

## LGSSAA CROSS COUNTRY CHAMPIONSHIPS

Friday, October 18, 2024

**Location:** Memorial Centre, Brockville, Ontario

**Course:** Course features rolling grasslands and one large steep hill around Memorial Park. Course maps will be made available at registration on the day of the meet. Spiked shoes or racing flats are appropriate footwear.

### **Order and Time of Events:**

10:00am – Gr. 7 Girls	12:20pm – Senior Girls
10:25am – Gr. 7 Boys	1:05pm – Junior Boys
10:50am – Gr. 8 Girls	1:35pm – Junior Girls
11:15am – Gr. 8 Boys	2:10pm – Novice Boys
11:40am – Senior Boys	2:35pm – Novice Girls

***All times are approximate and the meet will run ahead of schedule when possible.***

**Awards:** LGSSAA medals will be presented to each individual champion and to the top 5 runners on each winning team. LGSSAA ribbons will be presented to the top individuals, (2<sup>nd</sup> through 10<sup>th</sup>) in each race. Ribbons will go to the top 5 scoring runners on the 2<sup>nd</sup> and 3<sup>rd</sup> place teams in each race.

**Scoring:** In each race, team scoring will be based on the placing of the first 4 runners on each team. In the event of a tie, it shall be resolved in favour of team whose fourth runner finishes nearest to first place.

**Overall Team Championship:** Scoring will be based upon team placing in each race as follows:  
1<sup>st</sup> – 12; 2<sup>nd</sup> – 7, 3<sup>rd</sup> – 5; 4<sup>th</sup> – 3; 5<sup>th</sup> – 2, 6<sup>th</sup> – 1

**Entries:** You may enter an unlimited number of eligible runners, however, only one race per runner. All runners on a team must wear identical school tops when competing.

Registration will be completed online at [trackie.com](http://trackie.com).

**The entry deadline is Monday October 14.**

**The entry fee for 7/8s is \$5.00/runner to an overall team max of \$150.00**

**The entry fee for high school teams will be \$8.00 per runner to an overall team max of \$200.00**

Thank you!

TISS Cross Country Coaches  
Danielle Blasko, Christine Grzela, Gary Brewin