

# EOSSAA CROSS COUNTRY CHAMPIONSHIPS 2019

Hosted by Valour

**Convenors:** Rick Schroeder, Gary Serviss, Erin Arsenault

**Date:** Thursday, October 24, 2019

**Location:** Petawawa Golf Club  
3 Festubert Blvd.,  
Garrison Petawawa, Petawawa, Ontario, K8H 2X3

**Directions:** From the south take Highway 17 north. Turn right onto Paquette Road. Go straight through the lights, Paquette Road turns into Festubert Blvd. Go through one stop sign past the Tim Horton's and the golf course is on the left just past the church. Parking will be in the Parking lot across from the Can-Ex store by the Tim Hortons.

**Registration Deadline:** Friday, October 18<sup>th</sup>, 2019 – 12:00am

## **Course:**

The course is **challenging**, rolling grassland and trails including large steep hills on an escarpment. It is an excellent course for spectators to view the races. Spiked shoes are appropriate footwear.

**Note:** Runners should arrive dressed ready to run. Coaches, please be diligent in supervising your runners and keeping everyone off the greens and tee boxes. The golf course clubhouse will be open for coffee and food. The clubhouse is not to be used for change rooms or warming up.

## **Order and Time of Events:**

10:30am - Para (3km)

11:00 am – midget girls (4 km)

1:15 pm – junior boys (5 km)

11:45 am – midget boys (4 km)

2:00 pm – senior girls (6 km)

12:30 pm – junior girls (5 km)

2:45 pm – senior boys (6 km)

## **EOSSAA CROSS COUNTRY CHAMPIONSHIPS 2019**

**Entries:** You may enter an unlimited number of eligible runners, however, students can only race in one event. All runners on a team must wear identical school tops when competing. **All runners must be wearing their assigned competitor number.**

**We will be using Trackie to enter your team. "Trackie.com"**

**The entry fee will be \$5.00 per runner. Late entries are \$10.00.  
Please note, once your athletes are entered the entry fee will apply.**

OFSAA paperwork must be submitted at registration. For a copy of the forms go to <http://www.ofsaa.on.ca/cross-country-running/coaches/registration> . You will be required to submit the following forms:

- Supervision form
- Practice form
- Rules of behaviour form
- Eligibility form or AELS
- Para cross country forms if applicable

For any athletes who have qualified to participate at OFSAA you will be required to register these athletes and pay the OFSAA entry fee prior to leaving. The fee is \$13 per athlete, this includes the \$3 participation fee. If paying by cheque, please make payable to "Valour JK to 12 School".

**Bus drop-off will be in the golf course parking lot with parking in the Jubilee Lodge Parking lot.**

This information and the EOSSAA entry forms can be found at the EOSSAA Website  
Thank you,

Valour Cross Country Coaches