

# **2022 N.O.S.S.A. Cross Country** **Championships**

**Wednesday, October 26, 2022**

**Hosted by St. Joseph Scollard Hall Catholic Secondary  
School, Home of the Bears**



## **Meet Information Package**



## **General Information**

**Website:** <http://nossa.rainbowschools.ca/Pages/xchomepage.html>  
**Host:** St. Joseph Scollard Hall Catholic Secondary School  
**Convenors:** Ryan Travers, Christine Dufresne-Nappert, Justin Caranci  
**Phone:** 705-494-8600 ext 40233  
**Fax:** 705-474-4223  
**Email:** [traversr@npsc.ca](mailto:traversr@npsc.ca)  
**Location:** Pinewood Park Golf Course  
201 Pinewood Park Drive  
North Bay, ON P1B 8Z4  
[\(705\) 472-2264](tel:(705)472-2264)

## **Schedule**

### **Tuesday, October 25, 2022**

4:00 - 6:00 Registration; Course open for preview

### **Wednesday, October 26, 2022**

9:00 – 9:45 am Registration  
9:30-9:45 am Volunteers' Meeting  
9:45- 10:00 am Coaches' Meeting  
10:30 am Novice Girls  
10:32 am Para Athletes  
11:00 am Novice Boys  
11:30 pm Junior Girls  
12:00 pm Junior Boys  
12:45 pm Senior Girls  
1:30 pm Senior Boys  
2:30 pm Awards Presentations

## **Entries**

The entry fee will be **\$13** per competitor entered, and is payable at registration. Entry fees must be presented in order to receive your team race numbers. (Make cheques payable to St. Joseph Scollard Hall Secondary School)

Registration will be made through <http://www.trackdatabase.com/> Please see the attached PDF for code and instructions. No changes or additions can be made after Friday, October 21st, 2022 and all entered athletes must be paid for regardless of whether they compete or not as bibs with chips must be paid for whether the athlete participates or not.

## **Courses**

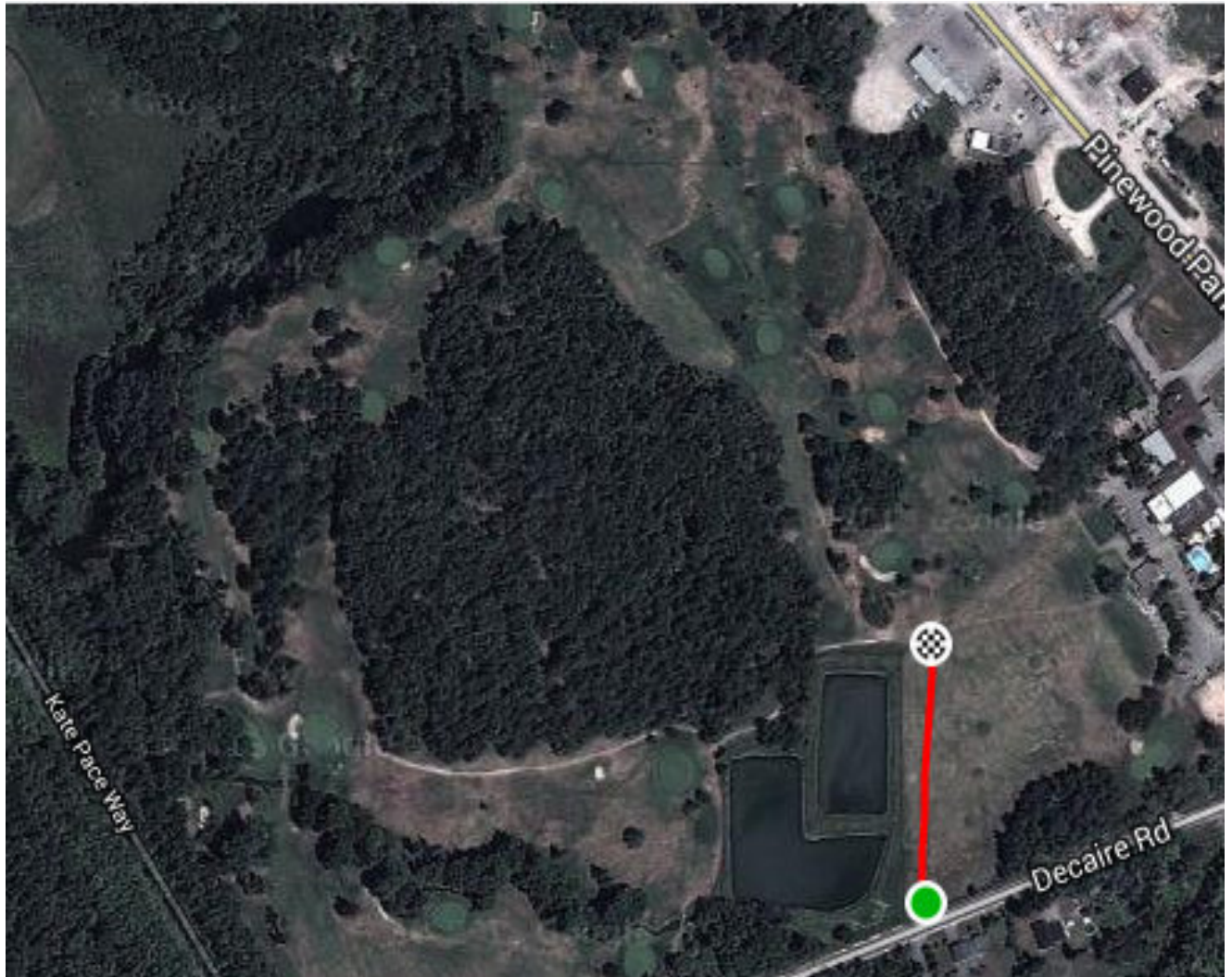
All races are run on the Pinewood Park golf course. The course is primarily flat with some rolling sections. Trails are grass, with some gravel cart paths. Runners are encouraged to walk or jog their course before the race to become familiar with them. Maps below.

**Novice Boys and Girls - 2 X 2 loop**

**Junior Boys and Girls - 1 X 2K loop followed by 1 X 3K loop**

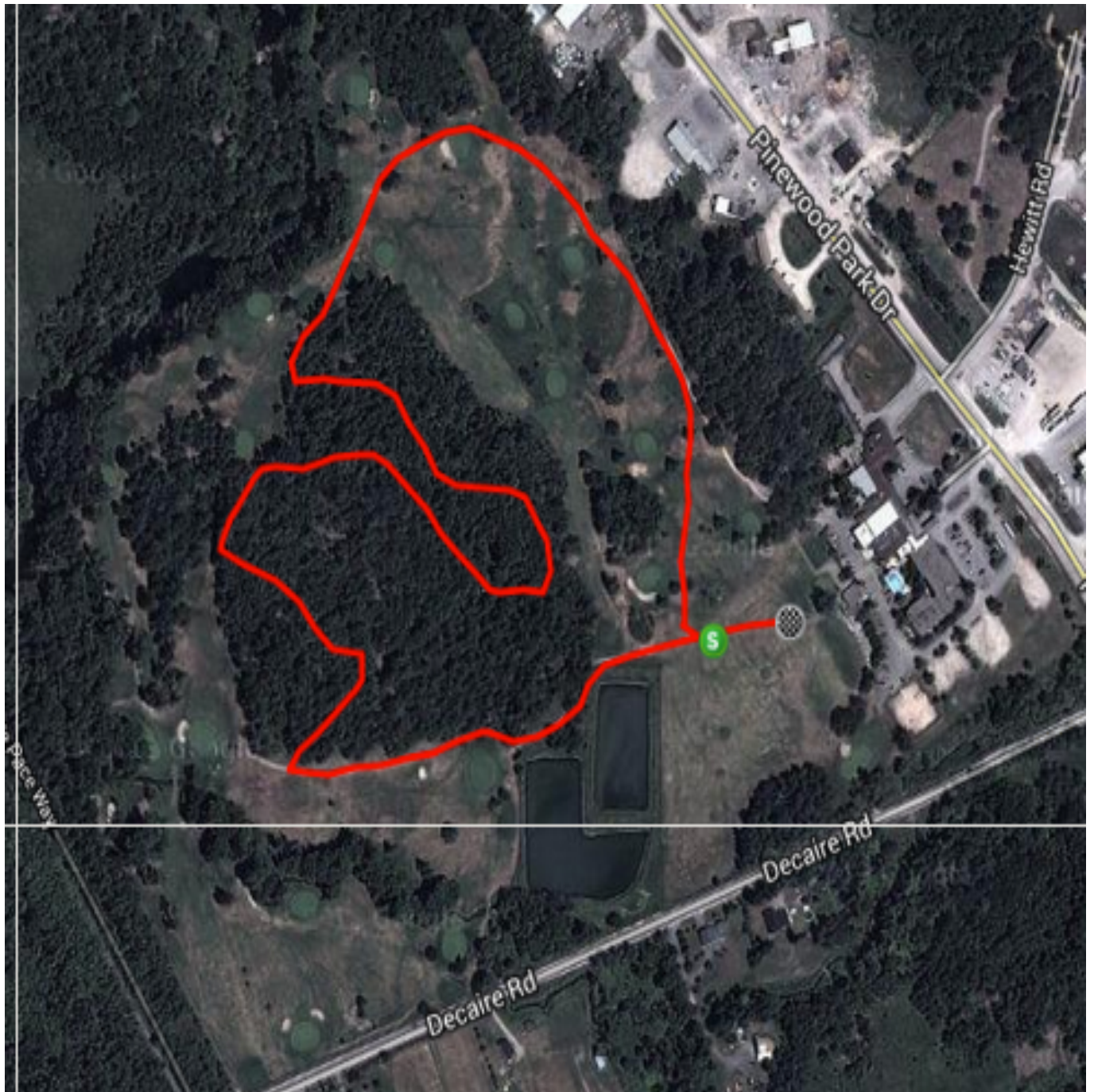
**Senior Boys and Girls - 2 X 3K loop**

#### **Section 1 (start)**

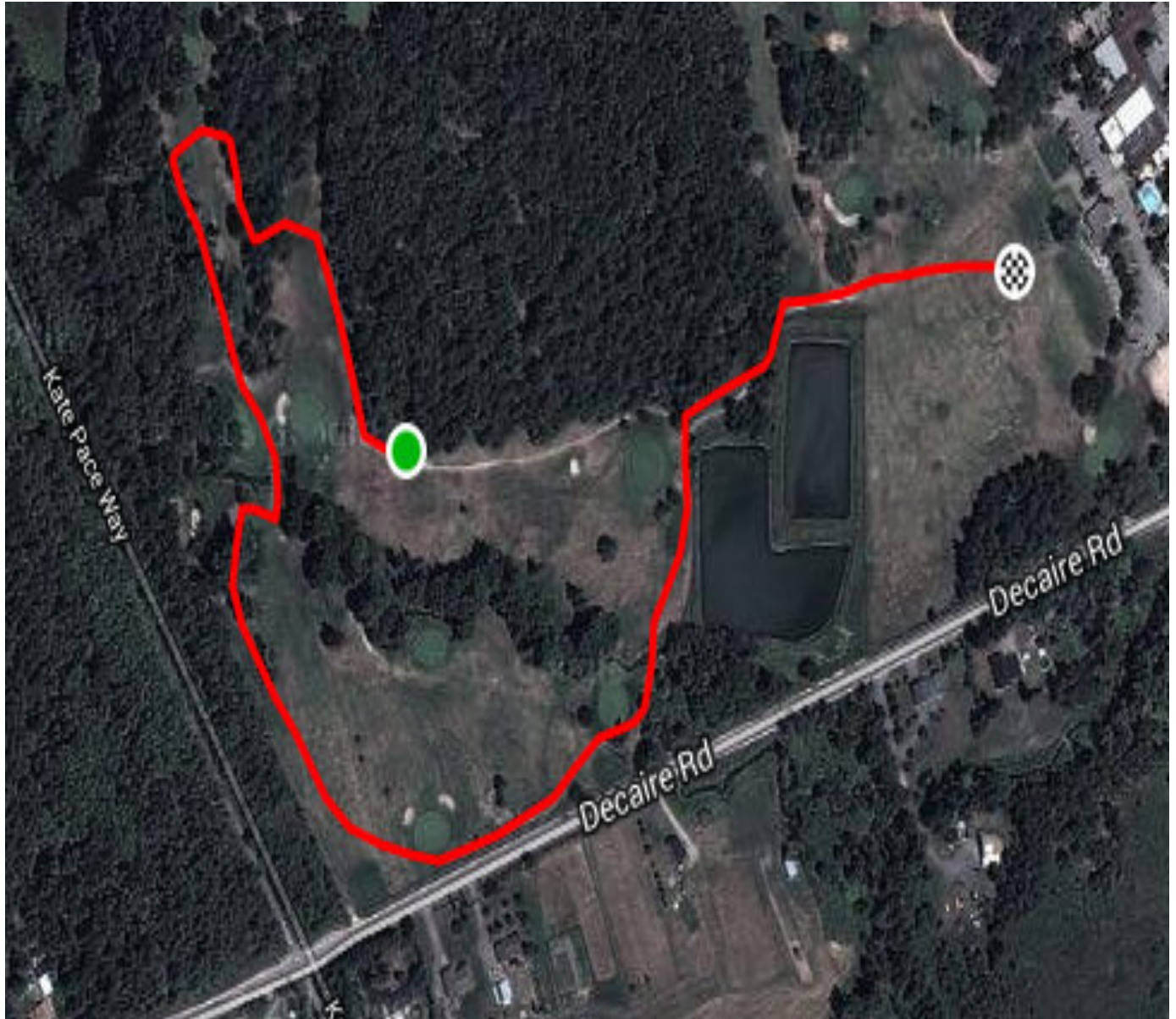


**2km Loop plus finish**





3km Loop extension and finish



### **Facilities**

The clubhouse will be available to coaches and adult volunteers only. It will be used for registration, coaches' meeting, and OFSAA entries. During the race the Golf Course will have their Canteen operating for food and drinks.

There is a Tim Horton's, Truck stop style restaurant (Beef and Brand), Subway and Burger King all within walking distance of the race site. There is also a nicer restaurant at the Casino (Matches) which is about 1 Km from the race site.

### **Starting line**

Each team will be permitted to have two (2) athletes on the startline. All other team members will line up directly behind their first 2 team members.

### **Competition Rules**

All coaches should refer to the 2022-2023 NOSSA Handbook and review all other rules and procedures

### **Results and Timing**

Results will be provided by Chiptime Results. Results will be posted near the clubhouse during the day and later on the NOSSA website and on Chiptimeresults.com. Timing will be completed using electronic chip attached to the athlete's bib number. There will be a back-up system in place as well. Athletes will receive numbered cards as they cross the finish line. Please collect these from the athletes for each race and submit them to the convenors table (Envelopes will be provided). These will only be used as a back-up in case the electronic timing fails for any reason. The electronic timing will be the official results provider unless there is a failure of the system at which point the back-up system will kick in..

### **Parking**

The resort has a large parking lot that can accommodate several buses. There are also parking spaces across the street from the hotel/golf course

### **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.
- Please return any trophies to the Officials' Building during registration.

### **Uniforms**

Runners must compete in their school uniforms. Uniform tops should be identical but minor inconsistencies are acceptable.

### **Qualifying for OFSAA and submitting OFSAA Entries**



The top two teams in each race as well as the top 5 individuals not on one of those teams will qualify for OFSAA. **A team can register up to 6 athletes but only 5 are allowed to run. All registered athletes must pay the entry fee even if they do not compete.**

Payment for teams and individuals must be made to the NOSSA convenor on Wednesday, October 26th before you leave the race site. There are two fees for each athlete who qualifies for OFSAA. There is a \$13/athlete fee that is paid to the host of the event and there is also a \$3 / athlete OFSAA participation fee which is payable to OFSAA. For ease of payment, SJSH will collect one cheque from each team at the NOSSA Coach's meeting for \$16. The association meet host (SJSH) is responsible for registering all NOSSA Athletes through the designated registration site.

## **OFSAA Forms**

Each school and their athletic directors are responsible for completing and uploading all paperwork to the OFSAA HUB. For paperwork instructions please see this link:

<https://www.ofsaa.on.ca/championship/cross-country-running/for-coaches/registration-fees/>

## **NOSSA 2022 Accommodation info**

### **Hotels**

There is a Ramada by Windham on site attached to the Golf Course and it has reasonable rates. Here is a link to the hotel (breakfast not included). There is a restaurant in this hotel.

<https://www.wyndhamhotels.com/en-ca/ramada/north-bay-ontario/ramada-pinewood-park-resort-north-bay/overview>

A quick Google search will find many options for accommodations in North Bay. The Best Western and Super 8 are relatively close.



## **NOSSA XC RUNNING**

### **MERCHANDISE FOR SALE**

The on-line store for NOSSA XC Running merchandise will be open until the 23<sup>rd</sup> and the merchandise should be ready for pick up on race day. There will also be some on-site pressing if the athletes want to purchase on site however stock will be more limited.

<https://king-sportswear.mybigcommerce.com/ecoles-schools/nossa-x-country/>

### **LIVE STREAM**

We're happy to say that we will also be attempting to live stream the race with two different cameras. Here is the link for the live stream.

[https://youtu.be/xhg5HL\\_iMKo](https://youtu.be/xhg5HL_iMKo)