



SCHOOL SPORT
NOVA SCOTIA
SPORT SCOLAIRE
NOUVELLE-ÉCOSSE

2024-2025 Provincial Cross Country Championships
October 28, 2024

Presenting Partner

eastlink

Location – Trenton Park

Host School – New Glasgow Academy

Meet Director – Trevor Boudreau – boudreaut@ccrce.ca

A. Classifications

Junior – Grades 7 and 8

Intermediate – Grade 9 and first year of Senior High

Senior – Second and third year of Senior High

Para - Grade 7 to third year Senior High

B. Schedule of Events

9:45 AM	Registration Begins	12:50 PM	Intermediate Girls' 4km Event
10:00 AM	Juniors Walk Through	1:15 PM	<i>Presentation of Awards (Junior)</i>
10:20 AM	Intermediate & Seniors Walk Through	1:30 PM	Intermediate Boys' 4km Event
10:30 AM	Coaches' Meeting (inside the rink)	2:10 PM	Senior Girls' Event
11:00 AM	Opening Ceremony (@ Amphitheatre)	2:30 PM	<i>Presentation of Awards (Intermediate)</i>
11:30 AM	Junior Girls' 3km Event	2:50 PM	Senior Boys' Event / Para-Athletes' Event
12:10 PM	Junior Boys' 3km Event	3:45 PM	<i>Presentation of Awards (Senior)</i>

C. Registration

Each Regional Meet Director is asked to contact Trevor Boudreau (boudreaut@ccrce.ca). You will then be added to a shared drive, where you can drop your advancer files from Meet Manager, as well as provide your list of additions/substitutions. Coaches must report any additions/substitutions directly to their Regional Meet Manager by **5:00 p.m. Tuesday, October 22, 2024**. Any problems, please call Trevor at 902-616-4040.

Schools with para-athletes should register directly with Trevor Boudreau by email.

Registration packages will be available at the registration tent located at the lower Trenton Park entrance via the Trenton Rink parking lot.

D. Advancing to SSNS Provincials

Only one team per school per classification may participate at the SSNS Championships. A school may enter as many athletes as they want at the District and Regional level, but may only advance the 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 as DNF or DNS athletes on the regional start list. The first five teams from each Region advance and are expected to compete in the SSNS Championships. No other teams are eligible to attend. Teams that qualify for the Provincial Championships must have at least four runners and no more than seven. If **fewer** than four come to the meet, the athletes may run as independents, but the team will be considered DNS and may face sanctions as per SSNS rules.

Any person finishing in the top fifteen in their regional race advances. Those not on a team enter as independents.

It is expected that participants will wear a top, which indicates the school they represent. No tops are permitted that indicate a community or university running club or any other community-based organization. Team Athletics Nova Scotia or Team NS/Nunavut Legion gear will not be allowed and athletes wearing such will be asked to remove it.

E. General

1. Registration packages will be available for pick up under the large tent near the lower entrance to the park which is accessible via the rink parking lot. Packages will be available from 9:45am until 2pm. After this time, you will need to pick up your race package from the canteen staff. Coaches will receive a registration kit with bib numbers assigned to each runner. ***Please ensure that each runner has the proper bib number on the front.*** Pins will be provided.
2. Ensure that your team gets the opportunity to do a walk through. It is important to note that competitors are responsible for knowing the route and to follow it. An official walk through will occur at 10:00am for juniors and 10:20am for intermediates and seniors. Although there will be assistance on the course, the responsibility is ultimately the runner's. Course maps are available online (trackiereg), so please print your own copy and take it with you.
3. Race Course Description – mostly gravel, dirt and crusher dust trails with some grass. Racing spikes are not recommended, but if you choose to wear them, a size 5 pin will be sufficient.
4. Race organizers will try to begin all races on time, as listed in the schedule. Please have your athlete(s) at the start line at least 5 minutes before their start time.
5. A Coaches meeting will be held inside the rink in the upstairs viewing area promptly at 10:30am.
6. Results will be posted near the registration tent as well as on the SSNS website following the Championships.
7. First Aid and Physiotherapy will be available and onsite for student-athletes. You can find this service under a tent near the registration area.
8. Parking - There is parking available. You may use the Trenton Park parking lot furthest from the office building as well as the Trenton Rink parking lot. It is recommended that buses use the rink parking lot. There is additional parking across the street at the Trenton Ball Fields. Please do not park on Park St. or Logan Rd.
9. There are a limited number of bathrooms located at Trenton Park. There will be some porta potties located close to the start line area.
10. There will be a canteen on site for those in attendance.

11. There will be championship shirts for sale on site ... **CASH ONLY**. \$20.00/shirt.
12. Accommodations. Rooms may be available at the following hotels. Please call ahead of time to book your room.

Comfort Inn (902) 755-6450
Holiday Inn Express (902) 755-1020
Travelodge Suites (902) 928-1333