

CISAA XCR Championship

Wednesday 25 October 2023 @ Lakefield College School

Convenor: Todd Harris

Registration



- » Register for this event online at <https://trackie.com/event/2023-CISAAxcr>
- » Registration closes Monday 23 October 2023 at 6p
- » Registration is open to all CISAA XCR teams and athletes
- » An athlete may race up to an older Classification, but may only compete in one race
- » Championship expenses will be apportioned and invoiced to all schools in attendance by the CISAA office

Courses

- » All courses are two laps and require a lap of the cinder running track
- » Footing is primarily close-cropped grass with some short hardpack, mud, and gravel sections
- » All athletes, teachers, volunteers & spectators are to stay on course trails at all times – there is poison ivy off trail
- » Please note there is an apiary within 5m of the run course which is separated from the course by brush and fencing
- » Athletes are responsible for knowing and running the correct course – see included course maps

Races

Classification		Distance	Elevation	Start	Record
Novice/Para Girls	Females born in 2009 or later & in grade 9, or Para	2 laps = 4 km	35 m	10:30a	16:33.5
Novice/Para Boys	Males born in 2009 or later & in grade 9, or Para	2 laps = 4 km	35 m	11:15a	15:04.2
Junior Girls	Females born in 2008 or later	2 laps = 5 km	55 m	12p	18:20.7
Junior Boys	Males born in 2008 or later	2 laps = 5 km	55 m	12:45p	17:11.6
Senior Girls	Females born in 2004 or later	2 laps = 6 km	65 m	1:30p	22:21.3
Senior Boys	Males born in 2004 or later	2 laps = 6 km	65 m	2:15p	19:14.7

 Course Crusher headbands will be awarded to any competitor that finishes within 10% of the course record 

Results & Awards

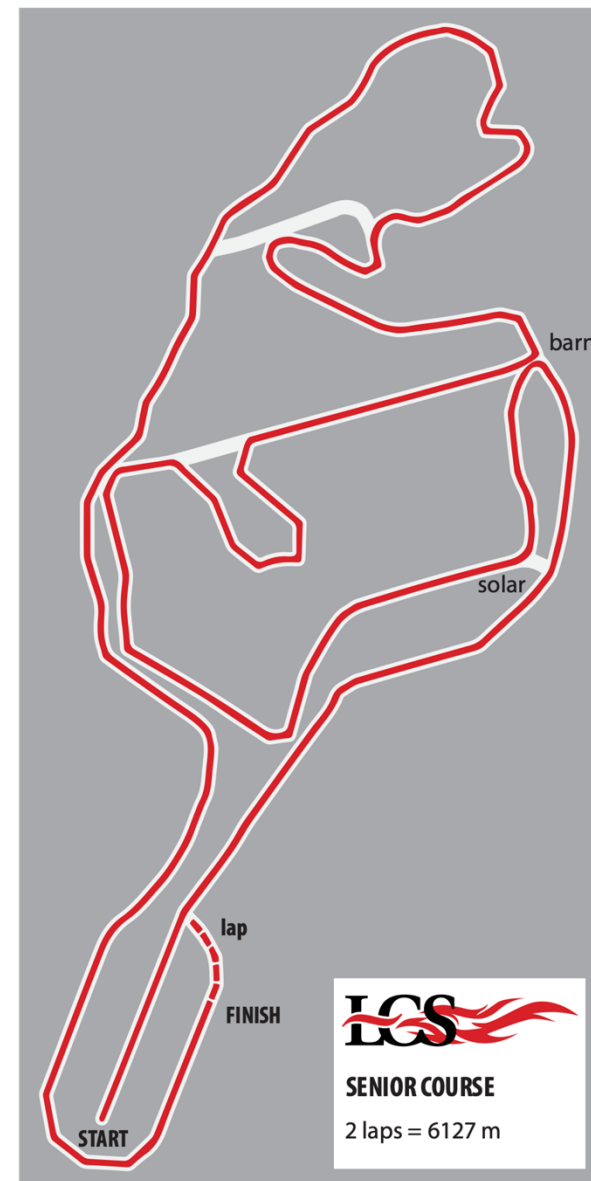
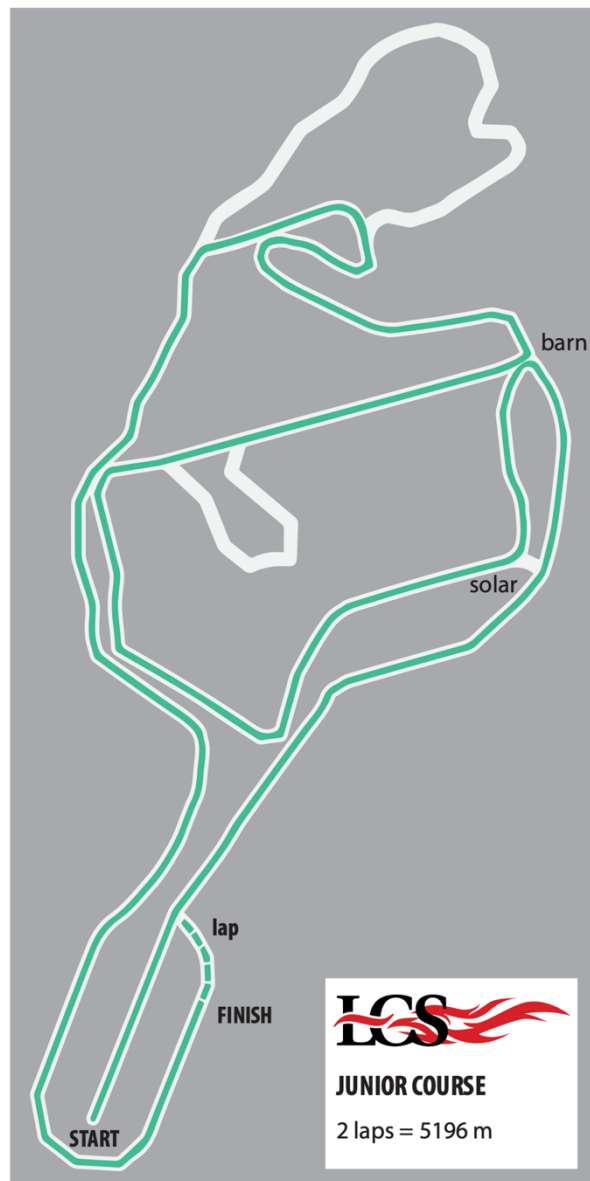
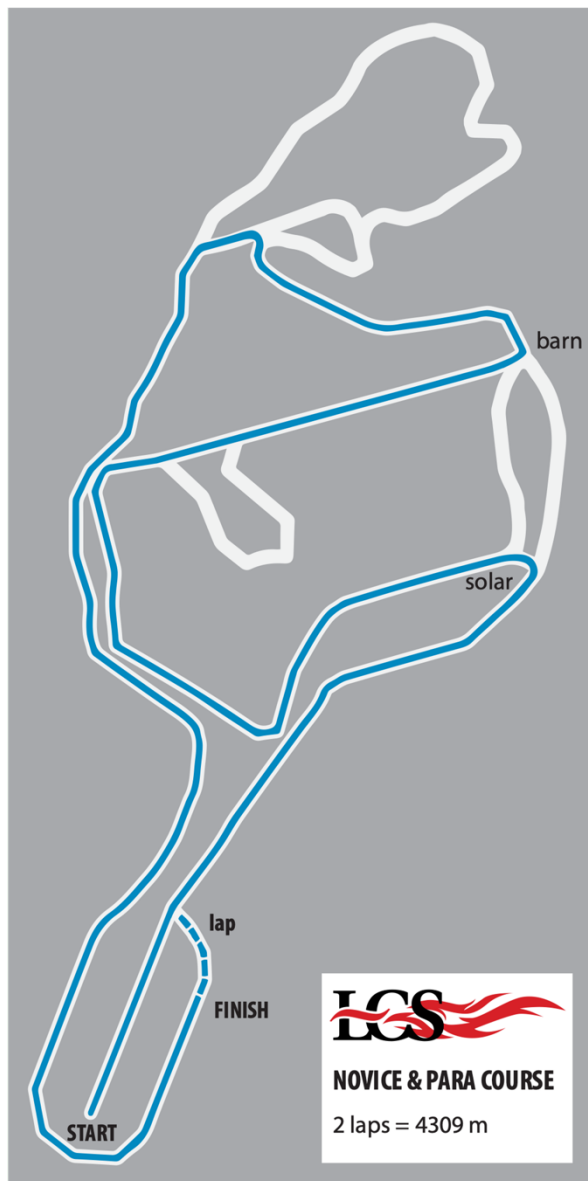
- » Finish times and placings will be published for all athletes in each classification – medals will be awarded for top 3
- » Team scores will be calculated from the top 4 finishers from each team in each race
- » Ties in team scores will be resolved according to the placing of the 4th finisher for each team

Schedule

9:30a	Team check-in (Hadden Hall Reception desk) & courses open for preview running or walking
10a	Coaches Meeting (Hadden Hall outdoor breezeway)
10:30a	Courses closed to non-competitors
3p	Awards

Other Event Details

- » Indoor space, bottle filler stations, change rooms, and washrooms are all provided on the lower level of Hadden Hall
- » Please have all athletes, coaches, and spectators enter and exit Hadden Hall via the Athletic Reception Area doors
- » Busses must drop-off and pick-up, as bus parking on campus will be unavailable
- » Limited car parking is available in the lot overlooking the Andy Harris Field & Track
- » Team tents may be erected along the West side of the track
- » Please do a sweep for garbage and lost items before your departure
- » Directions and a campus map are available at <https://www.lcs.on.ca/page/quicklinks/visitor-information>



- ❖ Courses are only open for warm-up when races are not in progress
- ❖ Stay on marked trails – there is poison ivy
- ❖ There are bee hives within 5m of the trail by the solar panels
- ❖ All courses are 2 laps

- ❖ All laps finish with a loop of the running track – athletes must run on the cinder track surface
- ❖ Athletes are responsible for knowing and running the correct course
- ❖ Headphones are not permitted