**Capital Region Cross Country Championships**

**Date: Thursday, October 12,**  **2017**

**Host School:** CPA and J.L. Ilsley

Race Director: Steve Harris and Colleen Harris

Contact info: sharris@hrsb.ca or charris@hrsb.ca

Race Location: Point Pleasant Park at the Halifax (Naval) Memorial (intersection of sailors memorial way and Arm Road

1. All athletes who finish in the top 15 qualify for provincials. All athletes on the top 5 teams in the classification also qualify for provincials.

You can register as many athletes as you want in each category and your top 7 runners will form your team. From these top 7 runners we will count the top 4 placings to determine team points. If your team qualifies for provincials all 7 runners will advance.

2. **In order to register** , coaches are to go to the trackie website and add athletes to the race. Registration needs to be completed by Friday October 6t h , 2017 at 4:00 . You need to have completed the online registration by that day and time. The website will shut down at that point. Registration instructions are attached. Colleen Harris is doing the registration. Please contact her if you have any issues with registration. charris@hrsb.ca

3. Please be aware that many of the races will have over 100 runners, which will require schools having to line up their runners in single file behind their first runner. It is vital then that each athlete wear the correct race number distributed.

4. The course covers a range of terrain. There are hills, grass and gravel paths/roads covered in the race. There are some narrow areas where passing may prove difficult. Please tell your runner to be careful on the course.

5. **Race Distances**

Junior 4**km**

Intermediate 5**km**

Senior Boys: 6**km**

6. Please prepare your athletes for the weather. Only under severe weather conditions will the races be cancelled. Normal rainfall is not one of them. An announcement will be on the athletics page of the CPA website, it will be tweeted out from @cpaathletics, on C100, CBC and an email will go out to ADs and Jr. high coordinators if there were a cancellation.

7. Coaches are to be onsite at least 30 minutes prior to their athletes first race to pick up team race numbers and pay fees. Please ensure that you look at your bib list and give the correct race number to the correct athlete.

8. **Start times:** Course will be open for inspection at 9:30am and there will be one and only **one** walk through at 10:00am. The course is well marked.

Schedule of events:
9:30 Registration opens
10:00 **ONLY** course walk through

11:00 Junior Girls
11:40 Junior Boys
12:20 Intermediate Girls
1:00 Intermediate Boys
1:40 Senior Girls
2:20 Senior Boys

9. Entry Fees: Please bring this with you to the meet. The registration fee is **$4 per runner** , cash or cheque will be accepted. Please make the **cheque payable to CPA High School. This will be collected when you register and get your race package.**

10. There will be a canteen on site.

11. **Parking**
There is parking available at the entrance to the park, both on the upper and lower levels.

12. **Bathrooms**
There are a limited number of bathrooms located at the park as well as some portapotties that will be located close to the start line area.

Hopefully, this page will cover most of your questions. However if you have any questions or concerns, please do not hesitate to contact the Race Directors.