

SOSSA CROSS COUNTRY

THURSDAY, OCTOBER 25TH, 2007

Location: FIREMEN'S PARK, Mountain Road, Niagara Falls
(exit from the QEW at Mountain Road (east), turn left at the lights at Dorchester Rd.) Bus drop off in the upper parking lot.

Course description: Gently rolling, with one hill; trails and fields.

Convener: Sharon Stewart, Governor Simcoe Secondary School, 905 934-4006

Email: redcoats_xc@hotmail.com Fax: 905 934-3389

Rina Rode, Grimsby Secondary School, 905 945-5416

Email: rinal@cogeco.ca

Schedule:

10:00 am	coaches meeting
Same order of events as OFSAA	
10:30 am	Midget Girls - 3k
10:55 am	Midget Boys - 5k
11:40 am	Junior Girls - 4k
12:15 pm	Junior Boys - 6k
1:00 pm	Senior Girls - 5k
1:40 pm	Senior Boys - 7k

NO CHANGING FACILITIES ON SITE. CONCESSION AVAILABLE ON SITE.

RULES for the Firemen's Park - Mountain Road Landfill Site

Pre - Ofsaa, October 11; Zone 3/4, October 18; **SOSSA, October 25;**
and Ofsaa, November 3, 2007

These rules are for the safety and protection of the athletes, officials, coaches, and spectators.

1. ACCESS to the HILL on the Landfill Site is restricted to competitors ONLY! No coaches, parents or spectators.

Please respect this rule from the Regional Municipality of Niagara.

2. NO SMOKING on any part of the race course, or in the vicinity of the race course.

3. NO DOGS on any part of the race course, or in the vicinity of the race course.

READ THIS IMPORTANT OFSAA INFORMATION!!!!!!

You must bring the following COMPLETED FORMS to the SOSSA MEET. You can download these forms from the Ofsaa website.

1. OFSAA Eligibility form
2. OFSAA Practice Eligibility form
3. Supervision form
4. Rules of behaviour and signature form

