**2019 NSSAF Highland Regional Championships**

**Location:** 11070 Cabot Trail, Terre Noire, NS, B0E

**Date:** October 17th, 2019

**Contact:** Andrew Clarey (Andrew.Clarey@srce.ca)

**Registration**

Register online at:<https://www.trackie.com/online-registration/event/nssaf-highland-region-cross-country-championships/36231/#.XaRZ7OdKi1s>

* **Registration Deadline: Tuesday, October 15th, 7 pm.**
* Registration Fees:
	+ $8/athlete, maximum $100/team
	+ Cheques payable to Cape Breton Highlands Education Centre/Academy

**Categories, Distances & Start Times**

|  |  |  |  |
| --- | --- | --- | --- |
| **Time** | **Event** | **Distance** | **Loops** |
| 11:30 | Walk Through |  |  |
| 12:00 | Junior Girls | 4 km | 2 x 2km Loop |
| 12:40 | Junior Boys | 4 km | 2 x 2km Loop |
| 1:20 | Intermediate Girls & Boys | 5 km | (1 x 1 km Loop) + (2 x 2km Loop) |
| 2:30 | Senior Girls & Boys | 6 km | 3 x 2km Loop |

Awards will be distributed as promptly as possible after each event.

**Event Details**

* The course is a mix of grass and trail and each loop goes out and back along the same route. There is a long climb in the middle section of the big loop.  Runners go up and down this hill each time they complete a large loop.
* There will be access to the locker rooms at school, however we will be spending most of the day on the soccer field.
* There will be canteen services and a BBQ available and first aiders on course.
* There is parking available, but we encourage carpooling as much as possible.

**NSSAF CROSS COUNTRY REGULATIONS**

Additional information can be found on the Cross Country page of the NSSAF website:

<https://sites.google.com/gnspes.ca/nssaf/sports/cross-country>

NSSAF sanctioned competition in the sport of Cross Country Running shall follow the rules and regulations as defined by Athletics Nova Scotia ([www.athleticsnovascotia.ca](http://www.athleticsnovascotia.ca)), Orienteering Nova Scotia ([www.orienteeringns.ca](http://www.orienteeringns.ca)) with NSSAF specific regulations as follows:

**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 December 31 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 Boys/Girls 4k

21.4 ***Awards***

 - Championship Banner to winning school in each classification.

 - NSSAF Gold Medallions (8) to runners and coach of each winning team.

 - NSSAF Silver Medallions (8) to runners and coach of each runner-up team.

 - NSSAF Bronze Medallions (8) to runners and coach of each 3rd place team.

 - Gold, Silver, and Bronze medals awarded to top three Individual finishers in Junior, Intermediate and Senior Divisions (Boys and Girls)

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 ***Team Composition***

 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 DNS 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 Meets.

3.2   Prior to initial use of the route, coach or convenor must do a safety check “walk through”’ in order to identify potential hazards.

3.3   If the cross-country route or orienteering course is on grass and/or in a wooded area, coaches or convener must do a safety check “walk through” after a substantial rainfall and/or windstorm, in order to identify potential hazards.

3.4   If the route has been affected by weather conditions and degradations of the course occur during competition, ongoing safety assessments must be conducted by coach or convener, and the route changed if necessary.

3.5   Before initial attempt, coaches must outline to athletes the route or course (e.g., notice of areas to approach with caution).

3.6   The competition route must have marshals stationed throughout, all hazards well marked, and gate and funnel markers set to enhance safety.

3.7   Start and finish area must provide a wide, flat surface.

**Environmental Considerations**

Before involving athletes in outdoor activity, coaches must take into consideration:

•  environmental conditions (temperature, weather, air quality, humidity, UV index, insects)

•  accessibility to adequate liquid replacement (personal water bottles, water fountains) and athlete hydration before, during and after physical activity

•  previous training and fitness level

•  length of time and intensity of physical activity

Athletes must be made aware of ways to protect themselves from environmental conditions (e.g. use of hats, sunscreen, sunglasses, personal water bottles, insect repellent, appropriate clothing).

**Supervision**

In-the-area supervision is required.