

Convenors : Please distribute the following to all coaches

## **2017 NOSSA Cross-Country Running Championship General Information**

**Date:** Wednesday, October 25<sup>th</sup> 2017

**Host:** École secondaire catholique Algonquin

**Convenor:** Monique Dubytz

Phone: (705) 472-8240 ext: 5220

Cell : (705) 494-6652

Fax : (705) 472-8476

Email : [dubytz@franco-nord.ca](mailto:dubytz@franco-nord.ca)

**Location :** Nature's Harmony Ecolodge, 574 Snake Creek Rd, Mattawa ON :  
<http://naturesharmony.ca>

### **Schedule:**

#### Tuesday Oct 24<sup>th</sup>

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

#### Wednesday Oct 25<sup>th</sup>

9:15am – 10:30am	Registration and Course Walk (Bib pick-up)
10:30am - 10:45am	Coaches meeting
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:** Entries are to be done through: [www.Trackiereg.com/nossaxcountry2017](http://www.Trackiereg.com/nossaxcountry2017) . Each school is responsible to enter their own athletes to the NOSSA Championship.

**Registration deadline is Saturday, October 21<sup>st</sup> by 4:00p.m.**

**Entry Fee:** \$13/athlete and payable at registration. Cheques made out to ÉCOLE SECONDAIRE CATHOLIQUE ALGONQUIN. Entry fees must be presented in order to receive your registration package.

**Clothing Sales:** Short sleeve and long sleeve shirts will be available for pre-order with pick up on Wednesday at the race site. Orders can also be made on Wednesday (post order) and clothing will be delivered to the schools following the NOSSA meet. A special note: The shirts are designed and printed at ESC Algonquin by our Maker Space program!



The image shows three models (two men and one woman) wearing black t-shirts with the event logo. The logo features the text 'NOSSA CHAMPIONSHIPS 2017 XCG MATTAWA' in a stylized, bold font. A large, detailed version of the logo is shown in the foreground, overlapping the models. To the right of the models, there is a list of shirt options and prices.

**Men's & Ladies T-Shirt**  
**S, M, L, XL, 2XL**  
**\$15**

**Long Sleeve Shirt**  
**S, M, L, XL, 2XL**  
**\$20**

**Durable, lightweight and extremely comfortable Gildan Softstyle cotton shirts made from 100% pre-shrunk ringspun cotton!**

**Link for online orders to be updated ASAP.**

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

**Course:** All races will be run mostly on well established 6 feet wide trails in the forrest. The course is challenging with some rolling hills and a few climbs. Each race will be two identical loops (3km para – two 1,5km loops; midget 4km – two 2km loops; junior 5km – two 2,5km loops and senior – two 3km loops). There will be marshalls located at critical intersections around the course. These intersections should also be roped off for each race. The start and finish area will be in the main field area.

**Maps will be attached ASAP**

**Registration:** Early registration will take place from 3:30 to 5:30 on Tuesday October 24<sup>th</sup>. The course will be open at that time for course walks. Registration will take place in the upper designated tent. 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 building for athletes or coaches. There is a large area designated for team tents. There will be a tented area for registration and for coaches. There will be 6 compost toilets and 3 traditional portable toilets available on site. Instructions for the compost toilets will be in the registration package as well as posted in each toilet.

**Awards:** NOSSA medals will be given to the 1<sup>st</sup> seven finishers on the 1<sup>st</sup> place team in each category, as well as to the 1<sup>st</sup> place individual in each category. The 1<sup>st</sup> seven finishers on the 2<sup>nd</sup> and 3<sup>rd</sup> place teams, as well as the 2<sup>nd</sup> through 6<sup>th</sup> 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 Registration 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 25th 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 ECOLE SECONDAIRE CATHOLIQUE ALGONQUIN. 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: <http://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

**Parking:** There is parking on site, near the field area. There will be a teacher guiding buses in the parking area.

**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 BEING RUN!**

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.



# 2017 NOSSA X-COUNTRY



Place your 2017 NOSSA X-Country apparel order online at: <http://escafaire.ecwid.com/>

All orders placed by Monday October 23rd 3:00pm will be distributed to the coaches on Wednesday October 25th

All orders placed after this deadline will be shipped to the school for a fee

All orders must be paid in cash prior to receiving your merchandise.



# Last minute info and reminders before you hit the road!

Please note: this is an Econolodge – Off the Grid. There is no wifi or reception on site (you will pick up signal at a few spots if lucky). There is a satellite phone for emergencies. There are no available plug-ins to charge phones etc...

Please don't forget your signed forms for OFSAA entries. You can print them from this site: <http://www.ofsaa.on.ca/cross-country-running/coaches/checklists>

## Clothing:



**2017 NOSSA X-COUNTRY**

Place your 2017 NOSSA X-Country apparel order online at: <http://escafaire.ecwid.com/>

All orders placed by Monday October 23rd 3:00pm will be distributed to the coaches on Wednesday October 25th  
All orders placed after this deadline will be shipped to the school for a fee  
All orders must be paid in cash prior to receiving your merchandise.

The canteen will be selling chili and baked goods as well.

Maps should be uploaded on the website so you can print them. We will also have copies in your registration packages. PLEASE NOTE: All races are comprised of 2 identical loops.

**We look forward to seeing you on Wednesday! Safe Travels!**

# NOSSA Cross Country Championship 2017

**Wednesday Oct 25, 2017**

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

10:30 am - 10:45 am - Coaches meeting

## Races

Each race comprises of two identical loops

11:00 am - **Para** (1, 6, 7, 8)

**3080M**

11:30 am - **Midget Girls** (1, 2, 5, 4, 8)

**4060M**

12:00 pm - **Midget Boys** (1, 2, 5, 4, 8)

**4060M**

12:30 pm - **Junior Girls** (1, 2, 3, 4, 8)

**5030M**

1:00 pm - **Junior Boys** (1, 2, 3, 4, 8)

**5030M**

1:30 pm - **Senior Girls** (1, 2, 3, 4, 5, 6, 7, 8)

**6170M**

2:15 pm - **Senior Boys** (1, 2, 3, 4, 5, 6, 7, 8)

**6170M**

 3:00 pm - 3:30 pm

**Banner Presentation and Final OFSAA  
Confirmation**

