

2019-20 OUA CROSS COUNTRY  
CHAMPIONSHIP INFORMATION  
BULLETIN #1



# CROSS COUNTRY

OCT. 26, 2019. | G2

HOST: MCMASTER  
UNIVERSITY

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BAYFRONT PARK

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HAMILTON, ONTARIO

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## 1.0 OUA Host and Contacts

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Position	Name	Phone Number	Email
OUA Manager of Sport	Brent Garbutt	905-635-5510 ext. 206	<a href="mailto:Brent.garbutt@oua.ca">Brent.garbutt@oua.ca</a>
OUA Director of Marketing and Partnerships	David Frizzell	905-635-5510 ext. 209	<a href="mailto:David.frizzell@oua.ca">David.frizzell@oua.ca</a>
OUA Manager, Digital and Communications	Chris Verlaan	905-635-5510 ext. 207	<a href="mailto:Chris.verlaan@oua.ca">Chris.verlaan@oua.ca</a>
Host Convenor	Mark Alfano	905-525-9140 ext. 23598	<a href="mailto:alfanom@mcmaster.ca">alfanom@mcmaster.ca</a>
Host Sports Information Coordinator	Fraser Caldwell	905-525-9140 ext. 23970	<a href="mailto:caldwef@mcmaster.ca">caldwef@mcmaster.ca</a>
Host Events Manager	T.J Kelly	905-525-9140 ext. 20145	<a href="mailto:kellyt@mcmaster.ca">kellyt@mcmaster.ca</a>
Host Events Assistant	Connor Diacur	905-525-9140 ext. 20054	<a href="mailto:diacurc@mcmaster.ca">diacurc@mcmaster.ca</a>
Host Athletic Therapist	Carly Vandegriest	905-	<a href="mailto:vandec4@mcmaster.ca">vandec4@mcmaster.ca</a>
Host Coach	Paula Schnurr	905-525-9140 ext. 23689	<a href="mailto:schnurr@mcmaster.ca">schnurr@mcmaster.ca</a>
Meet Director	Pete Self		<a href="mailto:peteselfer@gmail.com">peteselfer@gmail.com</a>

## 2.0 Event Dates

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Saturday, October 26, 2019  
Bayfront Park  
Hamilton, ON

## 3.0 Championship Facility Information

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**Address:** Bayfront Park  
200 Harbour Front Dr,  
Hamilton, ON  
L8L 1C8

**Parking:** is conveniently located beside the race course at Bayfront Park including room for Buses. Parking is ~50 metres from course and ~300m from start/finish.

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## 4.0 Entry Fees and Deadlines

The entry fees for the 2019-20 OUA Cross Country Championships are \$276/team. This fee covers equipment costs, facility rental and officials. The host institution will send an invoice post-championships.

## 5.0 Team Registration and Eligibility

**As per OUA XC playing regulations, ENTRY FORMS are due no later than Monday prior to the championship.** All teams must complete the official entry form found at the link below in section #17 and submit them **by no later than 5pm on Monday, October 21.**

**NOTE: All athletes must be posted on their respective institutional websites as required by OUA regulations.**

An email copy of the Institutional Eligibility Certificate (Men & Women) are requested, alternatively, you may simply provide the website link to the most recent eligibility certificate. Please forward to Host Convenor, Mark Alfano at [alfanom@mcmaster.ca](mailto:alfanom@mcmaster.ca) by Tuesday October 1<sup>st</sup>, 2019

### **Race Registration (please note this is a two-step process):**

Step One:

The attached OUA Cross Country Registration forms must be completed and submitted to Host Convenor, Mark Alfano at [alfanom@mcmaster.ca](mailto:alfanom@mcmaster.ca) by Monday, October 21<sup>st</sup>, 2019

[Marauders.ca/ouaxcentry](http://Marauders.ca/ouaxcentry)

Step Two:

Race registration must be completed online at Trackie.ca by Monday, October 21, 2019.

<https://www.trackie.com/USports/XC/Calendar/2019-oua-cross-country-championships/7701/>

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## 6.0 Schedule of Events

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### Friday October 25, 2019

#### Practice/Course Access

3:00pm – 5:00pm

Bayfront Park

#### Technical Meeting

7:00pm-8:00pm

Location – McMaster University, David Braley Athletic Centre, first floor Rm W111 and W112

- Mark Alfano will speak to the awards presentation process

- Clive Morgan and Pete Self will review and answer any questions on course map, review start line/finish line procedures, outline protest procedures, identify jury of appeal

**Please Note re Start Boxes:** On the Monday preceding the Championships, a random draw for Start Boxes will be conducted. Start Box assignments will then be relayed by email that same day to the head coach of each participating team and individuals

#### Unofficial Coaches Meeting

8:00pm-9:00pm

Location – McMaster University, David Braley Athletic Centre, first floor Rm W111 and W112

### Saturday October 26, 2019

11:00am Women's 8km race

12:00pm Men's 10km race

1:15pm OUA Awards and Banner presentations

## 7.0 Competition Schedule

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### Saturday October 26, 2019

11:00am – Women's 8km race

12:00pm – Men's 10km race

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## 8.0 Sport Specific Rules and Officials

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Reminder that all teams must be wearing identical uniforms as per regulations

## 9.0 Therapy

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There will be a full-time athletic therapist on site for the duration of the championship, in addition to two student therapists.

## 10.0 Accreditation

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n/a

## 11.0 Ticketing

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n/a

## 12.0 Sports Information/Results

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**RESULTS:** Meet results will be posted to Trackie.com (link TBD) and marauders.ca/ouaxc as they become available on race day.

<http://sportmadesimple.com/results/OUAXC19/>

Results will be posted on <https://www.trackie.com/USports/XC/Results/> or by visiting <https://marauders.ca/index.aspx>

Chip Timing by: <http://www.sportmadesimple.com/>

Live Results: <http://sportmadesimple.com/results/OUAXC19/>

**PHOTOS:** A selection of photos from each race will be made available to participating schools via the OUA Dropbox within a reasonable interval on race day, with efforts made to capture as wide a cross-section of the races as possible. Medal and award ceremonies will be photographed in their entirety.

## 13.0 Awards Presentations

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### **Medal Ceremony:**

Individual medal and recognition of OUA all-star achievement for both races will be presented following the conclusion of both races at 1:15pm, prior to the team championship banners.

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**NOTE: In order to facilitate branding our sport and presenting the most positive image possible, OUA Central asks that athletes report for medal presentations in complete team warm-up suits.**

## **Championship Awards:**

Team Trophies, banners and championship medals will be presented following the final event on Saturday October 26, 2019 at 1:15pm at Bayfront Park.

## **14.0 Accommodation**

### **Courtyard by Marriott**

**1224 Upper James Street, Hamilton L9C 3B1**

Your guests can either click on the web link in blue to book the rooms online or if they would rather call please ask them to call 1-800-960-2608 or 905-383-7772 and say they are booking under “2019 OUA Cross Country”.

Book your group rate for 2019 OUA Cross Country

You will find the information for your online reservation link below. If you have questions or need help with the link, please do not hesitate to ask. We appreciate your business and look forward to a successful event.

Event Summary:

2019 OUA Cross Country

Last Day to Book: Wednesday, September 25, 2019

Hotel(s) offering your special group rate:

- Courtyard Hamilton for 169 CAD per night – 2 Queen Beds

### **Four Points Sheraton**

**Hamilton Stoney Creek**

**49 Goderich Road, Hamilton L8E 4W8**

Contact April Horrigan, Director of Sales

905- 578- 1212

Guest can phone April Horrigan directly and say they are booking under ‘OUA Cross Country Championships’.

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2019 OUA Cross Country  
Last Day to Book: Wednesday, September 25, 2019  
Traditional 2 Queen Beds - \$ 129.00 CAD per night

**SANDMAN HOTEL HAMILTON**  
**560 Centennial Parkway North, Hamilton, L8E 0G2**

The guests can now call 1-800-SANDMAN and refer to group code #44769.

Event Summary:

2019 OUA Cross Country  
Last Day to Book: Monday, September 23, 2019

Hotel(s) offering your special group rate:

- Sandman Hotel for 149 CAD per night – 2 Queen Beds

## 15.0 Equipment

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n/a

## 16.0 OUA Sponsors

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- IG Wealth Management
- Milk2Go Sport
- Wilson
- InnVest Hotels
- Baron Championship Rings
- Nothers

## 17.0 Forms

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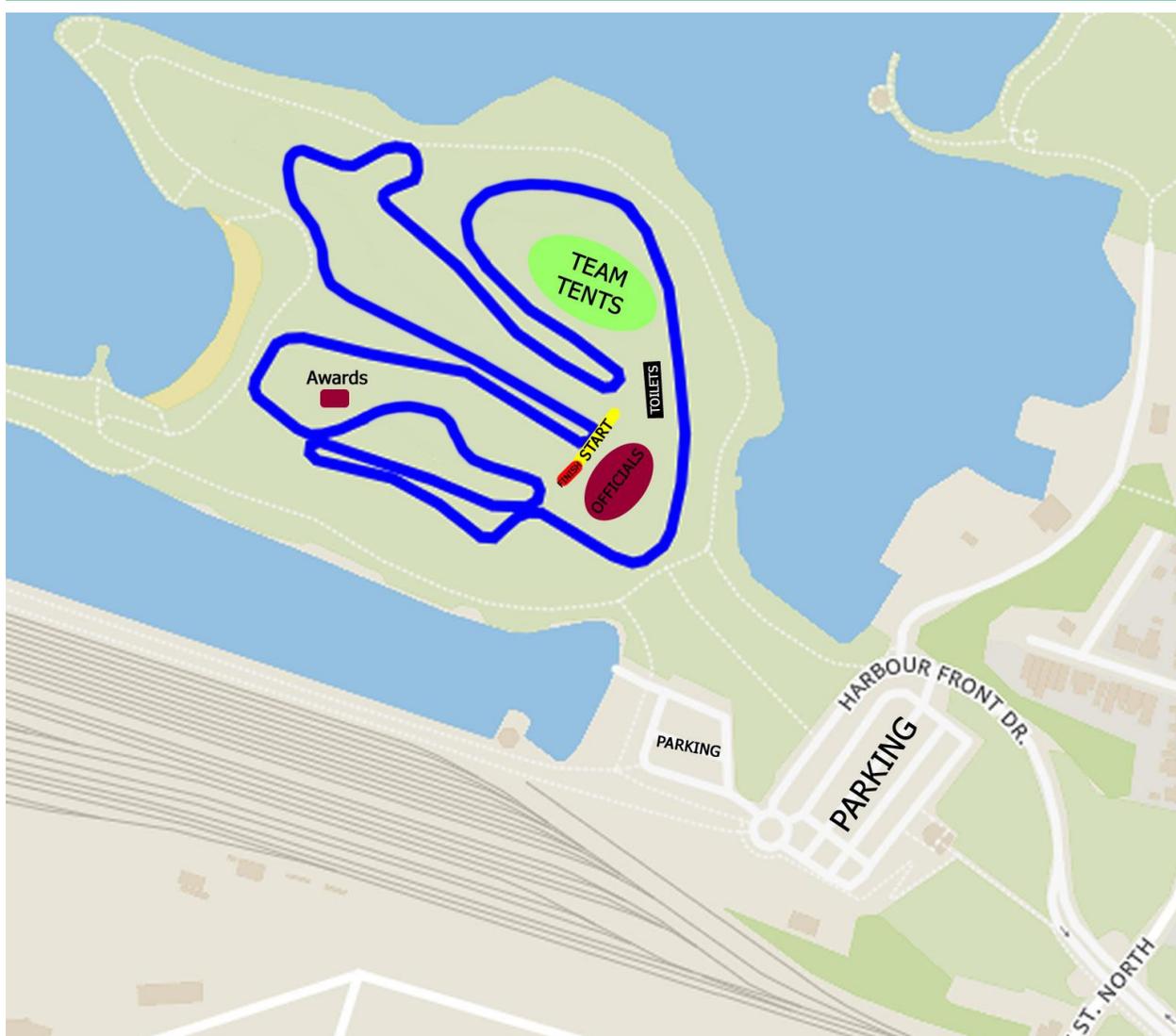
<https://www.trackie.com/USports/XC/Calendar/2019-oua-cross-country-championships/7701/Marauders.ca/ouaxcentry>

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## 18.0 Technical Information



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## 19.0 Course Map

