

# 2014 Western Region Cross Country Championships

At Yarmouth Links, 28 Forbes St. Yarmouth  
October 20, 2014

Host – Yarmouth Consolidated Memorial High School  
Co-Meet Directors – Charlene Doucette, & Torey Grimshaw  
Registrar/Scorer- Jeff Raine

## **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

## **B. REGISTRATION**

1. For registration, please see the coach's handout that was sent out to all school's athletics directors. The registration site can be found here: <http://goo.gl/PGbvea> and the regionals website can be found here: <http://goo.gl/LQLsHh>.
2. You will pick up your completed Registration, Bib numbers, and 1 copy of course map at the meet from the registration table after registration fee has been paid.
3. A school may enter more than one team at the Regional level, but may only advance one team (per classification) to the NSSAF Championship. It is recommended that no school send more than two teams (14 total) per classification to the Regionals. Please see the coach's registration handout for how to register multiple teams of athletes.

4. A team consists of at least four members and no more than seven. If more than seven are listed without indication which are independents or that there is more than one team, the last people named will be listed as independents.

### **C. ADVANCING TO NSSAF CHAMPIONSHIPS (Provincials)**

1. Only one team per school per classification may participate at the NSSAF Championships. Schools entering more than one team at the District and/or Regional level must retain the original make-up of the advancing team when participating in the NSSAF Championships; team members may not be inter-changed.

2. 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.

3. 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 the web site. Each School will receive one course map included in their race package. If you wish extra copies of map please download from web site.

3. Results will be posted on the web site.

4. The following services will be available on site; \*First Aid Station \* canteen facilities \* parking \* changing facilities and \*washrooms.  
Showers will not be available.

5. In case of a muddy trail, a hose will be set up for students to rinse themselves. Each should bring their own towel.

6. The registration and scoring will be on the main floor (upper level) of the Yarmouth Golf & Curling Club building.

7. The registration fee is \$10.00 per athlete to a maximum of \$60.00 per school. Make your cheque for this amount to Yarmouth Consolidated Memorial High School at the meet as you pick up school race package at the registration table. No race packages will be issued without payment.

***In the true meaning of sportsmanship we hope all athletes, coaches, and spectators have a very rewarding experience and wish everyone the best of luck & safe travels!***