site before, there are instructions on the last page of this document.

<http://www.trackdatabase.com/>

**Meet Name:** NOSSA XC

**Meet Code:** PM4B7Q

**Meet Date:** Oct 24, 2018

**Entry Close Date:** Oct 21, 2018 @ 06:00 pm

**Registration deadline is Sunday, October 21th by 6:00p.m.**

**Entry Fee:** \$11/athlete and payable at registration. Cheques made out to SDSSAA. Entry fees must be presented in order to receive your registration package.

**Clothing Sales:** Customized NOSSA clothing will be available. This link will be updated shortly to include more clothing information.

**Canteen:** There will be a canteen on site with food for purchase.

**Course:** All races will be run (mostly) on well-established, very wide trails in the park. There will be some single track. The main trails are all covered in well-packed crusher dust. The course is challenging with some rolling hills and a few climbs. There will be marshals located at critical intersections around the course. The course will be well roped off!! The start and finish area will be in the main field area.

### **Maps will be attached ASAP**

**Registration:** Early registration will take place on site, at Kivi Park, from 3:30 to 5:30 on Tuesday October 23rd. The course will be open at that time for course walks. The Chip timing bibs will be distributed Wednesday morning at the registration tent.

**Para Athlete Registration:** Athletes competing in the Para category are to be registered online and coaches are asked to submit the OFSAA XC PARA AND GUIDE INFORMATION FORM to the convenor via fax or e-mail prior to the registration deadline. Coaches of athletes moving on to OFSAA must complete and submit a hard copy of this information form for their para athletes. The OFSAA XC PARA AND GUIDE INFORMATION FORM is available here:

<http://www.ofsaa.on.ca/cross-country-running/coaches/registration>

**Facilities:** There are no indoor buildings for athletes. There is an area designated for team tents. There will be a small building for registration and for coaches. There will be 7 port-a-potties available on site.

**Parking:** All busses will be directed to park at Long Lake Playground, about 100m past the entrance to the site. There will be a teacher guiding buses in the parking area.

**Awards:** NOSSA medals will be given to the 1st seven finishers on the 1st place team in each category, as well as to the 1st place individual in each category. The 1st seven finishers on the 2nd and 3rd place teams, as well as the 2nd through 6th individuals in each category will receive ribbons. Banners will be presented to Girls' Aggregate, Boys' Aggregate, and Overall Aggregate.

**Uniforms:** Runners must compete in their school uniforms. No music player devices may be worn (no iPods, MP3's etc.). Failure to abide by these rules will result in disqualification.

### **OFSAA Entries:**

**Who qualifies?:** The top 2 teams in each age category and the top 5 individuals not on a qualifying team earn entry to OFSAA. A team may enter 6 athletes for the OFSAA race but may only run 5 individuals. The athletes must meet OFSAA age and eligibility requirements as stated in the constitution.

**How to enter?:** Entries of teams and individuals must be made through the NOSSA Convenor on Wednesday October 24th before you leave the site. Coaches must have all necessary OFSAA forms, signatures and fees with them before OFSAA entry will be accepted.

**OFSSA FEES:** \$16/athlete payable to SDSSAA. OFSAA charges a participant fee of \$3 per athlete entered, OFSAA Cross-Country Running charges a race fee of \$13 per athlete entered. Please have a school cheque with you in the event you have qualifiers.

**OFSSA FORMS:** available at: <http://www.ofsaa.on.ca/cross-countryrunning/coaches/registration> BRING THESE WITH YOU TO NOSSA ALREADY SIGNED BY YOUR PRINCIPAL where necessary, in the event of your athlete(s) qualifying for OFSAA. 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

**FINISH TIMING:** *ChipTimeResults* will be providing the electronic timing services for NOSSA XC. The electronic chips will be located on the athlete bib #s. ATHLETES MUST KEEP AWAY FROM THE FINISH LINE AT ALL TIMES WHEN WEARING THEIR BIB # PRIOR TO THEIR RACE!

Bibs are to be pinned onto the front of the athlete. Coaches are to hand out the bibs according to the sheet provided in their kit.

Finishing athletes will receive a numbered tag that indicates their position in the race. Coaches of full teams entered in the race are asked to collect these from their athletes and tabulate their team totals in the envelopes provided and submit them to the Registration area. These will be used as backups for the electronic timing and tracking system.

### **NOSSA Entry Instructions**

<http://www.trackdatabase.com/>

Meet Name: NOSSA XC

Meet Code: **PM4B7Q**

Meet Date: Oct 24, 2018

Entry Close Date: Oct 21, 2018 @ 06:00 pm

#### **If this is your first meet with the Track Database online entries:**

(Returning Users, see below)

Select 'Register' from the menu on the left to bring you to the registration page that will allow you to register your team. On your first visit to the registration system you will need to provide all the information required. OFSAA& CISAA have restricted modification abilities as much of their information is generated automatically.

Registration now uses a username and password, the username you create must be unique and cannot be changed. This username and password can be shared between the coaching team to allow multiple coaches

to do registrations for segments of the team.

When you enter team data, be sure to use an email address which is checked often as any communication with either the meet convener, or trackDatabase.com will likely be time sensitive. Using the online entry system, your entries will be emailed to you prior to the entry close date in order to allow you time to review your entries and make any changes needed. These dates are set by your convener and should be noted in your meet package.

**Returning Users:**

Select 'Login' from the menu on the left and use the username and password from your previous meet(s).

**Joining a Meet:**

To join a new meet, select 'Join Meet' from the left menu. You will be prompted to enter the meet code provided by the convener. After entering this code and clicking the join meet button you will be added to the meet and it will now appear on your meet homepage.

**Adding your entries:**

The sign-up for relays is located under the "Athlete" heading. Select 'Relay Entries' to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

For all other events, you can select them in the edit view for each athlete, check the box beside the event to register for it, clicking submit at the bottom of the page will save the data entered. Seed times may optionally be entered for running events in the box provided.

**Copy Entries:**

After choosing the meet to edit, click the "copy entries" button, located at the top of the entries listing. This will bring up a form to select the meet you would like to copy the entries from. After selecting the source meet, a listing of all the athletes and entries from your team will come up, click the box beside the entries you would like to copy and click copy entries. The system will alert you if any of the copied entries are for events that don't match the current meet, or would violate entry limits.