NOSSA

CROSS COUNTRY

CHAMPIONSHIPS

2016 - ESPANOLA

CONVENORS: Please distribute the following to all Coaches.

2016 NOSSA Cross-Country Running Championships General Information

Date: Wednesday, October 26, 2016

Host: Espanola High School

Convenor: David Gallant
Phone: (705) 869-1590 (ext. 6244)
Cell: (705) 862-0074
Fax: 705-675-0229
Email: galland@rainbowschools.ca

Entries: Entries are to be done through: www.trackdatabase.com. Each school is responsible to enter their own athletes to the NOSSA Championships.

Meet Name: NOSSA Cross Country Championships
Meet Code: 7DKHX
New users may refer to the appended page for specific registration instructions.

Registration deadline is: Sunday, October 23, 2016 by 6:00 p.m.

Entry Fee: $10/athlete and payable at registration. Cheques made payable to: ESPANOLA HIGH SCHOOL. Entries must be presented in order to receive your registration package.

Location: ESPANOLA GOLF AND COUNTRY CLUB, 309 Spanish River Drive in Espanola.

SPECIAL CONSTRUCTION NOTE!!: ALL SCHOOLS ARRIVING FROM THE EAST (SUDBURY AND NORTH BAY) MUST TAKE INTO ACCOUNT ALL OF THE CONSTRUCTION STOPS BETWEEN SUDBURY AND ESPANOLA. PLEASE PLAN FOR 1 EXTRA HOUR OF TRAVEL TIME TO GET TO THE MEET! WE WILL BE RUNNING ON SCHEDULE!

Schedule:

Tues. Oct. 25th	
3:30 pm – 5:30 pm	Early Registration and Course walks
Wed. Oct 26th	
9:15 am – 10:30 am	Registration and Course Walks
10:45 – 11:00 am	Coaches meeting at Clubhouse
11:30 am	Midget Girls Race and Para Race
12:00 pm	Midget Boys Race
12:30 pm	Junior Girls Race
1:00 pm	Junior Boys Race
1:45 pm	Senior Girls Race
2:15 pm	Senior Boys Race
3:00 pm – 3:30 pm	Banner Presentations and Final OFSAA Confirmations in Clubhouse

Course: All races will primarily be run along the hard-packed dirt cart paths that encircle the course. Mixed in will be the occasional grassy stretch. The course will be well-flagged with directional arrows indicating the various loops. Marshals will be located at critical areas around the course. The start line will be along the fairway of the 5th hole. The finish line will be located directly behind the starting line along the 4th hole fairway.

Registration: Early registration will take place from 3:30 pm to 5:30 pm on Tuesday, October 25th. The course will be open at that time for course walks. Registration will take place in the clubhouse.

Para Athlete Registration: Athletes competing in the Para category are to be registered online and coaches are asked to submit the NOSSA XC PARA AND GUIDE INFORMATION FORM to the Convenor via fax or email prior to the Registration deadline. This form is a modified version of the one on the OFSAA website. Coaches of athletes moving on to OFSAA **MUST COMPLETE AND SUBMIT** the information form for their Para athletes. The OFSAA PARA GUIDE AND INFORMATION FORM is available here:

www.ofsaa.on.ca/cross-country-running/coaches/registration.

Facilities: Portable toilets will be available at the golf club. There are no changerooms, if athletes need changerooms, they may use the rooms available at Espanola High School. Food and drinks will be for sale the day of the meet. NOSSA shirts will be for sale with prices posted as soon as we know.

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 must be identical. No music player devices may be worn (no ipods, MP3's etc.) Failure to abide by these rules will result in disqualification. Spikes are recommended.

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 27th before you leave the site. Coaches must have all necessary OFSAA forms, signatures and fees with them before OFSAA entry will be accepted.

OFSAA FEES: $16 / athlete payable to ESPANOLA HIGH SCHOOL. OFSAA charges a participant fee of $3 per athlete entered, OFSAA Cross-Country Running charges a race fee of $13 per athlete entered.

OFSAA FORMS: available at: www.ofsaa.on.ca/cross-country-running/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

ESPANOLA ACCOMMODATIONS:

Pinweood Motor Inn: (705) 869-3460
Goodman's Motel: (705) 869-1020
Queensway Motel: (705) 869-1065
Clear Lake Inn: (705) 869-1748
Alta Vista: (705) 869-2520

WEBBWOOD / MASSEY ACCOMMODATIONS:

Webbly Motel: (705) 869-5401
Mohawk Motel: (705) 865-2722
Massey Motel: (705) 865-2500

**If you are having trouble locating a place to stay, there are numerous lodges in the surrounding area that may be able to offer accommodations as well.

Parking: Parking will take place at the ESPANOLA GOLF COURSE and surrounding streets.

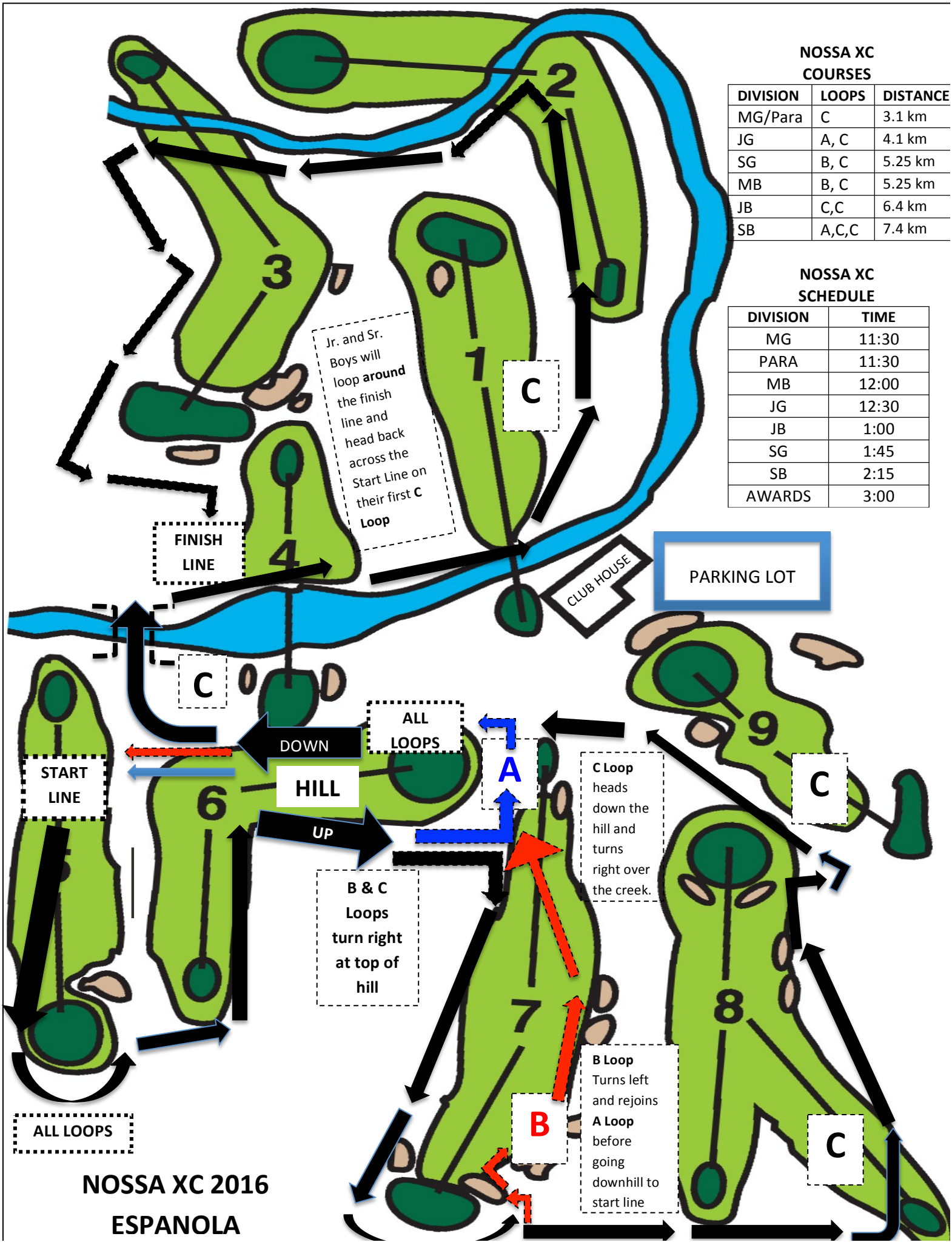
Tents: Tents can be put up along the edges of the fairway that parallel the finish line and in behind the starting area.

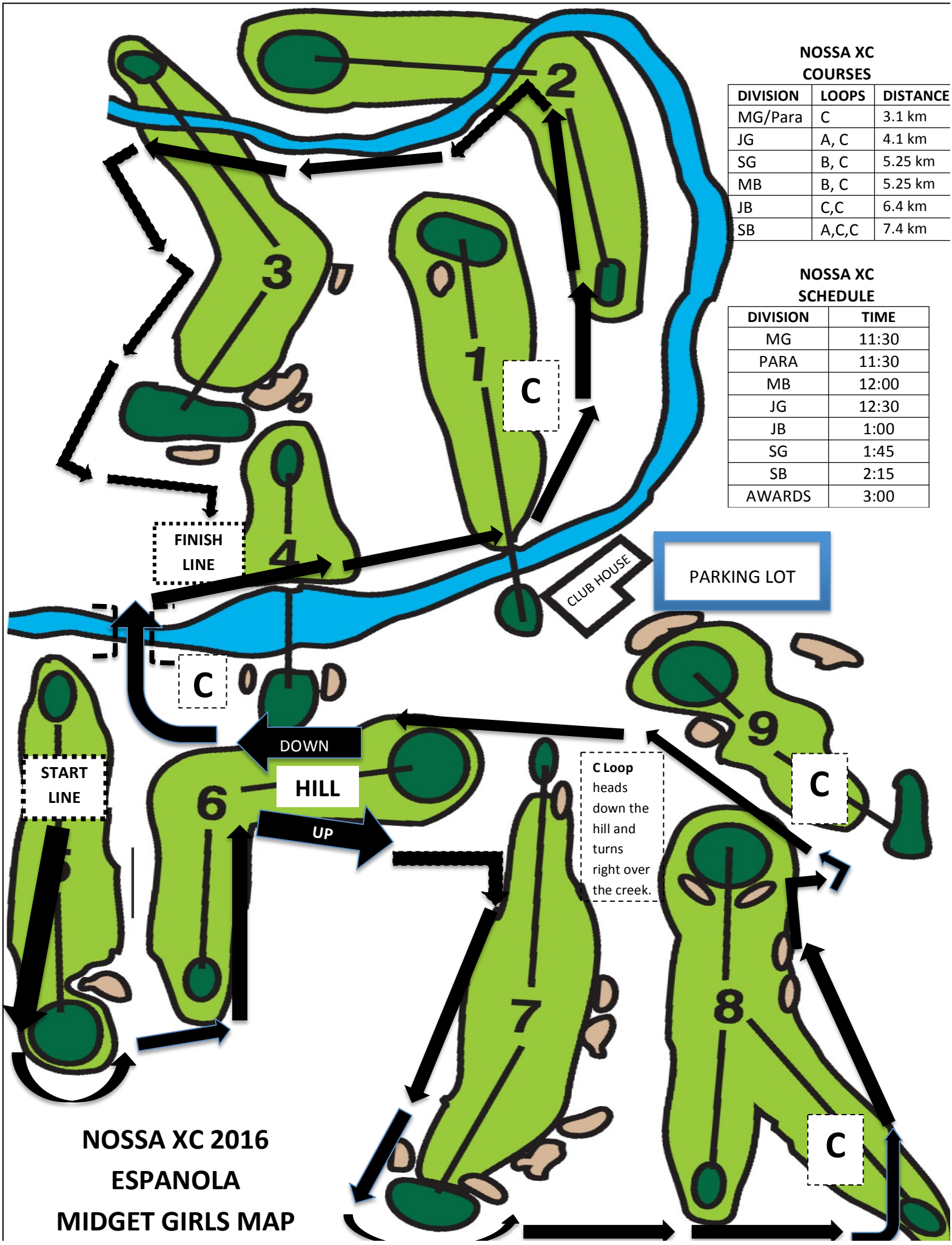
FINISH TIMING: *ChipTimeResults* will be providing the electronic timing services for NOSSA XC. The electronic chips will be located in the athlete bib #s. ATHLETES MUST KEEP AWAY FROM THE FINISH LINE AT ALL TIMES WHEN WEARING THEIR BIB # PRIOR TO THEIR RACE BEING RUN!

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. Results will be posted outside the Clubhouse.

ATHLETES AND SPECTATORS ARE ASKED TO KEEP OFF THE GREENS AT ALL TIMES!

COURSE MAPS ATTACHED AT END OF DOCUMENT!
TO GET TO THE START LINE FROM THE PARKING LOT, WALK DOWN THE CART PARTH BESIDE THE TENNIS COURTS ALL THE WAY DOWN TO THE RIVERSIDE!


NOSSA XC COURSES
DIVISION | LOOPS | DISTANCE
MG/Para | C | 3.1 km
JG | A, C | 4.1 km
SG | B, C | 5.25 km
MB | B, C | 5.25 km
JB | C,C | 6.4 km
SB | A,C,C | 7.4 km
NOSSA XC SCHEDULE
DIVISION | TIME
MG | 11:30
PARA | 11:30
MB | 12:00
JG | 12:30
JB | 1:00
SG | 1:45
SB | 2:15
AWARDS | 3:00
Jr. and Sr. Boys will loop around the finish line and head back across the Start Line on their first C Loop
FINISH LINE
CLUB HOUSE
PARKING LOT
START LINE
ALL LOOPS
DOWN
HILL
UP
B & C Loops turn right at top of hill
C Loop heads down the hill and turns right over the creek.
B Loop Turns left and rejoins A Loop before going downhill to start line
ALL LOOPS
NOSSA XC 2016
ESPANOLA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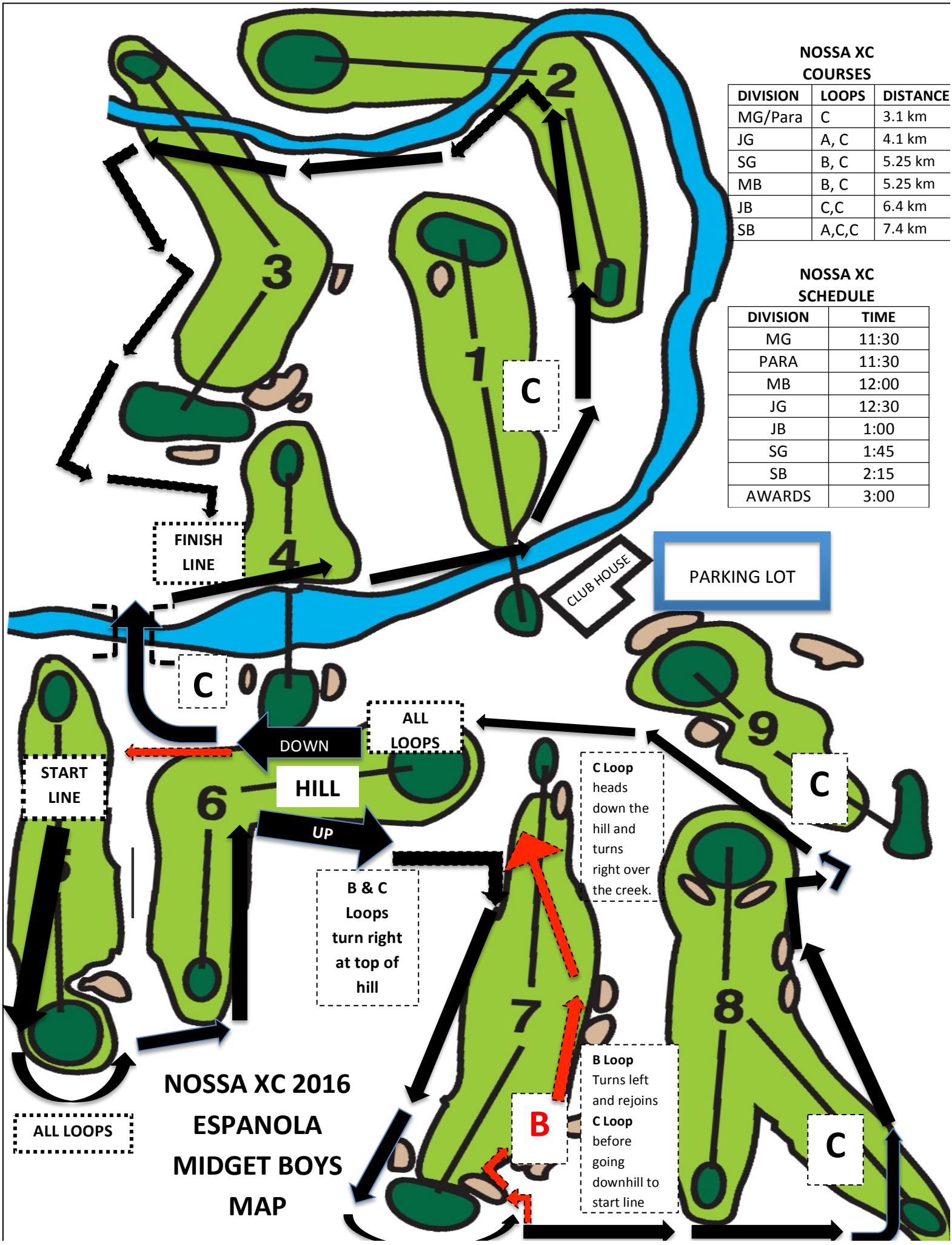
C Loop heads down the hill and turns right over the creek.
C
1
2
3
4
6
7
8
9
NOSSA XC 2016
ESPANOLA
MIDGET GIRLS MAP



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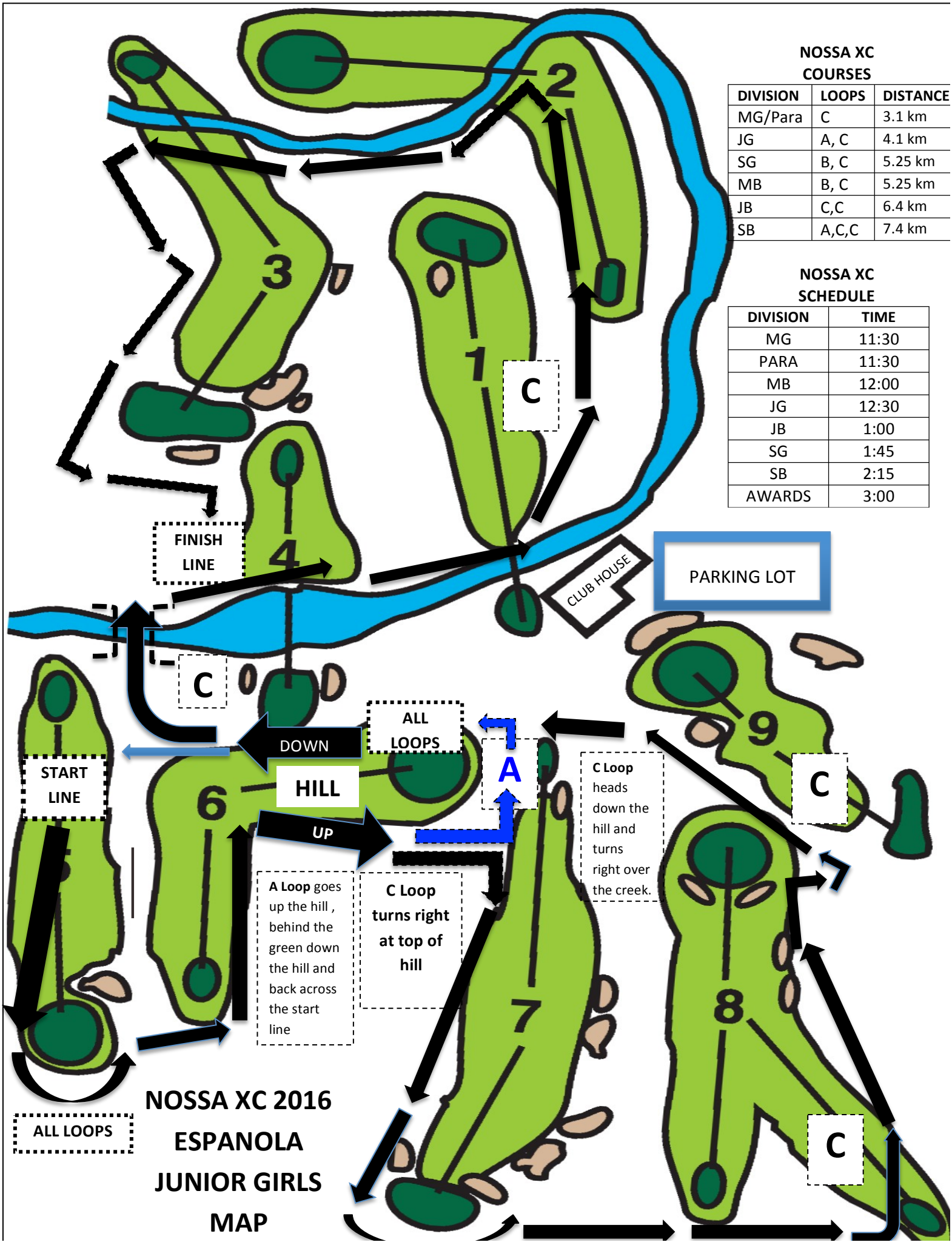
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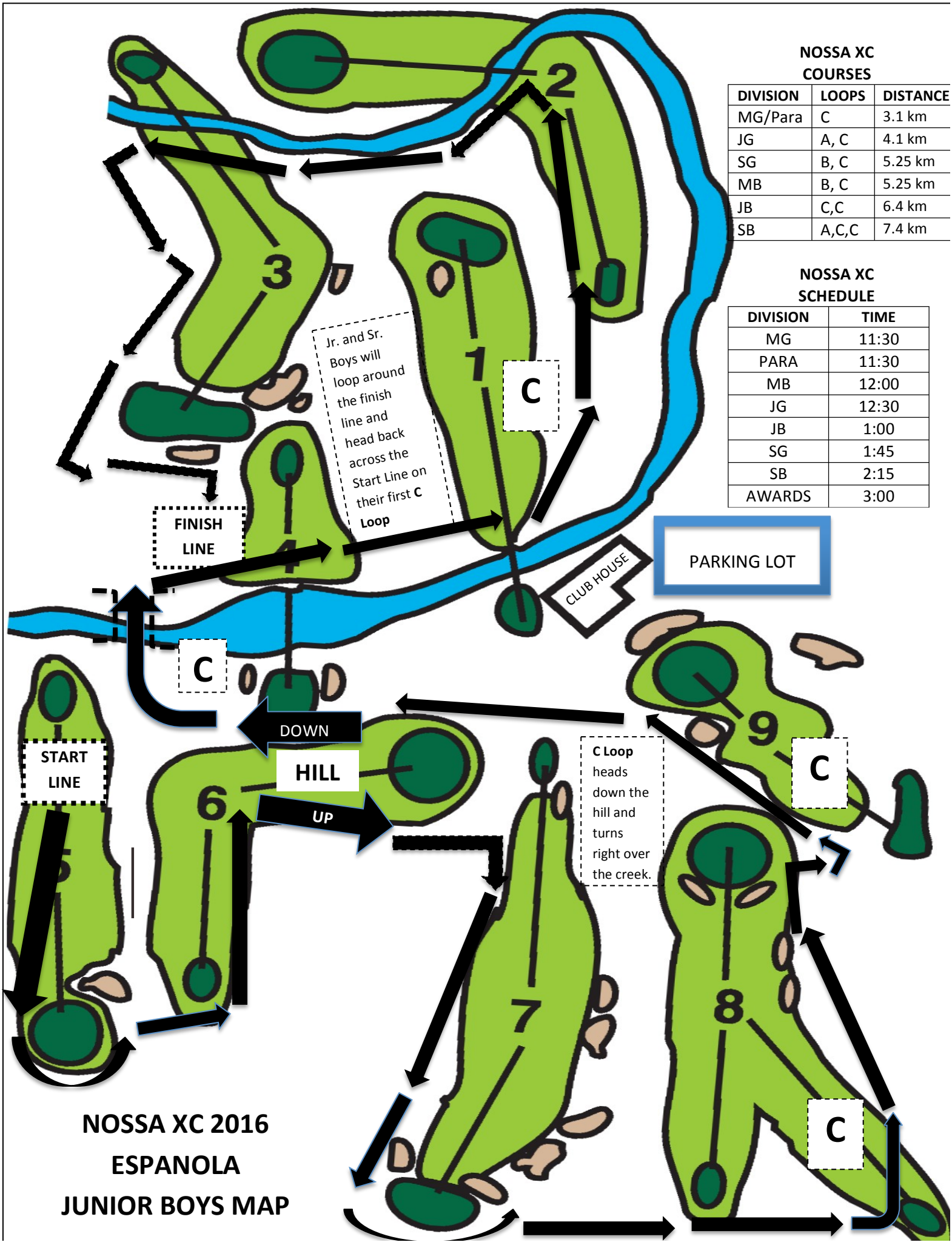
NOSSA XC 2016
ESPANOLA
JUNIOR GIRLS
MAP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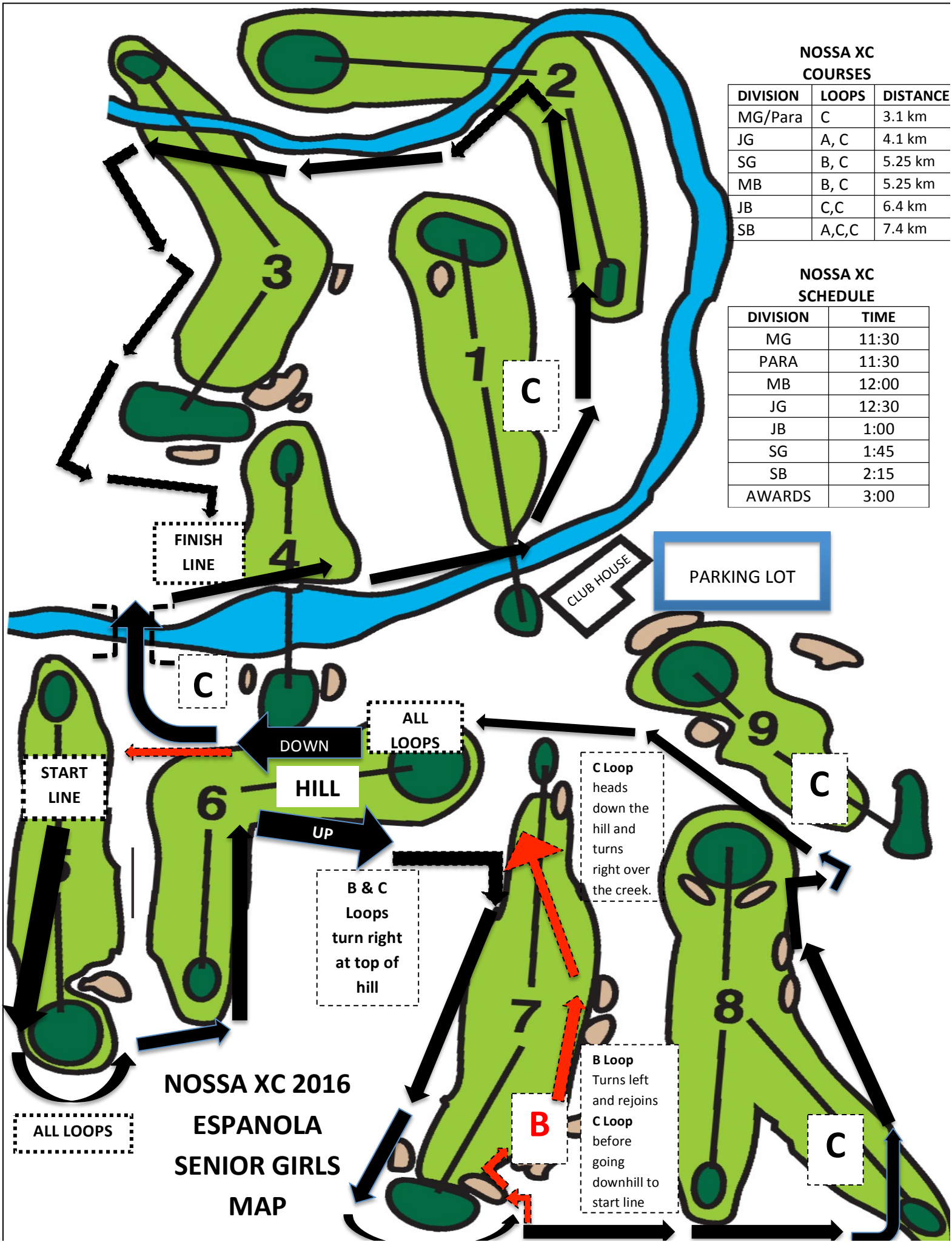
JUNIOR BOYS MAP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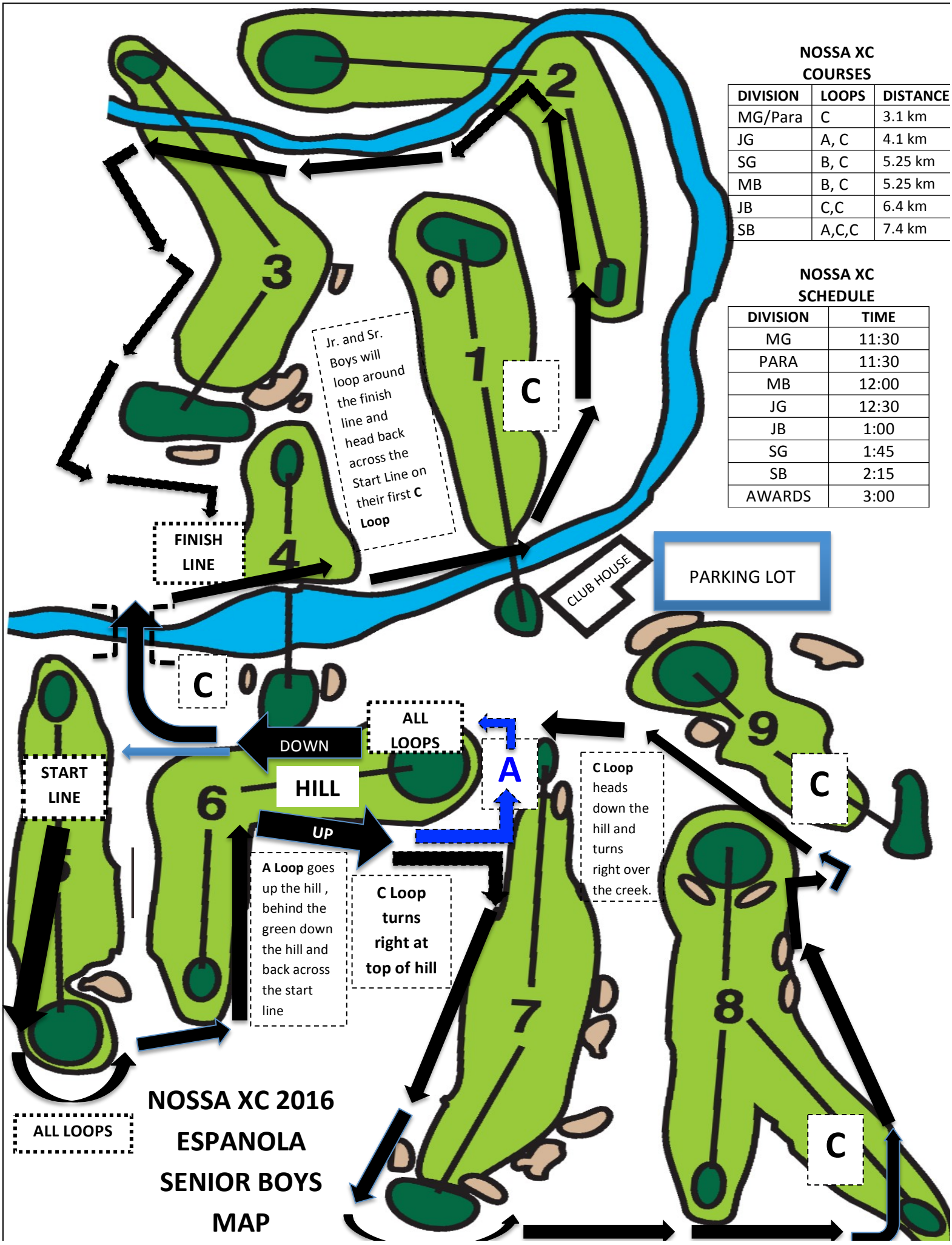
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http://www.trackdatabase.com/

Meet Name:	NOSSA Cross Country Championships
Meet Code:	**7DKHX**
Meet Date:	Oct 26, 2016
Entry Close Date:	**Oct 23, 2016 @ 11:55 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.