



2018-2019 NSSAF Provincial Cross Country Championships **October 22, 2018**

Presenting Partner

eastlink

Location–Le Portage Golf Club, 5580 Cabot Trail, Cheticamp,
NS

Host School – Cape Breton Highlands Ed Centre/Academy /
Cabot Secondary School / Ecole NDA /

Meet Directors – Aurel LeLièvre – aurel.lelievre@srce.ca / Daneil Murray – murraydan@gnspes.ca / Joe LeBlanc

Registration – Daneil Murray – murraydan@gnspes.ca

Pre-Meet Information

A. Schedule of Events

9:45 AM	Registration Begins	12:50 PM	Intermediate Girls' Event
10:00 AM	Walk Through #1	1:15 PM	<i>Presentation of Awards (Junior)</i>
10:30 AM	Walk Through #2	1:30 PM	Intermediate Boys' Event
10:45 AM	Coaches' Meeting	2:10 PM	Senior Girls' Event
11:00 AM	Opening Ceremony	2:30 PM	<i>Presentation of Awards (Intermediate)</i>
11:30 AM	Junior Girls' Event	2:50 PM	Senior Boys' Event / Para-Athletes' Event
12:10 PM	Junior Boys' Event	3:45 PM	<i>Presentation of Awards (Senior)</i>

B. Registration

For registration, each Regional Meet Director must send the provincial qualifiers including independents by exporting from Meet Manager to Daniel Murray (murraydan@gnspes.ca). You are required to use meet manager (Regulation 21.10 Meet Manager be used as the standard for both Regional and Provincial Cross Country Meets).

This is to be received by Wednesday, October 17, 2018. Any problems, please call 902-235-7500.

Schools with Para-athletes should register directly with the Meet Manager.

Registration packages will be available at registration 9:45 am until 11:00 am on site.

A school may enter more than one team at the Regional level, but may only advance one team (per classification) to the NSSAF Championship. Members on a team at Regionals cannot be replaced at Provincials. A team consists of at least four members and no more than seven. If more than seven are listed without indication which are independents or that there is more than one team, the last people named will be listed as independents.

C. Advancing to NSSAF Championships (Provincials) – Also see NSSAF Guidelines Below

Only one team per school per classification may participate at the NSSAF Championships. A school may enter as many athletes as they want at the District and Regional level, but may only advance the top seven (7) runners to form one team (per classification) to the NSSAF Championships. If a school has less than seven (7) runners at the Regional Meet, the school may enter additional athletes that will advance with the team. These athletes must be listed on the Regional list as DNF athletes.

The first five teams from each Region advance to and are expected to compete in the NSSAF Championships.

No other teams are eligible to attend. As well, any person finishing in the top fifteen in their race advances. Those not on a team enter as independents. It is expected that participants will wear a top, which indicates the school they represent. No tops are permitted that indicate a community or university running club or any other community-based organization. Team Athletics Nova Scotia or Team NS/Nunavut Legion gear will not be allowed and athletes wearing such will be asked to remove it.

Teams that qualify for the Provincial Championships must have at least four runners and no more than seven. If **fewer** than four come to the meet, they cannot run as a team and the remaining runners must have qualified as an independent in order to compete.

D. General

1) Ensure that your team gets the opportunity to do a walk through. It is important to note that competitors are responsible to know the route and to follow it. An official walk through will occur at 10:00 am and 10:30 am.

Although there will be assistance on the course, the ultimate responsibility is the runner's. Course maps will be available on the site but may be in limited supply, so please print this map (attached) and take it with you. Results will be posted on site and then on the NSSAF website.

2) Registration will be on site in the **Cabot Trail Arena**.

Coaches will receive a registration kit with bib numbers assigned to each runner. Please ensure that each runner has a number on the **front**. Pins will be provided.

3) The course map has also been attached.

Junior and Para - 4km – two 2 km loops

Intermediate - 5km – one 1 km loop and two 2 km loops

Senior- 6km – three 2 km loops

***** Any division that is running an odd number for their distance (5km,) will always run the 1 km loop first and then the 2 km loops.

4) Results will be posted on the NSSAF website.

5) There is parking available **on site – at the Cabot Trail Arena**.

6) There are a limited number of bathrooms located at the LePortage Clubhouse, Cabot Trail Arena as well as some portapotties that will be located close to the start line area next to the Clubhouse.

E. NSSAF Guidelines

REGULATION 21

21.1 Classification

- Senior – under 19 years of age as of September 30 of the current school year
- Intermediate – under 16 years of age as of September 30 of the current school year
- Junior – under 14 years of age as of December 31 of the current school year

21.2 Regional Representation

Top five (5) teams per Region/Classification and the remainder of any of the top fifteen (15) finishers. For greater clarity, no runner shall advance if not a member of a top five team or one of the top fifteen finishers.

21.3 Distances

- Senior Boys/Girls 6k
- Intermediate Boys/Girls 5k
- Junior/Girls 4k

21.4 Awards

- Championship Banner to winning school in each classification.
- NSSAF Gold Medallions to runners and coach of each winning team.
- NSSAF Silver Medallions to runners and coach of each runner-up team.
- NSSAF Bronze Medallions to runners and coach of each 3rd place team.
- NSSAF Gold, Silver and Bronze medals to 1st, 2nd and 3rd place finisher in each event.

21.5 Rules of Play

- International Amateur Athletic Federation rules will be used with the following modifications:
- Maximum number of runners for Provincial Final - seven on each team with first four finishers to count for Team Championship.
- Individual runners are eligible to compete.

21.6 A school may enter as many athletes as they want at the District and Regional level, but may only advance seven (7) runners to form one team (per classification) to the NSSAF Championships. If a school has less than seven (7) runners at the Regional Meet, the school may enter additional athletes that will advance with the team. These athletes must be listed on the Regional list as DNF athletes.

21.7 Breaking of Tie - In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer the first place.

21.8 NOTE: Schools hosting Cross Country Meets should ensure that runners are given ample opportunity to spread out at the start of the race.

21.9 Course design shall include as much natural terrain as possible, while preserving the safety of the participants.

21.10 Meet Manager be used as the standard for both Regional and Provincial Cross Country Meet.

