

2021 Cross-Country Running Championships General Information

CONVENORS: Please distribute the following to all Coaches.

- Date:** Tuesday Oct. 26, 2021 – Pre-Race Registration and Walk Through
Wednesday Oct. 27, 2021 – Race Day
- Host:** Central Algoma Secondary School
- Convenor:** Nigel Good
Phone (Cell): 705-542-7684
Email: goodn@adsb.on.ca
Prefer Text or Email for correspondence.
- Location:** Mountainview XC Ski Trails and Walking Trails
3670 5th line (Hwy 548) , Jocelyn Township, St. Joseph Island
- Spectators:** In accordance with local public health rules, school board policy and OFSAA, we will NOT be allowing spectators at NOSSA XC. Coaches, please inform your athletes/parents of this policy. It is not optimal, but please help enforce these rules and help race day run smoothly.
- Schedule:** Tuesday Oct 26th
3:30-6:30 - Early Registration and Course Walk

Wednesday Oct 27th
9:15am – 10:30am Registration and Course Walk (Bib pick-up)
10:30am - 10:45am Coaches meeting (in new shelter building near the finish line)

11:00 am Novice Girls Race
11:30 pm Novice Boys Race
12:00 pm Junior Girls Race
12:30 pm Junior Boys Race
1:00 pm Senior Girls Race
1:45 pm Senior Boys Race
2:30 pm – 3:00 pm Banner Presentation and Final OFSAA Confirmation
- Courses:** Course maps and info are included on the NOSSA website. The course is very hilly and challenging. Runners are encouraged to walk or jog the trails to become familiar with the race routes. There are disc golf paths integrated as well, which can be confusing. Race routes will be marked with flag tape and spray paint. Volunteers will also be posted at turn points.
- Entries:** \$11/athlete and payable at registration. Cheques made out to CASS Athletics. Entry fees must be presented in order to receive your registration package. 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 Saturday October 23rd at 6pm.**

Registration: Early registration will take place on site from 3:30-6:00pm on Tuesday Oct. 26th. The course will be open at that time for course walks. Volunteers will be available on the course for guiding. The Chip Timing bibs will be distributed Wednesday morning during registration from 9:15am-10:30am. **Coaches will be asked to sign in, list their coaches and confirm that they have completed pre-screening on all participants.**

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 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 outhouses and portable potties available on site. The township office building will be used for officials only, the coaches meeting, and OFSAA Entries meeting. There is no potable water available, please plan accordingly. Food and drinks will be available for sale on-site.

Clothing: NOSSA shirts will be available at the race site on race day. **Pre-orders can be sent by email to shoefits@shaw.ca**

Long Sleeves and Hoodies are available in Pre-order – Black only.

Long Sleeves - \$30 (tax included) – available in S, M, L

Hoodies - \$50 (tax included) – available in S, M, L, XL

Payment will be accepted on site (Cash, school cheque, debit or credit)



When ordering, please include Name, School, phone number and email.

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 cell phones). 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 27th before you leave the site. ****Coaches must submit all the necessary forms, and signatures on the new OFSAA Hub, your Athletic Directors will have access to this. OFSAA Fees will be submitted to CASS. Coaches, make sure your eligibility lists have been submitted on the HUB as well prior to NOSSA**

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 CASS Athletics at NOSSA. Please have a school cheque with you in the event you have qualifiers.

OFSAA Forms: **ALL FORMS WILL BE SUBMITTED ON OFSAA HUB.** 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>

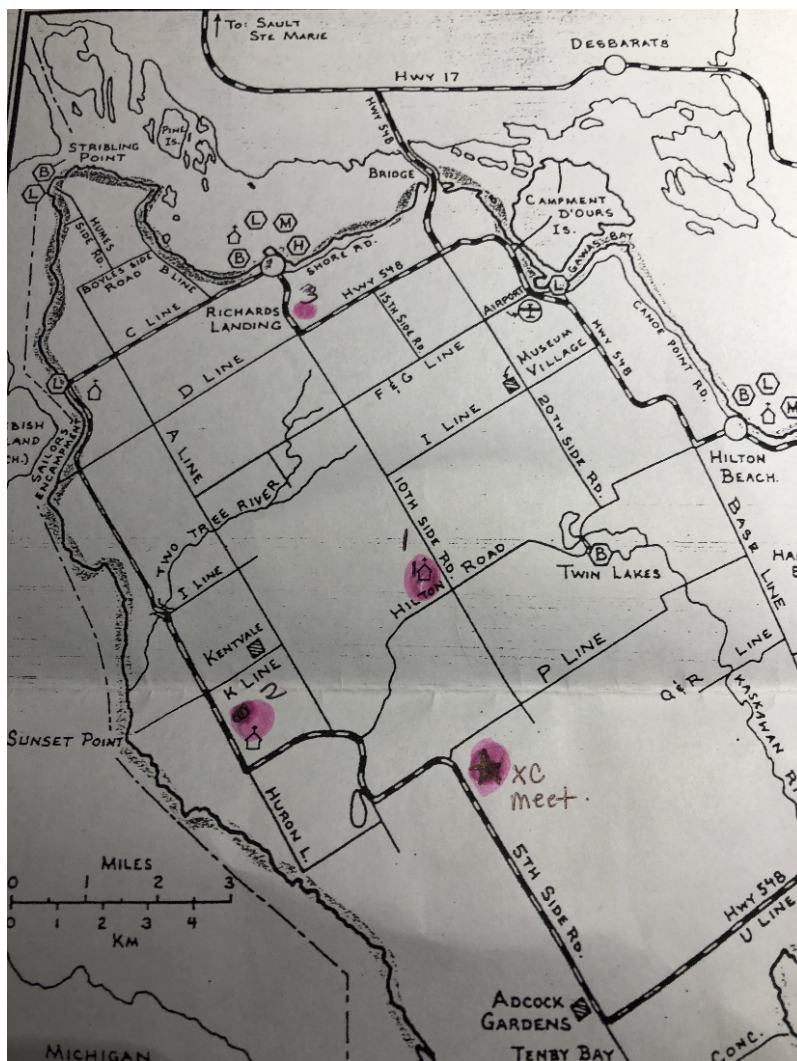
Finish Timing: Chip Timing will be provided by 'The Shoe Fits' from Sault Ste. Marie. The electronic chips will be located on the athlete bib #s. **ATHLETES MUST KEEP AWAY FROM THE FINISH LINE AT ALL TIMES WHEN WEARING THEIR BIB # PRIOR TO THEIR RACE!** Bibs are to be pinned onto the front of the athlete. 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 Accommodations: There are limited motel spaces in the North Shore area. Hotel accommodations in Sault Ste. Marie are recommended.

Parking: Bus parking will not be available on site. We ask that buses pull into the first driveway on the left, there will be a sign that says 'Disc Golf Course'. Buses will be able to pull through and drop off teams. Parking for buses is available at three locations on the Island. See the map below. There should be very limited passenger vehicles due to no spectators.

Bus Parking

1. Richards Landing Legion (10th Side Rd, Richards Landing) – closest to restaurants
2. Free Methodist Church (1589 Hilton Rd, Hilton Beach)
3. Gilbertson's Pancake House (3090 Huron Line, Richards Landing)



Tents: A field area will be designated for team tents. Please use designated area for your association.

Results: results will be posted on the NOSSA XC Website as races conclude. Please inform your athletes and parents. This will avoid any congregating around a results board.

Covid Considerations

General COVID19 Safety Protocols	Respiratory etiquette Hand hygiene Physical distancing Use of PPE	-Coaches and assistants to be masked -masks for participants mandatory when not running (Face shield for any student with mask exemption) -bathroom facilities: outdoor portable toilets will be used. PPE- each school is to bring their own PPE kit (sanitizer, wipes, masks etc.) -No sharing of personal equipment, minimize personal items brought to races, bring own supply of water -No high fives, hugs, group photos are permitted with Social distancing practices in place Spitting is not permitted at any time, which includes spitting out water etc.
Sport Specific COVID19 Safety Protocols (competition rules)	Density Reduction Touch Point Minimization	On site Registration: only coach will report to registration for materials and will provide to athletes at their designated area where social distancing/masking protocols in place teams awaiting competition must remain in designated and distanced areas.
Event Specific COVID19 Safety Protocols		Starting of race: Competitors will be spaced in a socially distanced manner on the on the start line (80m wide) which will have designated start positions for each school to spread out 6 feet apart at the start. Teams will line up behind their pylon in single-file, with the fastest runner in front. Student-athletes from each school are asked to return to their designated team area after the conclusion of their race.
Health Screening and Contact tracing for School Participants	Screening App/Checklist	-Each participant and coach complete board covid checklist pre-game (in addition to morning before school) or the self-assessment tool on the on APH website Screening tools: Students: https://covid-19.ontario.ca/school-screening/ Coaches/volunteers: https://covid-19.ontario.ca/screening/worker/ Coach/volunteers/officials: to complete confirmation this has been done (checkmark beside each name) Each school will provide the convenor with a complete

		participant list (including coaches and volunteers) and their verified screen completion (list of athletes and check off that all completed the self-screen for that day)
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