

2023 Western Region Cross Country Championships

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

October 16th, 2023

Sponsoring School - KES
Meet Director – Phillip Hadley

Schedule of Events

| | | | |
|----------|---------------------|-----------------|---|
| 9:30AM | Registration Begins | 1:20 PM | Intermediate Girls' Event |
| 10:30 AM | Walk Through #1 | 1:30 PM | <i>Presentation of Awards (Junior)</i> |
| 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 | <i>Presentation of Awards (Intermediate)</i> |
| 12:00 PM | Junior Girls' Event | 3:10 PM | Senior Boys' Event / Para-Athletes' Event |
| 12:40 PM | Junior Boys' Event | 4:00: PM | <i>Presentation of Awards (Senior)</i> |

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.

Race Distances

Junior (grades 6-8) 3 km

Intermediate (first two years of high school) 4km

Senior (last two years of high school) 5km

You will pick up your completed Registration and Bib numbers at the meet. It is expected that schools pay 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 **King's-Edgehill School** and pay your fee when you pick up your registration packet!
5. *Parking. There is a large, gravel, parking area next to Ted Canavan Athletic Centre. Please respect posted no parking signs around campus.*
6. *There will not be running water on site. Toilets are available. Changing areas limited to the porta-potties.*