

**Northumberland Regional Cross Country Championships**

*Victoria Park*

*Wednesday October 11th, 2023*

**Host School**: Cobequid Educational Centre

**Race Director** & **Registration**: Lisa Wood and Dan MacDonald

**Contact Information:** ceccrosscountry@gmail.com and macdonaldk@ccrce.ca

**Meet Info**

**Location**: Victoria Park

**Fees:** $5 per athlete (up to a maximum of $80 per school). Please make

cheques payable to Cobequid Educational Centre (memo: Cross Country). Receipts will be provided for each school and delivered through school mail.

**Entries:** Coaches are asked to register their athletes using the trackiereg.com

website. **Registration deadline is Thursday, Oct. 5th, 2022 (11:59pm)**.

**Class:** SSNS has changed the classification requirements from age to grade level.

 All eligible athletes must be under 19 as of Sept. 1, 2023.

Junior - grades 7 and 8 (plus grade 6 if a part of a member school).

 Intermediate - grades 9 and 10.

 Senior - grades 11 and 12.

**Teams:** Coaches can register as many athletes in any age category as possible.

The fastest 7 runners will make up your “regional team”. From these top 7 runners we will count the top 4 placings to determine team points. If your team qualifies for provincials (top 5 teams qualify), all 7 runners listed on the “regional team” will advance.

If you want to have a different group of 7 people on your team that advances to provincials you must let Dan MacDonald (macdonaldk@ccrce.ca) know by Monday October 16, 2023 at 3:00pm. Only student-athletes who were registered for the Regional Championships will be allowed to compete at Provincials.

**Schedule:** 10:30am - Course open for walk through (at the team’s discretion)

12:00pm - Junior Girls & Para 3km

12:45pm - Junior Boys & Para 3km

1:30pm - Intermediate Girls 4km

*1:40pm - Awards/Banner Presentations Junior Girls and Junior Boys*

2:15pm - Intermediate Boys 4km

3:00pm - Senior Girls 5km

*3:10pm - Awards/Banner Presentations Intermediate Girls & Boys*

3:45pm - Senior Boys 5km

*4:45pm - Awards/Banner Presentations Senior Girls & Boys*

**Washroom:** Available on-site

**Weather:** Please prepare your athletes for the weather. Only under severe

weather conditions will cause the races to be canceled. Normal rainfall is not

one of them.

**Provincials:** The top 5 teams and the top 15 individuals from each age class shall

advance to the Provincial Championships. The race director will

register those qualifying teams for the Provincials Championships. Coaches need not register.