

CONVENORS: Please distribute the following to all Coaches.

2019 NOSSA Cross-Country Running Championships General Information

Host: White Pines Collegiate and Vocational School

Convenor: Wendy Basawa

Phone: 705-945-7181 (ext. 72575)

Fax: 705-945-0726

Email: basawaw@adsb.ca

Location: Races will be held at the Hiawatha Highlands Pinder Trail on Landslide Rd/Fifth Line, in Sault Ste. Marie. Maps attached. There is a parking lot for buses on Landslide Road.

Schedule:	9:15 – 10:15 am	Registration
	10:15 – 10:30 am	Coaches' Meeting
	10:30 am	Para race
	11:00 am	Midget Girls
	11:30 am	Midget Boys
	12:00 pm	Junior Girls
	12:30 pm	Junior Boys
	1:00 pm	Senior Girls
	1:45 pm	Senior Boys
	2:30 pm – 3:00	Awards Presentation and Final OFSAA confirmation

Courses: All races are run on the Pinder system at Hiawatha Highlands. There is a variety of terrain on each course: sand hills, paths with protruding roots, some areas of gravel and uneven ground at the start of the race, with groomed trails for the majority of each race. Runners are encouraged to walk or jog their course before the race to become familiar with them. There will be marshals at some points in the course where needed as well as areas flagged off, and colour coded arrows for each race. Colour coded maps will be posted on the NOSSA website as well as the building being used by volunteers and coaches. **Early registration will take place from 3:30 pm to 5:00 pm on Tuesday October 22nd, 2019 and the trails will be open.**

Entries: The entry fees will be **\$11 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)**. Lorri Purnis (purnisl@adsb.ca) is in charge of entries. Each convenor is responsible to submit their district's list of entries using the excel file that has been linked to the xc home page on the NOSSA website. **Registration deadline is Monday October 21st at noon.**

Registration: Early registration will take place on site, at Hiawatha, from 3:30 to 5:00 on Tuesday October 22nd. The course will be open at that time for course walks. The Chip timing bibs will be distributed Wednesday morning during the registration time 9:15 am to 10:15 am.

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:

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

Facilities: Portable toilets will be available at the park. The Kinsmen Building 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.

Clothing: NOSSA shirts will be available for sale at the site on race day. A preorder form for shirts will be posted on the NOSSA website as well.

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. 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: The athletes must meet OFSAA age and eligibility requirements as stated in the constitution. The top two teams as well as the best five individuals not on those teams shall qualify for the OFSAA Championships. Entries of teams and individuals must be made through the NOSSA Convenor on Wednesday October 23rd before you leave the site. Coaches must have all necessary forms, signatures and fees with them before OFSAA entry will be accepted.

OFSAA Fees: OFSAA charges a participant fee of \$3 per athlete entered, OFSAA cross country charges a race fee of \$13 per athlete entered. That's \$16 per athlete for OFSAA payable to SSMWAA at NOSSA. Please have a school cheque with you in the event you have qualifiers.

OFSAA Forms: 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:

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

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.

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

Parking:

Parking will take place at the Bible Fellowship Church, 756 Landslide Rd.

Tents

Tents can be put up in the parking lot across from the Kinsmen Building/Ice cream shop, in the roped off section.



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Mocking Bird Hill Farm Extension

Pinder

White Pine Extension

Sugar Bush Extension

Sugar Shack

Highway 17 North

Fifth Line East

Schultz Road

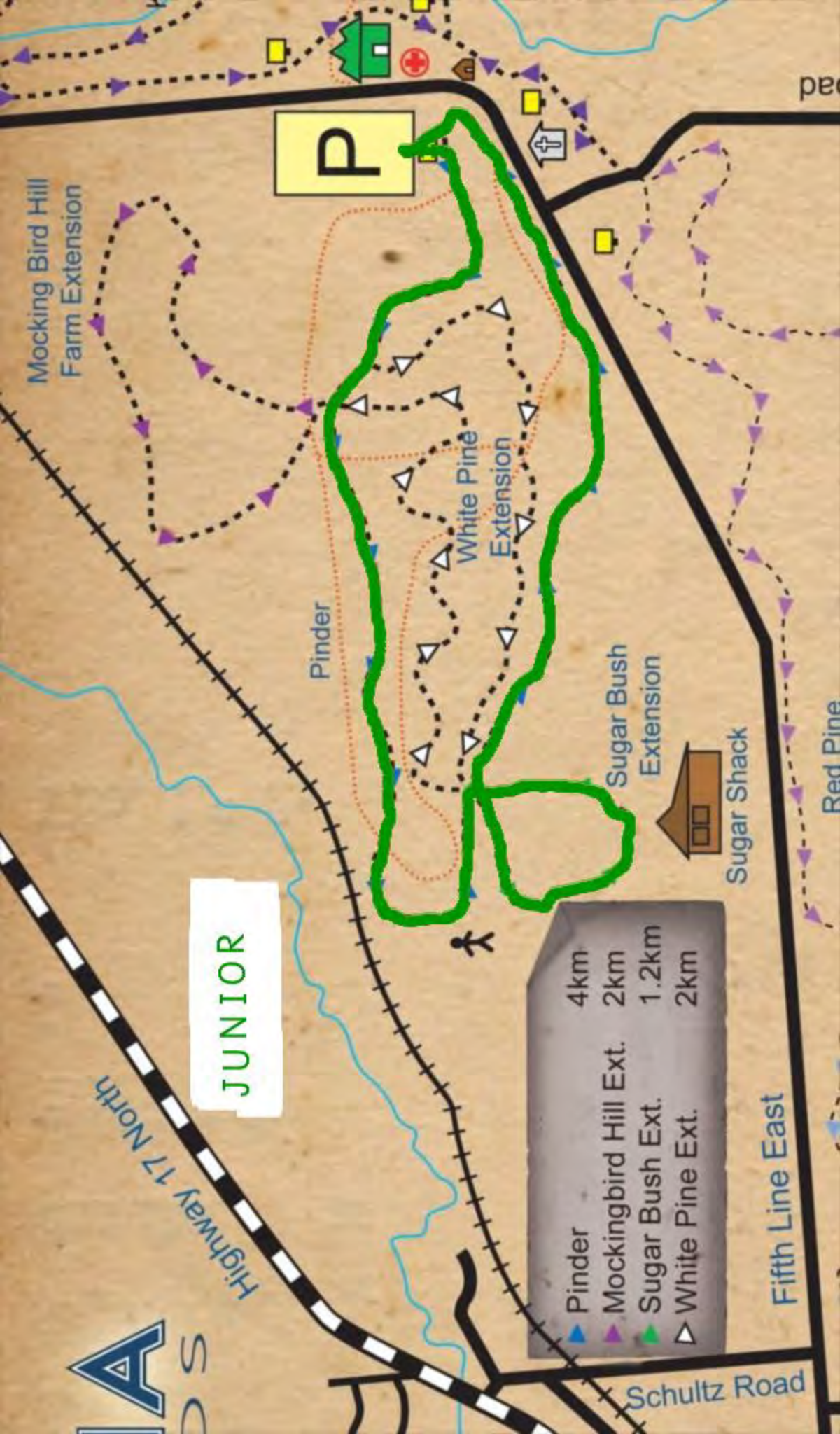
- ▶ Pinder 4km
- ▶ Mockingbird Hill Ext. 2km
- ▶ Sugar Bush Ext. 1.2km
- ▶ White Pine Ext. 2km

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JUNIOR



▶ Pinder	4km
▶ Mockingbird Hill Ext.	2km
▶ Sugar Bush Ext.	1.2km
▶ White Pine Ext.	2km



Mocking Bird Hill Farm Extension

Pinder

White Pine Extension

Sugar Bush Extension

Sugar Shack

Highway 17 North

Fifth Line East

Schultz Road

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SENIOR