

# Capital Region Cross Country Championships

**Date: Thursday, October 16<sup>th</sup> 2014**

**Host School: Citadel High School**

Race Director: Steve Harris

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Race Location: Point Pleasant Park

1. The top five teams per Classification and the remainder of any of the top fifteen finishers will advance to the NSSAF Championships. The maximum number of runners per team is seven with first four finishers to be counted. A school may enter more than one team at Regionals, but may only advance one team per classification to the NSSAF Championships. **Just to clarify a team is made up of 4 -7 runners. Only 1 of your teams can 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 10<sup>th</sup>, 2014 at 5:00**. You need to have completed the on line registration by that day and time. The website will shut down at that point. Registration instructions are attached.

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.

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 girls: **3km**

Junior Boys and Intermediate Girls: **4km**

Intermediate Boys and Senior Girls: **5km**

Senior Boys: **7km**

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 C100, CBC and an email will go out to ADs and Jr. high coordinators.

7. Coaches are to be onsite at least 30 minutes prior to their athletes first race to pick team bibs and pay fees.

8. **Start times:** Course will be open for inspection at 9:30am. There will be **ONLY ONE** walk through. The course is well marked.

Schedule of events:

9:30 Registration

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 **\$3 per runner**, cash or cheque will be accepted. Please make the **cheque payable to Citadel High School**.

10. Encourage your runners, and others, to bring food with them as there is no canteen.

#### 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 Director.