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**SSNS Northumberland Regional Cross Country Championships**

October 16, 2024

**Host School**: Dr. John Hugh Gillis

**Meet Directors:**  Beth Horne & Jack MacDonald

**Contact**: [elizabeth.horne@srce.ca](mailto:elizabeth.horne@srce.ca) [johnjackmacdonald246@gmail.com](mailto:johnjackmacdonald246@gmail.com)

**Meet fee**: $5/athlete to a maximum of $80 per school

Please pay by cheque to Dr. John Hugh Gillis (Cross Country in the note).

Receipts will be issued through school mail.

**Course Details**: The course will consist of dirt/grass trails and some crushed gravel. See map provided.

* Junior Girls & Boys – 1 x 3 km loop
* Intermediate Girls & Boys – 2 x 2 km loop
* Senior Girls & Boys – 1 x 3 km loop + 1 x 2 k

**Start Line:** Centre of grass soccer field

**Student Eligibility:** SSNS recognizes grade level (and NOT AGE) for each class.

Junior: Grades 7 & 8

Intermediate: Grades 9 & 10

Senior: Grades 11 & 12

Para: Grade 7 to 3rd year of high school

**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](mailto:macdonaldk@ccrce.ca)) know by Monday October 21st, 2024 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 - Intermediate Girls 4km

12:45pm - Intermediate Boys 4km

1:45pm – Senior Girls 5km

*2:00 pm* - *Awards/Banner Presentations Intermediate Girls & Boys*

2:30pm – Senior Boys 5km

3:15pm – Junior Girls & Para 3km

*3:40pm - Awards/Banner Presentations Senior Girls & Boys*

4:00pm - Junior Boys & Para 3km

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

**Washroom:** Bloomfield Centre, St. FX

**Parking:**  Antigonish Mall

**Weather:**  Please prepare your athletes for the weather. Only 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 Provincial Championships. Coaches need not register.