

HWIAC CROSS COUNTRY PLAYING REGULATIONS & COACHES INFORMATION

Following is a summary of SOSSA eligibility requirements for teams and individual athletes.

- Senior age – the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held **(1998 or later – maximum five years of eligibility)**.
- Junior age - the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held **(2002 or 2003)**.
- Midget age - the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held **(2003 or later and may only compete at this category for one year in grade nine)**
- Students must be enrolled in at least 3 full time, day school courses in each semester. Having achieved 22 credits a student may be enrolled in at least 2 full time, day school courses in each semester. In both cases, eligibility is subject to Principal approval.
- Students are eligible for five (5) years of participation from entry into grade nine. Therefore, students who entered grade nine prior to **September 2013** are not eligible. Students that finished grade 12 last year and have returned to the same school for a fifth year are eligible to play provided age and course requirements are met.

To be eligible for competition, all players must appear on an eligibility list. An eligibility list **must** be created by logging onto the Athletic Eligibility List System (A.E.L.S.) through the OFSAA website. A completed list must be signed by the Principal and the Phys-Ed Head, and available at all times during the competition period for teams to remain eligible.

Entries & Eligibility List due date: Friday, October 20, 2017 (4:00pm)

2017-18 EVENT INFORMATION

What: 2017-18 SOSSA Cross Country Championship

When: Thursday, October 26, 2017

Where: Christie Lake Conservation Area

Time: See Order of Events (start time 10:30am)

ORDER OF EVENTS

Start Time	Category	Distance
10:00 am	Coaches meeting	Tbd.
10:30 am	Para Race	Approximately 3 kilometres
11:00 am	Midget Girls	Approximately 4 kilometres
11:25 am	Midget Boys	Approximately 4 kilometres
11:50 am	Junior Girls	Approximately 5 kilometres
12:20 am	Junior Boys	Approximately 5 kilometres
12:50 pm	Senior Girls	Approximately 6 kilometres
1:25 pm	Senior Boys	Approximately 6 kilometres

PLEASE NOTE: COURSE MARSHALS REQUIRED

Each school is required to bring two (2) volunteers (senior students) to act as course marshals. Course marshals must report to the results area no later than 10:00am where they will be assigned a marshal area. Providing marshals is a requirement for participation in the meet. Please contact the convener if there are any questions.

1. TEAM ADMINISTRATION

1.1. CODE OF ETHICS

All athletes and coaches are expected to abide by the code of ethics as required by each zone convener.

1.2. COACHING

Non-teacher coaches must have authorization from school principal to represent the school in question. If you are a non-teacher coach, ask the Head of the Physical Education Department to obtain the necessary documentation.

1.3. PROVINCIAL CROSS-COUNTRY RISK MANAGEMENT GUIDELINES

Included in this package of information is a copy of the provincial risk management guidelines for cross-country. Coaches are expected to be familiar with the guidelines, and ensure the team and its members function within the requirements of the guidelines.

1.4. WATER BOTTLES

Schools are prohibited from providing shared containers for fluid replacement to participants in HWIAC sanctioned activities. This restriction is in accordance with provincial safety guidelines which require schools to inform participants that they should provide their own containers and not share them with other participants.

1.5. MEET RESULTS

Complete meet results will be available at www.hwdsb.on.ca/athletics following the competition.

1.6. FACILITY INFORMATION

The SOSSA cross-country championship will be run at Christie Lake Conservation Area. Please ensure your runners respect the fact that this area is a conservation area and that they should show respect for the environment. <https://conservationhamilton.ca/conservation-areas-2/christie-lake/>

1.7. WASHROOMS

Washrooms are available near the start/finish area

1.8. PARKING & DIRECTIONS

Christie Lake Conservation is located at: 1000 Hwy 5 West in Dundas Ontario. Parking is available on site. Google Maps Link: <https://goo.gl/1hdPMN> or visit: <https://conservationhamilton.ca/conservation-areas-2/christie-lake/> for more information.

2. ENTRY PROCESS and ADDITIONAL INFORMATION

3.1. SCORING

The top 4 runners from each school count for team scoring. The runners' placement is used and the top 4 scores are added together. The lowest total wins with the 4th runner being used as the tie breaker.

3.2. OVERALL Titles

The overall awards will be determined by points awarded in each team division. If there should be a tie in any category, the lowest overall finishing total will be deemed the winner.

3.3. AWARDS

The individual will receive a medallion, as will the top team. Ribbons for the top five placings

3.4. UNIFORMS

All team members in a race must have matching school singlets.

3.5. COURSE MAPS

Maps are included at the end of this information package.

3.6. TAGS

Labels for runners will be provided to coaches on race day and are to be worn on the left shoulder. These labels are critical for the tabulation of results. Please ask athletes to use care when attaching the label.

3.7. FIRST AID

An athletic therapist will be located near the finish line.

3.8. ParaAthletes

For any school with ParaAthletes, please send in their entries directly to the convenor. Check below for the link to the required OFSAA forms as well.

3.9. OFFICIALS

Each school may be responsible for assisting with officiating. The convenor will assign duties as required.

3.10. DATES

- SOSSA – Wednesday, October 26, 2017, Christie Lake Conservation Area (hosted by DVSS)
- OFSAA – Saturday, November 4th, 2017, Petawawa, Ontario

3.11. QUALIFYING TO SOSSA

- Entries shall be accepted from Zone convenors only.
- Each Zone is permitted to enter three (3) teams of six (6) runners in each age class. Note: only five (5) runners per team are permitted to run at OFSAA.
- Each zone is permitted to enter the first ten (10) individuals not on a qualifying team At the Zone Championship.
- Runners not among the top six on a qualifying team may not qualify as individuals. Therefore, no school should have more than 6 runners participating in a single race.
- If four (4) or five (5) of these individuals happen to be from the same school, they may not be considered a team for SOSSA INC. purposes.
- A school that qualifies a team for SOSSA INC. may place any eligible runner on that team provided this competitor **competed** at the Zone Championship meet. It is strongly recommended that a member of a qualifying team not be bumped from a team so that a stronger runner may be placed on the team.
- Entries must be received by the SOSSA INC. convenor by the date designated by the SOSSA INC. convenor. (vii)The boys' overall and girls' overall team champions from each Zone be allowed to send all three (3) boys' or girls' teams to SOSSA.
- The overall (boys' and girls' combined) champions from each Zone will be allowed to send all six teams to SOSSA.
- The SOSSA INC. convenor shall be responsible to ensure that the OFSAA entries are submitted.

3.12. **QUALIFYING TO OFSAA**

Each Association shall be permitted to enter two (2) teams in each of the three (3) classifications, Senior, Junior and Midget. Team members must be from the same school. A team shall be comprised of no more than five (5) runners in boys' events and five (5) runners in girls' events. Any one school is allowed representation up to a maximum of five (5) runners in each age group.

In addition each association may enter five (5) individual competitors in each classification who are not on a representative team.

3.13. **OFSAA Forms**

All coaches with athletes qualifying to OFSAA are required to submit the following forms to the SOSSA convenor by the conclusion of the meet.

OFSAA Eligibility Form

OFSAA Supervision Form

OFSAA Practice Form

OFSAA Rules of Behaviour

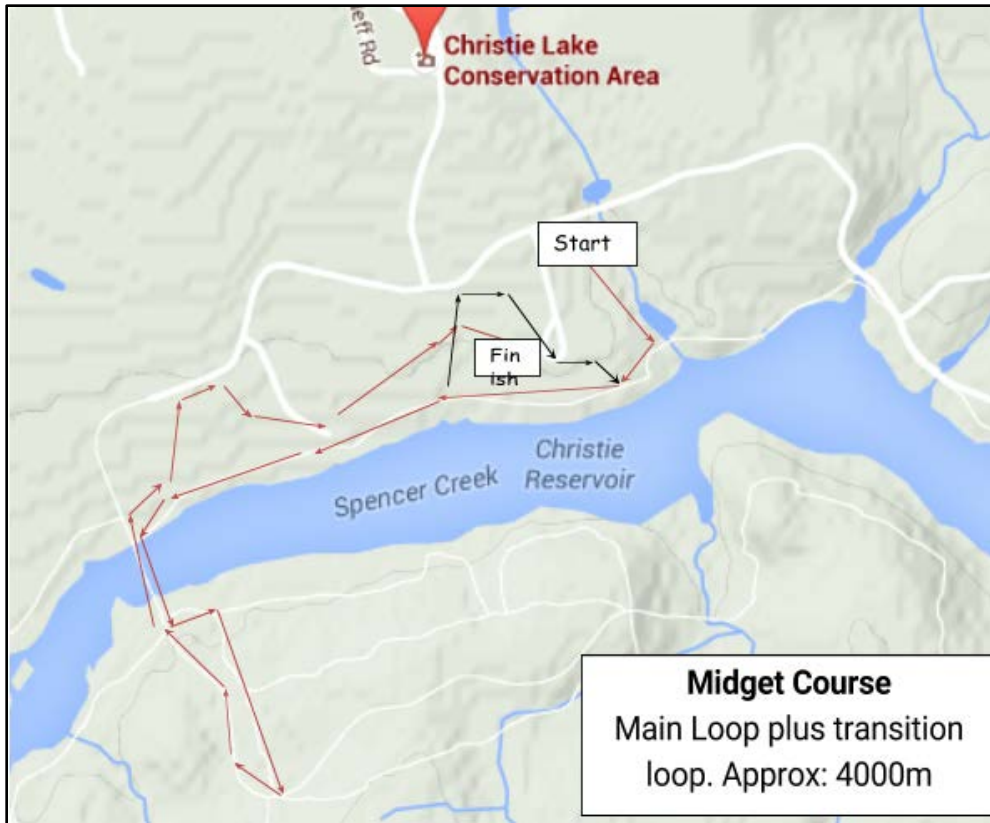
OFSAA Para and Guide Information Form (*if applicable)

These are available at:

<http://www.ofsaa.on.ca/cross-country-running/coaches/registration>

4. **COURSE MAPS**

Midget Course (Girls / Boys)



Junior Course (Girls / Boys)

Senior Course (Girls / Boys)

