

# 2020 Western Region Intermediate and Senior Cross Country Championships

At King's-Edgehill School, Windsor, N.S. October 19, 2020

Sponsoring Schools – King's-Edgehill School, and Northeast Kings  
Education Centre

Meet Director – Phillip Hadley

Registrar/Scorer - Andrew Seymour

## Schedule of Events

10:30 AM	Intermediate Girls Registration
10:40 AM	Coaches Meeting
11:10 AM	Race Start
12:00 PM	Intermediate Boys Registration
12:10 PM	Coaches Meeting
12:40 PM	Start A Slower Heat
1:30 PM	Start B Faster Heat
2:15 PM	Senior Girls Registration
2:25 PM	Coaches Meeting
3:00 PM	Race Start
4:00 PM	Senior Boys Registration
4:10 PM	Coaches Meeting
4:40 PM	Start A Slower Heat
5:30 PM	Start B Faster Heat

Please arrive as close to the registration time as reasonably possible. 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 communicate with your parents the importance of limited spectators.

Coaches meeting and registration and startline is on south side of the track in the end zone. Porta Potties next to the brick building just off the south side of the track. Please keep 2m distance in these areas.

There is not a guided walk-through, but there is 30-40 minutes available for course inspection / warm-up between registration and the race start. The start line for all races is on the south end of the turf field using the white goal line on either side of the keepers net. The course is exceptionally well marked with many course marshalls. Given that the course is 5 km long with no loops, a meaningful course walk would be a large time expenditure on a day that we do not have a lot of time. The 6 km course for the senior race does involve one loop as shown on the map and will be explained on race day as well.

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.

In the event of a Tie between two heats where the consequence is only one runner can advance to Provincials, the runner in the faster heat shall be advanced.

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 self-directed course jog. 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 King's-Edgehill School and pay your fee when you pick up your registration fee! Please include just the Intermediate and Senior fee and not the Junior event fee.

5. Parking is available next to the gym.

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