2022 Western Region

Cross Country Championships

At River Hills Golf Course, Clyde River, Shelburne County, N.S.

October 17th, 2022

Sponsoring Schools – Barrington,Shelburne, Drumlin

Meet Director –  TBA

Course Marshall – Adam Aldred

Registration -Selena Davidson Eno Scorer - Devan Naugler

**Schedule of Events**

| 9:30AM | Registration Begins | 1:20 PM | Intermediate Girls’ Event |
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| 10:30 AM | Walk Through #1 | ***1:30 PM*** | ***Presentation of Awards (Junior)*** |
| 11:00 AM | Walk Through #2 | 2:00 PM | Intermediate Boys’ Event |
| 11:40 AM | Coaches’ Meeting | 2:40 PM | Senior Girls’ Event |
|  |  | ***2:30 PM*** | ***Presentation of Awards (Intermediate)*** |
| 12:00 AM | Junior Girls’ Event | 3:10 PM | Senior Boys’ Event / Para-Athletes’ Event |
| 12:40 PM | Junior Boys’ Event | ***4:00: PM*** | ***Presentation of Awards (Senior)*** |

***17.6 Rules of Play***

- World Athletics rules will be used

***17.7 SSNS Specific Rules***

*17.7.1 Team Composition*A school may enter an unlimited number of runners at the District and Regional level, but may only advance seven (7) runners to form one team (per classification) to the SSNS Championships. If a school has less than seven (7) runners at the Regional Meet, the school may enter additional athletes that will advance with the team. These athletes must be listed on the Regional list as DNS athletes.

*17.4.3 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 given onsite. 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 SSNS CHAMPIONSHIPS (Provincials)

1. The first five teams from each region advance to and are expected to compete in the SSNS Championships. No other teams are eligible to attend. As well, any person finishing in the top fifteen in their race advances. Those not on a team enter as independents.

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 SSNS 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 **Yarmouth Consolidated Memorial High School**and *pay your fee when you pick up your registration fee!*

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

*6. There will not be running water on site. Toilets are available. Changing areas limited.*

*7.  A canteen will be available at the golf course.*

