



CROSS COUNTRY RUNNING
NCSSAA CONFERENCES CHAMPIONSHIP MEET

October 24, 2024

LOCATION: **KANATA RECREATION COMPLEX**
100 Charlie Rogers Place, Stittsville
There are no change rooms available

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

SCHEDULE:	10:30	Coaches Meeting	
	11:00	Novice Girls	4 km
	11:40	Novice Boys	4 km
	12:20	Junior Girls	5 km
	1:10	Junior Boys	5 km
	2:00	Senior Girls	6 km
	2:50	Senior Boys	6 km

SCORING: Teams can have any number of runners, but only four score and only three can displace other runners.

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 the team package on race day.

UNIFORMS: **All competitors must wear appropriate school tops during their races. No clubwear is permitted on the site at any time.**

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.

ELIGIBILITY: All student-athletes and schools participating in this OFSAA qualifying event must be OFSAA eligible under all rules and regulations of the NCSSAA and the OFSAA constitution. Students who have been deemed ineligible for OFSAA competition

are ineligible. Please ensure all competitors are OFSAA eligible and that they comply with the age requirements above and are registered as full-time students at your school.

NOTE:

All runners who start at the prescribed time and complete the official route on **October 16/17 will be registered for the NCSSAA Championship Meet on October 24. Additional runners will not be permitted to compete.**