



CROSS COUNTRY RUNNING NCSSAA CONFERENCES CHAMPIONSHIP MEET

October 27, 2016

Terry Fox Facility

LOCATION: *Terry Fox and Mooney's Bay*

ARRIVAL: Please check in at registration table and pick up team information package.

SCHEDULE:	9:30	Coaches Meeting	
	10:00	Midget Girls	4 km
	10:30	Midget Boys	4 km
	11:00	Junior Girls	5 km
	11:40	Junior Boys	5 km
	12:20	Senior Girls	6 km
	1:00	Senior Boys	6 km
	2:00	Awards/Medals (right after SB's)	

SCORING: Teams are made up of a maximum of seven runners – the place finish of the first four finishers will count towards the team score. In the event of a tie, it shall be resolved in favor of the team whose fourth runner finishes nearer first place.

MEDICAL: First Aid will be on site. It is recommended that each school have a team first aid kit.

AWARDS: Medals to the top 3 individuals in each race. Ribbons for 4th to 10th place finishers in each race. Trophies to 1st place team in each category, plus Girls' Aggregate, Boys' Aggregate and Grand Aggregate.

COURSE: Hilly terrain, trail running. Maps included in team package on race day.

MARSHALLS: It is the responsibility of the runner to know his/her course. Marshalls are present for official purposes only and should not be expected to be giving directions on race day.

NOTE: All runners who start at the prescribed time and complete the official route on **October 19/20 will be registered for the NCSSAA Championship Meet on October 27. Additional runners will not be permitted to compete.**