



Presents

**2020 Ontario Cross Country Championships
West Region – London, ON**

November 14

**Fanshawe Golf Course
2835 Sunningdale Rd E
London, ON
N5X 3Y7**

Technical Package

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Registration

Entry Deadline: Wednesday, November 11th, 11:59pm EST for AO competitive members. After closing, and the entries have been reviewed, and deemed that there is space available to accept late entries, college and University groups will then be able to register with AO as an Unattached Competitive athlete at a discounted rate of \$25, and entry will be re-opened to allow additional entries until 11:59pm EST on Thursday, November 12th.

West Region – London, ON – www.TrackieReg.com/2020-western-ontario-xc

Age Categories:

| | |
|---------|-------------------------------------|
| U14 | born in 2007 or after |
| U16 | born in 2005 or after |
| U18 | born in 2003 or after |
| U20 | born in 2001 or after |
| Open | born in 2000 or before |
| Masters | born on November 14, 1990 or before |

Eligibility: There are no entry standards for this meet, but we do ask that you submit estimated seed times so that we can set up waves at the start.

Athletes residing in Ontario **must** be registered, and their clubs affiliated, with Athletics Ontario for the 2020 season by the Late Entry Deadline (Wednesday, November 11 @ 11:59pm EST).

Athletes residing in Ontario but representing a club from outside the province **must** be registered with their association and **must** be entered by their respective clubs.

Fees: Entries are \$25 per athlete.

Method and Payment: All entries and payments are to be done on Trackie. There will be no cheque or cash options – www.TrackieReg.com/2020-western-ontario-xc. Entries can be viewed on Trackie immediately after registering and paying for the event

Waiver: Every participant is required to agree to the waiver form on Trackie when registering. No hardcopies will be collected at this event.

Competition Details

Events Offered:

Championship Events:

| | U14 | U16 | U18 | U20 | Open | Masters |
|-------------|-----|-----|-----|-----|------|---------|
| Girls/Women | 2km | 4K | 6K | 6K | 8K | 4K |
| Boys/Men | 2km | 4K | 6K | 6K | 8K | 4K |

Schedule:

The schedule is subject to adjustments.

| Age Group | Distance | Arrival Time | Race Start Time | Race End Time | Depart By |
|---|----------|--------------|-----------------|---------------|-----------|
| U14 Girls Max 40 athletes | 2,000m | 9:45 | 10:00 | 10:10 | 10:15 |
| U14 Boys Max 40 athletes | 2,000m | 10:25 | 10:40 | 10:50 | 10:55 |
| U16 Girls /Masters Women Max 50 athletes | 4,000m | 11:00 | 11:15 | 11:40 | 11:45 |
| U16 Boys / Masters Men Max 50 athletes | 4,000m | 11:50 | 12:05 | 12:25 | 12:30 |
| U18/U20 Girls Max 50 athletes | 6,000m | 12:35 | 12:50 | 1:20 | 1:25 |
| U18/U20 Boys Max 50 athletes | 6,000m | 1:30 | 1:45 | 2:05 | 2:10 |
| Women's Open Max 40 athletes | 8,000m | 2:15 | 2:30 | 3:05 | 3:10 |
| Men's Open Max 40 athletes | 8,000m | 3:15 | 3:30 | 4:00 | 4:05 |

Declaration Procedure:

Athletes are asked to arrive at the start area 15min prior to the scheduled start time of their event.

Awards:

Due to COVID-19, medals will not be awarded during the event.

Protests:

All Protests must be made as outlined in IAAF rule 146. In all cases, protests must be filed within 30 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit, the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The cost of \$25.00 will be returned if the protest is upheld or not considered frivolous by the Jury.

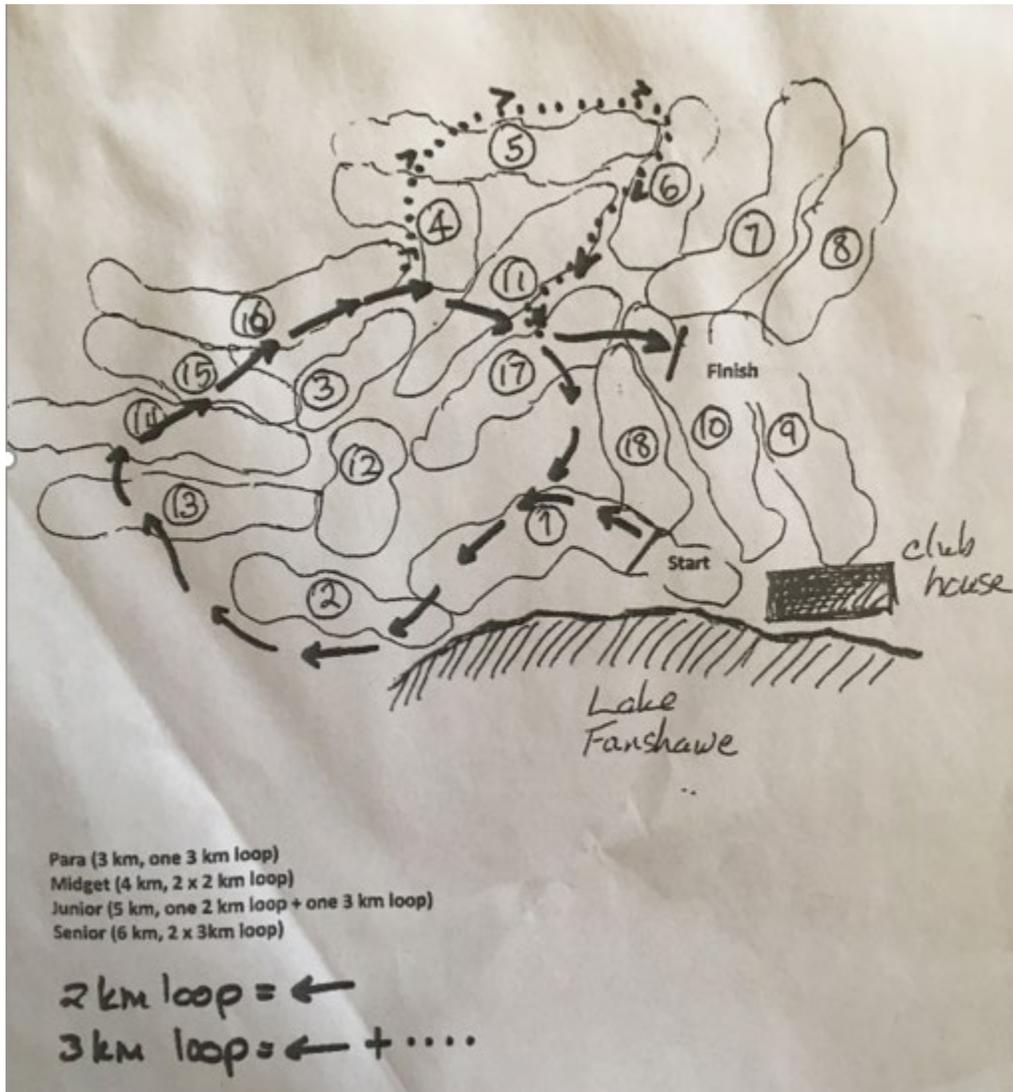
COVID-19 Details

- Warm-up:** There will be a designated warm up area for participants available 30min prior to the start of their event. There will be absolutely no access to the event course and start/finish areas until the outlined "arrival" time. We ask that coaches/parents not congregate by the start/finish areas.
- Start/Race Protocols:** Athletes will be spaced 2m apart at check-in and start area. We will start in waves of up to 10 athletes and will start waves every 20-30 seconds. Waves will be based on submitted seed times starting fastest to slowest. Athletes will be instructed to maintain social distancing particularly if they need to pass another athlete. We will use the 2k loop on the course map only.
- Cool-down/Post Race:** Athletes that have completed their race will be asked to complete any cool-down routines at the designated area away from the event course. Volunteers will usher athletes over to this area to move athletes quickly and effectively out of the competitive site. We ask that coaches/parents not congregate by the start/finish areas.
- Contact Tracing:** As part of the registration process, all athletes will be required to complete a COVID Questionnaire confirming that they are not experiencing any symptoms of COVID-19 as well as submitting contact information for themselves and coach/parents for tracing in the event of a breakout. Athletes will not be able to pick up bibs without again confirming those questions and will not be allowed to compete if their questionnaire is not completed.
- Health Precautions:**
- Please bring a disposable mask, as it is required from the time athletes check in at the start area to the start of their race where they can dispose of the mask. It is expected that spectators/coaches/athletes bring their own face masks. We would ask that you limit the coaches/parents/spectators present, and that they stay off the course and away from the start/finish areas. It is mandatory to maintain 2m between other individuals at the event. Entry to the competition area will be prohibited if proper face coverings are not brought by participants.
- A hand sanitizer station will be available by the registration/finish line area. It is recommended for all participants to bring their own PPE and hand sanitizer to minimize touch points while at the competition.
- Athletes may use the racecourse for last-minute warm-up routines once they are aware of their starting position. Please ensure that athletes are maintaining a minimum 2m distance between each other during the warm-up period.
- When greeting or congratulating others at the competition, please refrain from any physical contact such as high fives or hugs.
- Equipment brought to the competition site should be kept to an absolute minimum. If you arrive by car, it is recommended to keep all equipment such as backpacks, water, snacks in the vehicle and then leave to warm-down in an alternate site after the competition is complete. Parking is limited, so please arrive, and depart as close to race time as possible.
- Coaches and spectators will need to be identified with contact #'s as part of the registration process if they plan to attend any of the events.
- Officials & Volunteers:** Additional regulations that will be utilized at the events by officials and volunteers can be found here: <https://athleticsontario.ca/wp-content/uploads/2020/07/AO-Running-Race-Risk-Assessment-and-Safety-Protocols-v5.pdf>

General Information

Location: [Fanshawe Golf Course](#)
2835 Sunningdale Rd E, London, ON N5X 3Y7

Course Map:



Parking: Parking is limited, so we ask that vehicles arrive and depart as close to race time as possible.

Contacts: Meet Director Scott MacDonald scottmaclwtfc@gmail.com
Officials Coordinator John Stevenson john.stevenson@rogers.com

Results: Results will be posted on the Athletics Ontario website as each even is completed. Please click on the following link for the meet results. <https://athleticsontario.ca/stats/results/>

Photos: Photos captured by the Athletics Ontario team will be posted on the Athletics Ontario social media sites (Facebook, Twitter, Instagram, etc.) during and following the meet. All athletes are given the opportunity to sign a waiver/release form regarding photography. Facebook page: <https://www.facebook.com/Athletics-Ontario-135196239850966/?fref=ts>