

EOSSAA Cross Country Guidelines

Revised: April 2008

Page 1

1. Date:

The EOSSAA Coeducational Cross Country Championships shall normally be held on the Thursday, nine days prior to the OFSAA Championship (the OFSAA Championship is held on the first Saturday in November). *If the Thursday is not feasible, it is advisable to have the competition on Wednesday as opposed to Friday (to facilitate OFSAA entry process, etc.).*

2. Location:

The location of the Championship shall be decided not later than the EOSSAA Annual meeting held in June of the school year prior to the Championship.

3. Classifications:

Competition shall be conducted in three age classifications:

Senior: 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;

Junior: 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;

Midget: 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. Students may compete in this category for one year only.

There shall be a girls' and boys' run in each classification.

4. Course Design and Facilities:

Approximate distance to be covered by each runner in each classification is as follows:

Midget Girls 3000m Midget Boys 5000m

Junior Girls 4000m Junior Boys 6000m

Senior Girls 5000m (max.) Senior Boys 7000m

A 400m tolerance is permitted in each race except where a maximum is indicated. The convenor should take into account the difficulty of the terrain when setting the distances.

The starting line must be wide enough to accommodate 150 runners, *and should be no less than 40m in width.*

Starting boxes will be randomly assigned by the convenor.

It is suggested that the start/finish line corridor have 400m of clear running space and must not have a sharp corner or funnel at the end of this space.

Knowledgeable course marshalls and signs must be used at points of potential confusion.

Course maps should be mailed out in advance to EOSSAA schools *or be available online on EOSSAA website.*

The convenor should recommend footwear for runners to use on the course (e.g. spike length, racing flats).

The convenor should include a description of the facilities which are and are not available (e.g. washrooms, showers, food and refreshments, parking).
The convenor shall include directions to the course for teams travelling from all areas in EOSSAA.

5. Times and Order of Races:

11:00 a.m. Midget Girls 1:15 p.m. Junior Boys
11:45 a.m. Midget Boys 2:00 p.m. Senior Girls
12:30 p.m. Junior Girls 2:45 p.m. Senior Boys

* The meet convenor shall not run events ahead of the times listed above.

6. Entry:

A school may enter an unlimited number of eligible runners. An athlete is only permitted to run in one race.

EOSSAA Eligibility forms must be completed and checked by the coach, and signed by the principal.
Entry Fees: The entry fee is to be set by the convenor to operate the meet on a break even basis. Any funds remaining at the conclusion of the meet are to be returned to EOSSAA with the convenors report and a complete set of results.

Entry Deadline: The entry deadline is to be set by the meet convenor and shall be no sooner than the Friday prior to the EOSSAA Championship meet.

7 . Eligibility:

To represent a school in any activity co-ordinated by the association of EOSSAA, a student must:

- (i) be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs;
- (ii) be certified as eligible by the Principal of the school;
- (iii) meet the age requirements as listed in Section 3;
- (iv) be in Grades 9 - 12;
- (v) be eligible under the OFSAA Transfer Policy (OFSAA By-Law 5, Section 4(f));
- (vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9(OFSAA By-Law 5, Section 4(g))
- (vii) **Any athlete participating at EOSSAA must have participated as a member of a bonafide high school program during the school season (September to November), in a minimum number of practices (sixteen (16)), at a location where the majority of their high school practices are held under the supervision of a teacher-coached as certified by the school principal.**

8 . Scoring

In each race, the scores of the best four (4) of the five (5) team runners shall count for a team score. In the event of a tie it shall be resolved in favour of the team whose fourth runner finishes nearest first place.

Overall Team Championship: Scoring is to be based on the team placings in each race as follows:

1st - 12 points 5th - 4 points
2nd - 8 points 6th - 3 points
3rd - 6 points 7th - 2 points
4th - 5 points 8th - 1 point

9. Rules and Officials:

Priority of rules - EOSSAA, then OFSAA, then AC, then IAAF. The Meet Convenor is responsible for seeing that the course is clearly marked and properly marshalled for all races.

10. Uniforms:

Runners must compete in their school uniforms. The uniform tops of all team members must be the same.

11. Awards:

Individual - EOSSAA medallions shall be presented to the first three finishers in each race in each classification. EOSSAA ribbons shall be presented to the *4th through 12th* place finishers in each race in each classification.

Team - Five Gold EOSSAA medallions shall be presented to each member of the winning team in each classification. Second through sixth place team members shall receive EOSSAA ribbons.

Team Plaques: The following keeper plaques are to be awarded at the Championship meet.

OVERALL SCHOOL CHAMPION

- E.B. Code Plaque

EOSSAA AAA School Champion

- EOSSAA Keeper Plaque

EOSSAA AA School Champion

- *EOSSAA Keeper Plaque*

EOSSAA A School Champion

- EOSSAA Keeper Plaque

EOSSAA Midget Boys Team Champion

EOSSAA Junior Boys Team Champion

EOSSAA Senior Boys Team Champion

EOSSAA Midget Girls Team Champion

EOSSAA Junior Girls Team Champion

EOSSAA Senior Girls Team Champion

12. Deportment:

A staff member from the school represented by each team must be present and responsible for the behaviour of his/her competitors for the duration of the Championship.

13. Medical Personnel:

Provision should be made by the Meet Convenor to have qualified first aid personnel and equipment available at the Championship Site. Coaches shall provide all consumable medical supplies (e.g. tape, bandaids) for their athletes.

14. Jury of Appeal:

The Jury of Appeal shall consist of three individuals to be specified on the day of the meet: the Chairperson of the EOSSAA Sports Advisory Committee for Cross Country, and two knowledgeable coaches from different leagues selected by the Convenor.

A protest must be submitted in writing together with a \$10.00 fee (refundable if the protest is upheld) within thirty minutes of the completion of the race in which the incident, being protested, occurred.

15. Notice of OFSAA:

Date, location, qualifications entry fees and registration information *are available at* www.ofsaa.on.ca

16. Expenses:

The Convenor of the EOSSAA Cross Country Championship shall submit a proposed budget no later than one month prior to the Championship. (EOSSAA Constitution: By-Law 3, Section 6).

Championship entry fees will cover the following expenses:

Phone Calls, Postage, Paper, Envelopes, General Supplies, Number for Runners, Stakes and Flags, Rope, Fencing, Grass Cutting, Paint and Lining of Course, Starting Shells, Allowance for First Aid Personnel, Awards (Ribbons).

EOSSAA will provide: First place medallions, *Nine* Keeper Plaques, Participation Certificates