

**2020 Western Region  
Junior Cross Country Championships  
At Osprey Ridge Golf Course, Bridgewater, N.S.  
October 19, 2020**

Sponsoring Schools – Bayview, Bridgewater, Hebbville  
Meet Director – Dean McDow  
Course Marshall – Mark Mosher  
Registrar/Scorer- Selena Davidson Eno

**Schedule of Events**

|         |  |
|---------|--|
| 1:30 PM | Registration Begins for Junior Girls Only!                 |
| 1:40 PM | Coaches Meeting  |
| 1:55 PM | Walk Through for Heat #1 (List will be emailed to Coaches) |
| 2:00 PM | Walk Through for Heat #2                                   |
| 2:25 PM | Junior Girls' Event 4km - Heat 1 (Slower Heat)             |
| 2:50 PM | Junior Girls' Event 4km - Heat 2 (Faster Heat)             |
|         |  |
| 3:30PM  | Registration for Junior Boys Only!                         |
| 3:40 PM | Coaches Meeting  |
| 3:55 PM | Walk Through for Heat #1 (List will be emailed to Coaches) |
| 4:00 PM | Walk Through for Heat #2                                   |
| 4:25 PM | Junior Boys' Event 4km - Heat 1 (Slower Heat)              |
| 4:50 PM | Junior Boys' Event 4km - Heat 2 (Faster Heat)              |

We are treating the Junior Girls Event as a separate Event from the Junior Boys Event. We ask that the Junior Boys arrive at 3:30 for their event. This is to help with the number of individuals allowed at an event. We have to stay at the 250 number and we can not have all the athletes and spectators for both races and stay within the 250 number. PLEASE BE MINDFUL OF THIS AND IF AN ORGANIZER ASK THAT YOU TO GO TO AN AREA/OR YOUR CAR, WE ARE DOING THIS SO THAT THE KIDS CAN HAVE A SEASON.

Athletes will have an area lined out at the top of the driving range. We will have signs for schools. Junior Girls can warm up on the driving range until they have been called for the HEAT walk through.

Junior Boys can start warming up on the back part of the Course until the Girls Event has been cleared out. We will start the first walk through at 3:55.

Please communicate with your parents the importance of limited spectators. There is a designated area for the spectators and please do not go on to the course to watch. The spectator area is located on the practice hole area. You will have a good view of the start and finish and you will be able to see that runners as they come around on their 2<sup>nd</sup> loop. There is an area that people can view the start and finish from their cars and we encourage individuals that are parked in this area to stay in their vehicles to watch the race. (Please look at the map for info)

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

Coaches meeting and registration is outside on the deck of the club house. Porta Potties are located on the highway side of the club house. Please keep 2m distance in these areas.

21.5 Rules of Play International Amateur Athletic Federation rules will be used with the following modifications:

Maximum number of runners for Regionals - five on each team with first four finishers to count for Team Championship. Individual runners are eligible to compete.

#### 21.8 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.

**You will pick up your completed Registration and Bib numbers at the meet. It would be appreciated and expected that the school pays on event day. Receipts will be mailed out at a later date. Please let parents know that the coach will pick up the package for the team. Bibs will not be given out individually.**

#### C. ADVANCING TO NSSAF CHAMPIONSHIPS (Provincials)

1. The top four individuals from each region advance to and are expected to compete in the NSSAF Championships.

2. Participants shall wear a top, which indicates the school they represent.

#### D. GENERAL

1. Ensure that your team gets the opportunity to do a walk through. It is important to note that competitors are responsible to know the route and to follow it. Although there will be assistance on the course, the ultimate responsibility is the runners'.

2 Course Maps are available on Trackie and also emailed out to all schools. They will not be available on site.

3. Results will be posted on the NSSAF web site.

4.. The registration fee is \$10.00 per runner with a max of \$100 per school. Make your cheque for this amount to **Bayview Community School** and pay your fee when you pick up your registration fee! **Please keep the Intermediate and Senior fee separate from the Junior event.**

*5. Parking - Parking is available at the golf course.*

*6. There will not be running water on site or canteen. There will be 2 Porta Potties available. Changing areas are not available.*