2016 Western Region

Cross Country Championships

At The Marc, Dayspring, Lunenburg County

October 17,2016

Sponsoring Schools – Hebbville, Park View, Bridgewater, and Bayview Community School

Meet Director – Tanya Daniels Assistant Meet Director – Erika Muir

Course Marshall – Sherri Hirtle

Registrar/Scorer- Selena Davidson Eno

A. Schedule of Events

9:30 AM Registration Begins

10:30 and Walk Through #1

11:00 AM Walk Through #2

11:40 AM Coaches Meeting

12:00 noon Junior Girls' Event

12:30 PM Junior Boys' Event

12:35 PM Presentation of Awards - Junior Girls

1:00 PM Intermediate Girls' Event

1:05 PM Presentation of Awards -Junior Boys

1:30 PM Intermediate Boys' Event

1:35 PM Presentation of Awards - Inter. Girls

2:00 PM Senior Girls' Event

2:05 PM Presentation of Awards - Inter. Boys

2:40 PM Senior Boys' Event

2:35 PM Presentation of Awards - Senior Girls

3:05 PM Presentation of Awards -Senior Boys

21.5 Rules of Play

International Amateur Athletic Federation rules will be used with the following modifications:

Maximum number of runners for Provincial Final - seven on each team with first four finishers to count for Team Championship.  Individual runners are eligible to compete.

21.6 A school may enter as many athletes as they want at the District and Regional level, but may only advance the top 7 runners to one team (per classification) to the NSSAF Championships.

21.7 A team which qualifies at the Regional level may not change its team members except in the event of injury, illness or other exceptional extenuating circumstances, which may occur between the Regional and the Provincial Meets. In such a case, the Regional Director must approve the change before the team may advance to the Provincial Championship.

21.8  Breaking of Tie

In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer the first place.

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

C. ADVANCING TO NSSAF CHAMPIONSHIPS (Provincials)

1. The first five teams from each region advance to and are expected to compete in the NSSAF 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. 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'.

2 Course Maps are available on Trackie and the NSSAF website. They will not be available on site.

3. Results will be posted on the NSSAF web site.

4. The following services will be available on site; ·medical personnel \* canteen facilities \* ample parking \* changing facilities and \*washrooms.

Showers will not be available.

6. The registration and scoring will be on the middle (second) floor of the main building.

7. The registration fee is $ 70.00 per school. Make your cheque for this amount to **Bayview Community School** pay your fee when you pick up your registration fee!