

# Capital Region Cross Country Championships

**Date: Thursday, October 14, 2021**

**Host School: CPA**

Race Director:

Steve Harris (902-410-7525) - [sharris@hrce.ca](mailto:sharris@hrce.ca)

Colleen Harris (902-229-5806) - [charris@hrce.ca](mailto:charris@hrce.ca)

Race Location: Point Pleasant Park at the Halifax (Naval) Memorial (intersection of sailors memorial way and Arm Road)

1. All athletes who finish in the top 15 qualify for provincials. All athletes on the top 5 teams in the classification also qualify for provincials.

You can register as many athletes as you want in each category and your top 7 runners will form your team. From these top 7 runners we will count the top 4 placings to determine team points. If your team qualifies for provincials all 7 runners will advance.

If you want to have a different 7 people on your team that advances to provincials you must let **Colleen Harris** ([charris@hrce.ca](mailto:charris@hrce.ca)) know by Tuesday October 19 at 5:00pm. Any students must be registered for the regional meet in order to advance to provincials.

2. **In order to register** , coaches are to go to the trackie reg website and add athletes to the race. <https://www.trackie.com/online-registration/>

Registration needs to be completed by Friday October 9<sup>th</sup>, 2021 at 4:00pm. You need to have completed the online registration by that day and time. The website will shut down at that point. Registration

instructions are attached. Colleen Harris is doing the registration. Please contact her if you have any issues with registration. [charris@hrce.ca](mailto:charris@hrce.ca)

**\*\*\*\*\*After Oct 4 vaccination policy comes into effect for extra curricular events. All coaches and athletes will need to have proof of vaccination to participate.**

**Coaches you will need to verify proof of vaccination of your athletes 12 and older. If you have students that are under 12 they are allowed to compete.**

**FYI - Under phase 4 we are limited to the number of participants. If we remain in phase 4 we will need to limit the number of participants per school.**

3. Students are to arrive at race locations wearing **MASKS**. Once placed in their race groupings they will be able to compete without their masks. Once their race is completed masks should be back on. Coaches should have masks on. Subject to change depending on what Phase we are in.

4. Please be aware that many of the races will have over 150 runners, which will require schools having to line up their runners in single file behind their first runner. It is vital then that each athlete wear the correct race number distributed.

5. The course covers a range of terrain. There are hills, grass and gravel paths/roads covered in the race. There are some narrow areas where passing may prove difficult. Please tell your runner to be careful on the course.

## 6. Race Distances

Junior 4km

Intermediate 5km

Senior Boys: 6km

### **Classification**

Senior –under 19 years of age as of September 1 of the current school year

Intermediate – under 16 years of age as of December 31 of the current school year

Junior – under 14 years of age as of December 31 of the current school year

### **YOU MUST CHECK and ENTER BIRTH DATES**

7. Please prepare your athletes for the weather. Only under severe weather conditions will the races be cancelled. Normal rainfall is not one of them. An announcement will be on the athletics page of the CPA website, it will be tweeted out from @cpaathletics, on C100, CBC and an email will go out to ADs and Jr. high coordinators if there were a cancellation.

8. Registration and fee payment is between 9:15-9:50. Please ensure that you look at your bib list and give the correct race number to the correct athlete.

9. **Start times:** Course will be open for inspection at 9:30am and there will be one and only **one** walk through at 10:00am. The course is well marked.

### **Schedule of events:**

9:15 - 9:50 - Registration - only time to pick up package and pay fees

9:50 - Coaches Meeting - you must attend. If you are not there your athletes will not be eligible to run.

10:00 Junior Girls

10:10 PARA Event

10:40 Junior Boys

11:20 Intermediate Girls

12:00 Intermediate Boys

12:40 Senior Girls

1:20 Senior Boys

10. Entry Fees: Please bring this with you to the meet. The registration fee is **\$4 per runner** , cash or cheque will be accepted. Please make the **cheque payable to CPA High School. This will be collected when you register and get your race package.**

11. There will be a canteen on site.

## 12. **Parking**

There is parking available at the entrance to the park, both on the upper and lower levels.

## 13. **Bathrooms**

There are a limited number of bathrooms located at the park as well as some porta potties that will be located close to the start line area.

14. **Provincials** are on Monday October 25th Western Region - Osprey Ridge Golf Course

Hopefully, this page will cover most of your questions. However if you have any questions or concerns, please do not hesitate to contact the Race Directors.

