

EOSSAA Meet Information 2025

Convenor: Marc Carriere carrierem@limestone.on.ca & KSS XC Coaches

Date: Thursday, October 23rd, 2025

Location: Fort Henry Hill, 1 Fort Henry Drive, Kingston, Ontario, K7K 5G8

Course: The terrain is cut grass trails on rolling hills with some steeper sections. Spikes are recommended. You can get a feel for the course from this 2:19 video of the '2014 OUA Cross Country Championships: Kingston, Ont' <https://www.youtube.com/watch?v=zTKoEZrESY0>

Schedule & Distances:

10:15 am Para (4km- 2x Novice Loop)

11:00 am NG (4km- 2x Novice Loop)

11:45 pm – NB (4km- 2x Novice Loop)

12:30 pm JG (5km- 2x Junior Loop)

1:15 pm – JB (5km- 2x Junior Loop)

2:00 pm SG (6km- 2 x Senior Loop)

2:45 pm – SB (6 km- 2x Senior Loop)

Entries: You may enter an unlimited number of eligible runners, however, students can only race in one event. All runners on a team must wear **identical** school tops when competing. All runners must be wearing their assigned bib number on the front.

Registration: is available on trackie here: <https://www.trackie.com/event/eossaa-xc/1031675/>

Any issues with registration, please email Marc Carriere carrierem@limestone.on.ca

Registration Deadline: Monday, October 20 2025 – 5:00 pm The entry fee is \$15.00 per runner.

Please note, chip timing will be used. Once you have registered your athletes, no refunds can be given for scratches as numbers are assigned and EOSSAA pays upon registration. Late entries can be added at the registration desk for an additional \$17 per runner.

Cheques are payable to 'Kingston Secondary School'.

Awards: Individual finishers will receive their medals (top 3) and ribbons 4-12 as they come through the chute. Team awards will be handed at the registration desk once the results have been posted after each race. Top teams win a keeper plaque along with 5 gold medals. Second through sixth place team members shall receive EOSSAA ribbons. The scores will be tabulated throughout the day to present the overall team trophy as soon as the Sr. Boys race has been completed. EOSSAA AAA, AA and A School Champion shall receive a keeper plaque.

Results: You may access results @ <https://www.cstiming.com/results>

Hotels: Group discounts rates for EOSSAA Cross Country Teams to the Marriott and Holiday Inn downtown (within walking distance of Fort Henry)

Marriott link: [Marriott link](#)

Holiday Inn: [Holiday Inn Link](#)

Guests can now begin to book into the block. To do so, they can either book online via the link below. Or, they can call directly into the hotel. To reach our in house reservations Manager, please dial 613-549-8400 ex2660. To reach the front desk, dial ex0. When talking directly, please ensure they give the team name: **Eastern Ontario Cross Country, or block code: CEO.**

Start Line: Your school will be assigned a start box for each race. We will email details of the start box once entries are confirmed. Schools only entering individuals will be outside of the team boxes.

Food: There will be a **canteen** on site with a selection of burgers, snacks and drinks.

Water: There is no running water at the race site. Athletes need to bring fluids. RMC's athletic complex is 500m away and has running water.

Livestreaming: We are excited to announce that all races will be livestreamed with cameras at the start, middle intersection and finish. <https://www.youtube.com/@kingstongym1768>

EOSSAA Swag: There will be clothing available to athletes. Pre-ordering is ready to go. **The deadline is Sunday October 19th at 10:00pm.** All orders will be available for pick-up at the registration tent. [Swag Link](#) Note: There are limited quantities of each item. Any leftover stock will be available for purchase on the event day. **(All items available in the following sizes: small-large)**

<p>Heather Grey Hoodie \$50</p> 	<p>Black T-Shirt \$25</p> 
<p>Green Hoodie \$50</p> 	<p>White Long Sleeve</p> 

OFSAA registration & paperwork: All runners must be registered on the OFSAA HUB (talk to your AD about how to do this). Additionally, you must print and complete the following forms for all runners. You will hand these forms in at the registration desk. For a copy of the forms go to <https://www.ofsaa.on.ca/championship/cross-country-running/for-coaches/coaches-information/>

You need to submit the following items

- **Supervision Sheets-** this is a CRITICAL piece for all respective schools. Please print, get signed and bring a copy to hand in at the registration table on October 23rd. The Supervision sheets will be included in the package I send to OFSAA with your Association entry and OFSAA participation fee.
- Teacher-coaches ensure all student-athletes are listed in the [OFSAA HUB](#) on an appropriate Cross Country Running Team Eligibility roster. Each of these rosters needs to be **printed and signed**, as shown in this online [example](#). It is normal for the team rosters to list all athletes on your teams, even those that do not attend the OFSAA Championship, since you will be printing it before you know who has qualified for the OFSAA Championship.
- **Athletic Directors/Coaches** must submit and upload the remaining mandatory forms with appropriate signatures:
- [Student – Waiver of understanding](#) (One form per student. All forms should be scanned into one file)
- [Coach – Confirmation and Release](#) (One form per coach. All forms should be scanned into one file)
- [OFSAA Para XC Registration Form](#) (Only if you have Para runners)

As EOSSAA convenors, we register the qualifying athletes for ofsaa- as long as you have already submitted their name on the ofsaa hub. You then have to pay the **OFSAA entry fee prior to leaving Fort Henry**. The fee is \$18 per athlete, this includes the \$3 participation fee. If paying by cheque, please make it payable to 'Kingston Secondary School'. Eventually, as hosts, we write 1 cheque to OFSAA for all EOSSAA entries.

PARKING AT THE TOP OF THE HILL AT FORT HENRY



Novice Loop



Junior Loop



Senior Loop



