2023 N.O.S.S.A. Cross Country Championships
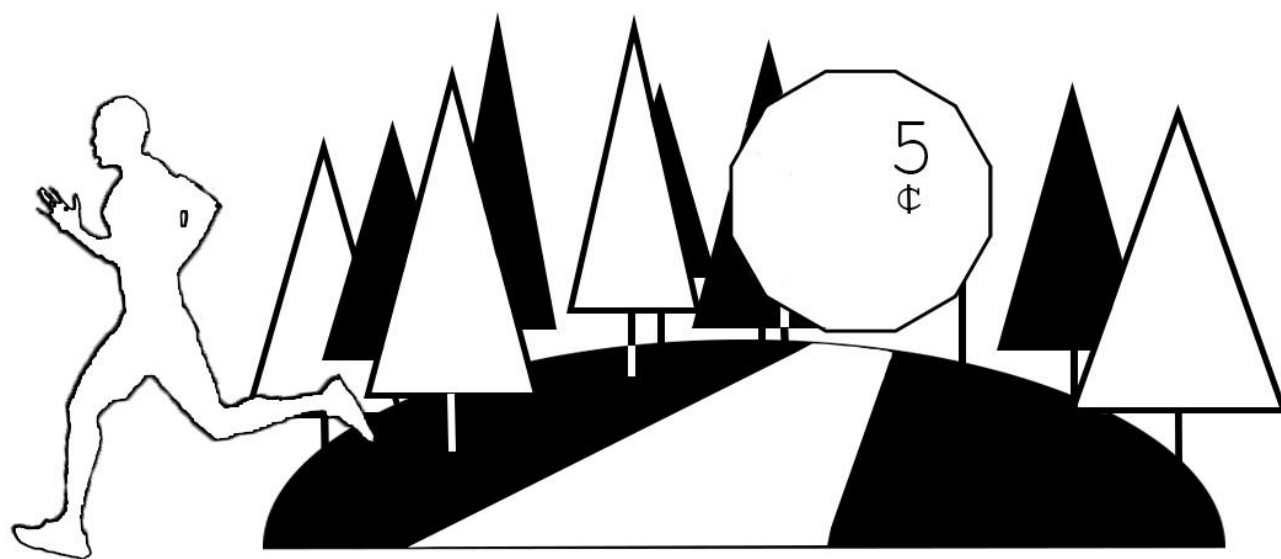
Wednesday, October 25, 2023

Hosted by SDSSAA

Meet Information Package

General Information

Website: http://nossa.rainbowschools.ca/Pages/xchomepage.html
Host: SDSSAA
Convenors: Karen Passi, Kerry Abols, Colin Ward
Phone: 705-920-4055
Email: passik@rainbowschools.ca
Location: Kivi Park
4472 Long Lake Rd,
Sudbury, ON P3G 1K4

Schedule
Tuesday, October 24, 2023
4:00 - 6:00 Registration; Course open for preview

Wednesday, October 25, 2023
9:00 – 9:45 am Registration
9:30-9:45 am Volunteers' Meeting
9:45- 10:00 am Coaches' Meeting
10:30 am Senior Girls
11:15 am Senior Boys
11:45 am Junior Girls
12:15 pm Junior Boys
12:45 pm Novice Girls
12:50 pm Para
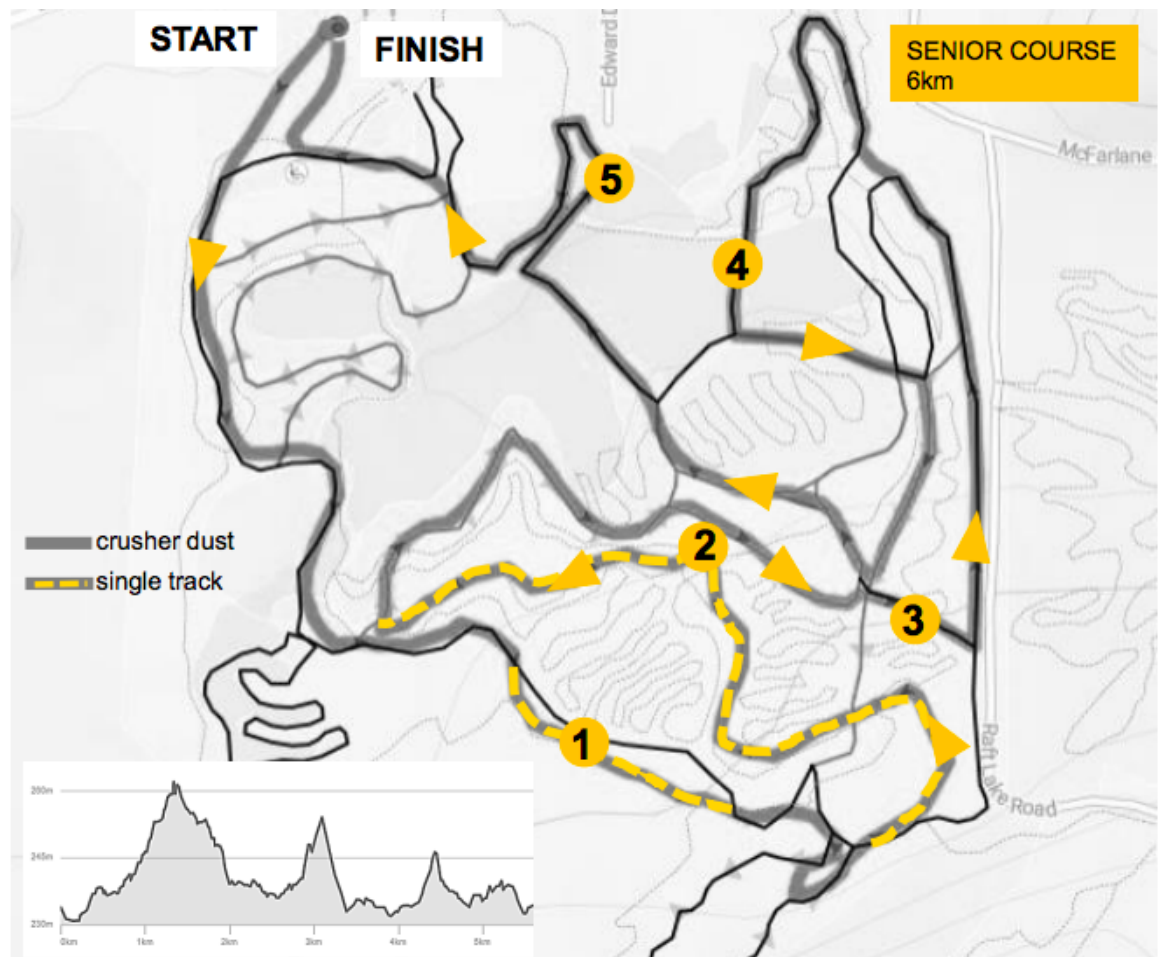1:30 pm Novice Boys
2:15 pm Awards Presentations

Entries
The entry fee will be *$11* per competitor entered, and is payable at registration. Entry fees must be presented in order to receive your team race numbers. (Make cheques payable SDSSAA. 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 20th, 2023 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 at Kivi Park. The course has some flat sections and hill sections. Trails are crusher dust (wide) with single trail through the bush. Runners are encouraged to walk or jog their course before the race to become familiar with them. Maps below.
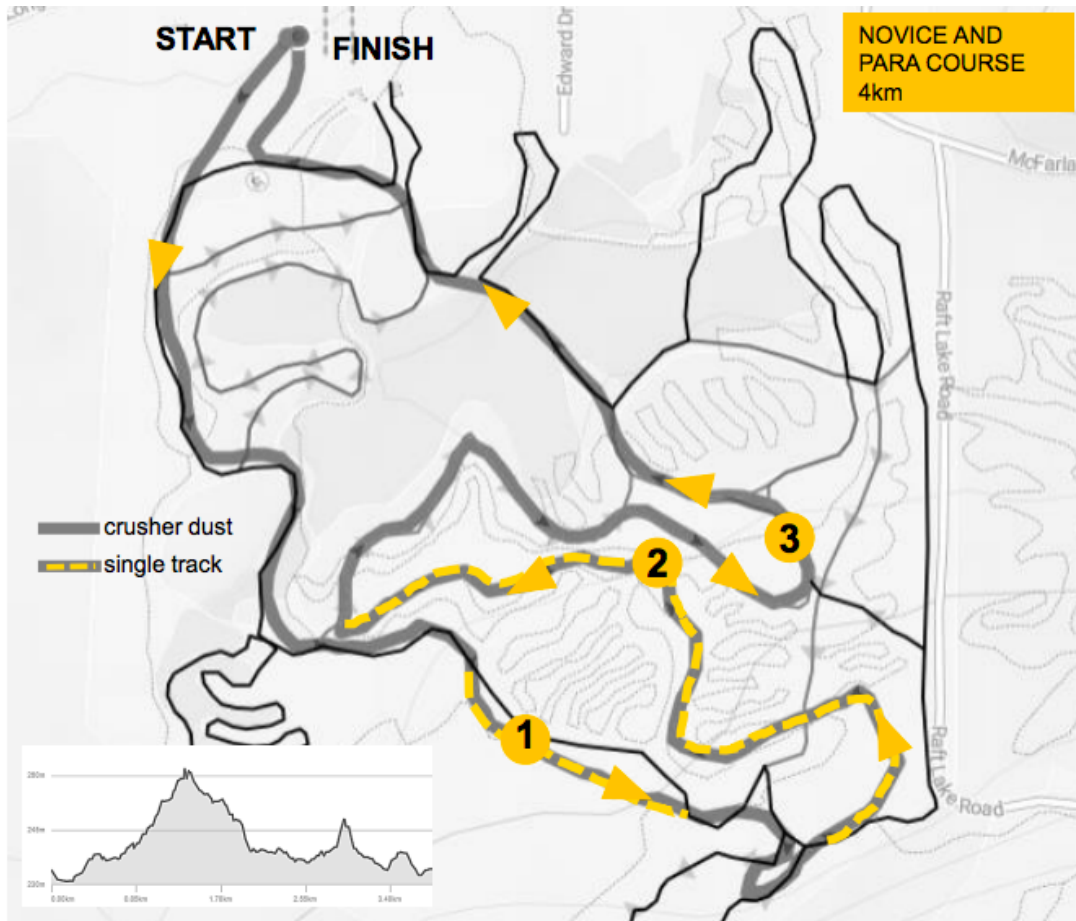
NOSSA CROSS COUNTRY SENIOR
OCT. 25, 2023

NOSSA CROSS COUNTRY JUNIOR
OCT. 25, 2023

NOSSA CROSS COUNTRY NOVICE & PARA
OCT. 25, 2023

Facilities

There is an area to set up tents and there will be outhouses on site.

The clubhouse will be available to coaches and adult volunteers only. It will be used for registration, coaches' meeting, and OFSAA entries.

During the day the Wishing Tree Canteen will be operating for food and drinks. They will have a variety of products for purchase.

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.
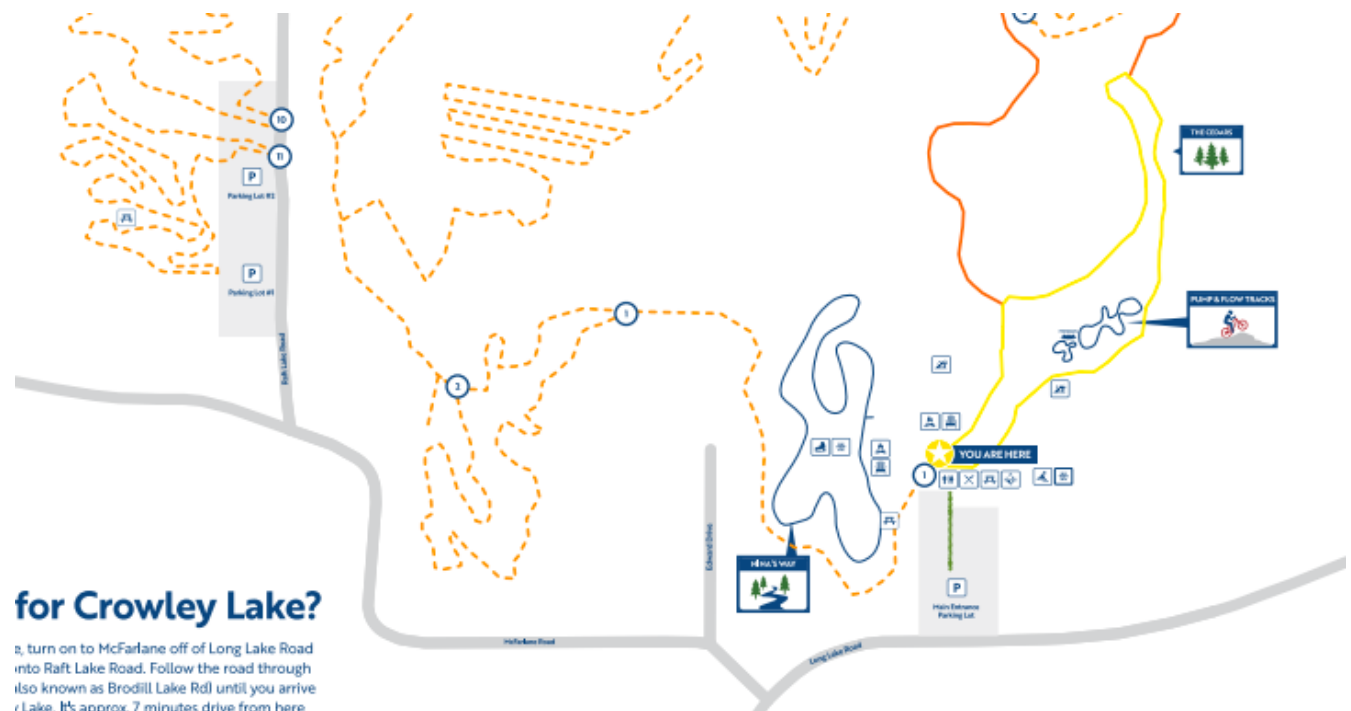
Competition Rules

All coaches should refer to the 2023-20234 NOSSA Handbook and review all other rules and procedures

Results and Timing

Results will be posted near the clubhouse during the day and later on the NOSSA website. 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

Buses are able to drop off athletes at Kivi Park however buses are to park in Parking lot #2 on Raft Lake Road. The is parking for vehicles at Kivi Park

for Crowley Lake?

a, turn on to McFarlane off of Long Lake Road
nto Raft Lake Road. Follow the road through
lso known as Brodill Lake Rd) until you arrive
r Lake. It's approx. 7 minutes drive from here

Awards

- NOSSA medals will be given to the 1st and 2nd finishers on the 1st and 2nd place team in each category, as well as to the 1st and 2nd place individual in each category.
- The 1st seven finishers on the 3rd place teams, as well as the 3rd 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 25th before you leave the race site. There are two fees for each athlete who qualifies for OFSAA. There is a $15/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, please make one cheque out to SDSSAA $18.00 for each athlete participating in OFSAA. (Please note if you are part of SDSSAA your school will be charged back) The association meet host (SDSSA) 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:

[OFSAA Paper Work](#)

NOSSA 2023 Accommodation info

The two hotels below are Innvest hotels and you can get a 15% discount if you indicate your stay is for a NOSSA event.

COMFORT INN SUDBURY SOUTH

2171 Regent Street South

COMFORT INN SUDBURY EAST

440 Second Avenue North

Other Hotel Links below in the south end of the city of Sudbury

[Hampton Inn](#)

[Homewood Suites](#)

[Holiday Inn](#)

NOSSA XC RUNNING

MERCHANDISE FOR SALE

Information about purchasing merchandise will be posted soon.

http://www.trackdatabase.com/

Meet Name:	Nossa 2023 cross country running championship
	Nossa cc 2023
Meet Code:	**FA538**
Meet Date:	Oct 25, 2023

Entry Close Date:	**Oct 20, 2023 @ 03:00 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.
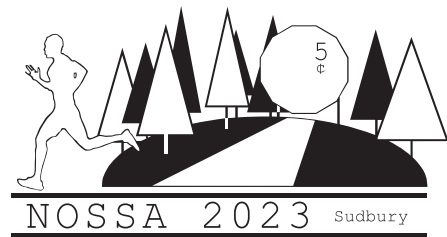
Adding your entries:
The sign-up for relays is located under the "Athlete" heading. Select "Relay Entries" to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

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 do not match the current meet, or would violate entry limits.

NOSSA XC

On site printing October 25th

Cinder 1/4 zip Marmot
Adult
Printed logo
$65 each tax included

Black hoodie
Adult
Printed logo
$50 each tax included

Nantucket hoodie
Adult
Printed logo
$55 each tax included

Toques
Adult
sublimated patch logo
$25 each tax included

t-shirt
Adult
Printed logo
$25 each tax included