

NSSSA Cross-Country 2016

JN/WCE Invitational - Thursday October 13, 2016
NSSSA - Friday, October 21, 2016
Location - Boom Camp in Blind River
Directions to Boom Camp at www.blindriver.com/site/welcome/index.php?pid=98

Dear Coaches,

Welcome to Blind River for the 2016 Cross-Country Meets. We are looking forward to hosting this event. We would like to thank (very much) everyone who has helped in the organization of this meet.

If you have concerns or comments please contact:

Nigel Good (goodn@adsb.on.ca)

Mark Tarantini (tarantm@adsb.ca)

Trails: comprised of gravel trails in wooded area. Some inclines with a longer hill for the longer distances. Course maps are included with the package. There is not much room for mass starts. A cyclist will follow the last runner of every division. Trail map is attached.

Race Distances:

Midget Girls 2.9 km

Junior Girls 3.7 km

Senior Girls and Midget Boys 4.9 km

Junior Boys 6.1 km

Senior Boys 7.4 km

Facilities: because of the size of the clubhouse, it is available to coaches and volunteers only. Two washrooms at the back are available as well as 1 portable toilet. We will have a flat area for team tents. Buses will have to park on the side of the road. There is limited parking for cars. There will be food and refreshment available for purchase on site.

Entry Forms: (attached) They are due the **Thursday**, one week prior to the race by 3:30 pm. If possible please send entries via Meet Manager.

2016 NSSSA Invitational Entries due October 6th

2016 NSSSA Entries due October 14th

Email Meet Manager entries to Nigel (goodn@adsb.on.ca)

School FAX: (705) 782-4288

Entry Fee: An invoice will be sent out after the race with the actual cost of the race divided by the number of runners each school brings. Please make the cheques payable to CASS

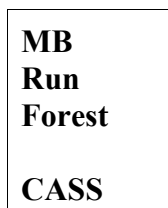
Number of Teams: each school is permitted one team in each of the six age classes with unlimited numbers on a team.

Race Schedule will run as follows:

10:00 am - 10:45 am	-Registration and <u>filling out race name labels</u>
10:30 am (approximately)	-coaches meeting
11:00 am	-Midget girls
11:30 am	-Junior Girls
12:10pm	-Senior Girls
12:10 pm	-Midget Boys
12:55 pm	-Junior Boys
1:40 pm	-Senior Boys

Entries:

Race numbers will not be used. Instead you will be provided with a set of adhesive labels and pins. Please PRINT the athlete's name, age group and school on the label as indicated in the diagram and pin to the front of the jersey.



Awards:

- 1) **Invitational race:** Ribbons will be presented to the first three individuals.
- 2) **Championship Race:** Medals will be awarded to first place individuals and team members in each division. Ribbons will be presented to the 2nd through 6th place individuals. Awards can be picked up after results are posted for each race.

Scoring:

Coaches are to verify their athletes' completed scorecard carefully and then submit them to the recorder if there is an error.

Ties between runners result in splitting the points equally. Ties between teams are broken by the position of the 4th placed runner then 3rd etc. First place scores equal 1 point, second place scores equal 2 points, etc.

Team scores consist of the best 4 runners registered on that team. The lowest score wins.

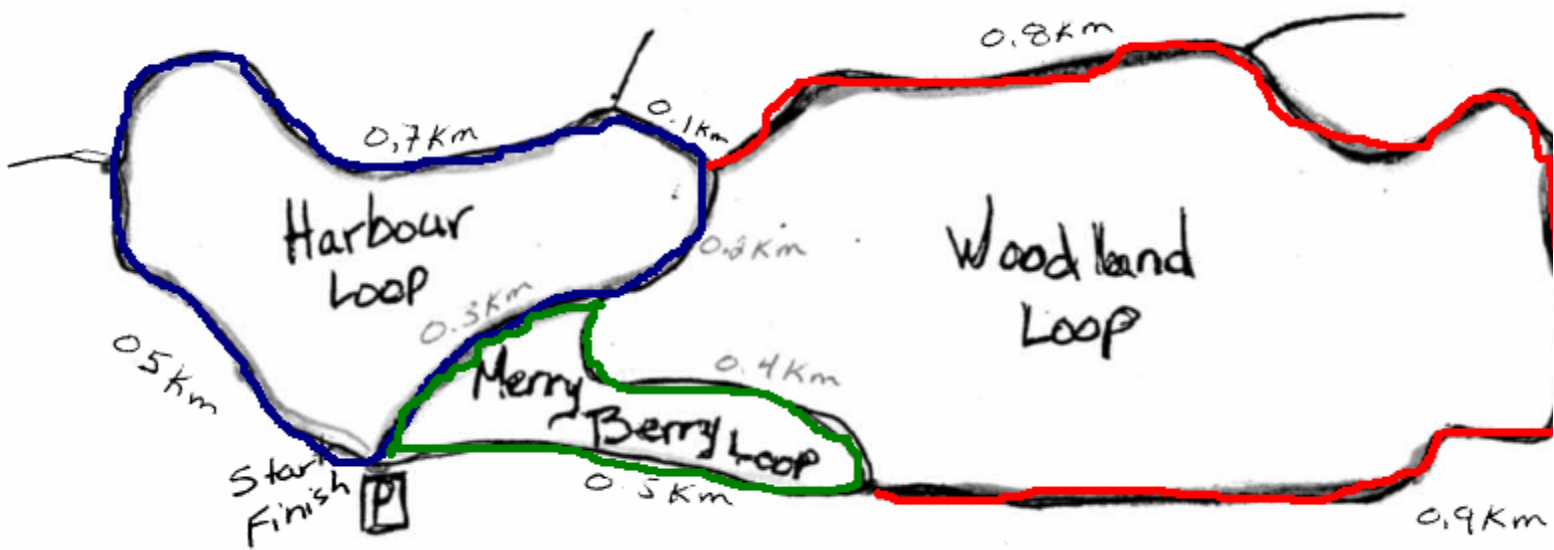
A list of athlete's names will be included in the coach's package.

Eligibility Lists: Faxed or emailed to Nigel before the competition.

Yours sincerely

Nigel Good Éric Simons, Mark Tarantini

Trail Maps



Midget Girls 2.9 km
Woodland Loop (Red)

Junior Girls 3.7 km
Harbour Loop (Blue) + Woodland Loop (Red)

Senior Girls and Midget Boys 4.9 km
Harbour Loop (Blue) + Woodland Loop (Red) + Merry Berry (Green)

Junior Boys 6.2 km
Harbour Loop (Blue) + Merry Berry (Green) + Harbour (Blue) + Woodland (Red) (finishing at end of Woodland)

Senior Boys 7.4 km
Harbour Loop (Blue) + Woodland Loop (Red) + Harbour Loop (blue) + Woodland Loop (Red)