2025 Western Region Cross Country Championships



At Lockhart Ryan Memorial Park (NKEC)

Tuesday, October 14th, 2025

Sponsoring Schools – NKEC

Meet Director – Keegan Wood

Course Marshall – Keegan Wood/Devan Naugler

Registration and Scoring- Phillip Hadley

**Schedule of Events**

|  |  |  |  |
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| 9:30 AM  | Registration Begins  | 1:00 PM | Intermediate Girls’ Event |
| 10:30 AM  | Walk Through #1  | ***1:10 PM*** | ***Presentation of Awards (Junior)*** |
| 11:00 AM  | Walk Through #2  | 1:40 PM |  Intermediate Boys’ Event |
| 11:20 AM  | Coaches’ Meeting  | 2:20 PM | Senior Girls’ Event |
|  |  | ***2:10 PM*** | ***Presentation of Awards (Intermediate)*** |
| 11:40 AM  | Junior Girls’ Event  | 3:00 PM | Senior Boys’ Event / Para-Athletes’ Event |
| 12:20 PM  | Junior Boys’ Event  | ***3:50 PM***  | ***Presentation of Awards (Senior)*** |

***17.1 Classification (Boys and Girls)***

 Senior – second and third year high school

 Intermediate – Grade 9 and first year high school

 Junior – Grade 7 and Grade 8 students (grade 6, if in the same school as 7s and 8s)

***17.2 Student Eligibility***

 17.2.1 All eligible student athletes as defined by rule 2.

 17.2.2 Individual runners are eligible to compete

 17.2.3 Team may consist of up to seven (7) runners in any classification

***17.3 Regional Representation***

 Top FIVE (5) teams per Region/Classification and the remainder of any of the top FIFTEEN (15) finishers.

\*\*For greater clarity, no runner shall advance if not a member of a top five team or one of the top fifteen finishers.

***17.4 Provincial Format (Unless altered by rule 5.5.2)***

 17.4.1 ***Race Distances*** Senior Boys/Girls 5k

 Intermediate Boys/Girls 4k

 Junior Boys/Girls 3k

 17.4.2 First four (4) finishers from a team shall count toward Team Championship.

***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 nearest to first place.

 *17.4.4 Meet Manager*

Meet Manager be used as the standard for both Regional and Provincial Cross Country Meets.

**You will pick up your completed Registration and Bib numbers at the meet. It would be appreciated and expected that the school pays 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.**

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. **All registration is to be completed on Trackie (add link to Trackie) by October 10, 2025 at 6:00 PM**

2. 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'.

3 Course Maps are available on Trackie and also emailed out to all schools. They will not be available on site.

4. Results will be posted on the SSNS website.

5. The registration fee is $10.00 per runner with a max of $100 per school. Make your cheque for the appropriate amount to **Northeast Kings Education Centre** and pay your fee when you pick up your registration package!

**6. Parking - There is a school bus drop-off-only in Lockhart Ryan Park. All other vehicles will need to park at the New Minas Baptist Church or Louis Millett Community Complex and walk into the Park.**

7. There will not be running water on site. Toilets are available. Changing areas are limited.

8. A canteen will be hosted by the NKEC Fundraising Committee on site, cash only. They will have a barbeque, drinks, and snacks.

9. Overview Of Course/Map of Course

