



CWOSSA Cross Country October 24, 2019

Convenor: Tanya Byers, Walkerton DCS

Email: tanya_byers@bwdsb.on.ca

<http://www.cwossa.ca/cross-country-running/>

Location: [Ainsdale Golf Course](#) - 2264 Concession 12, Kincardine, Ontario

There are not any restaurants within walking distance of the course. Teams should be prepared to bring their own food.

Parking: Please note that parking will be an issue for buses at the golf course. Buses are asked to drop off the athletes at the drop off zone and park at the Sobeys Grocery store parking lot along Highway 21. Please be very careful of traffic if you park along the concession.

Entry Fee: \$ 8 per athlete: cheques payable to: Walkerton District Community School

Registration: See Trackie.com or follow this link <https://www.trackie.com/online-registration/register/cwossa-xc-2019/36844/> (the link is live off the CWOSSA webpage)

Registration deadline is Monday Oct 21, 2019

Entries: unlimited entry for each category, athletes must be preregistered deadline is Oct 21, 2019

AELS forms: Must be submitted 24 hours prior to the championship to tanya_byers@bwdsb.on.ca Please make sure that each age category is done separately for your team.

Order of Events:

9:00 am - Course opens

10:00 am - Coaches meeting

10:30 am - Para Event - 3000m

11:00 am - Novice Girls - 4000m

11:40 am - Novice Boys - 4000m

12:15 pm - Junior Girls - 5000m

1:00 pm - Junior Boys - 5000m

1:40 pm - Senior Girls - 6000m

2:30 pm - Senior Boys - 6000m

3:30 pm – Awards

Results: Speed River Timing <https://www.speedrivertiming.com/>



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Attention: If your schools has one

of the team plaques, please bring it with you to the championship and turn it into the registration table. Thank you.

OFSAA - Coaches of OFSAA qualifying individuals and teams must submit OFSAA forms to the CWOSSA registration desk when paying for OFSAA registration. Follow the link to get all the forms off the OFSAA page

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Fees for OFSAA: \$15 per athlete (\$13 entry fee and \$2 OFSAA participant fee) cheques: payable to Walkerton District Community School

NOTE: for coaches of Para athletes you must indicate the classification when registering your athlete at the OFSAA registration desk at the CWOSSA championship. https://www.ofsaa.on.ca/sites/default/files/championship/user24/ofsa_a_para_and_guide_information_form_2015.pdf