

## (proposed) LGSSAA Cross Country Playing Regulations

### **Date**

The Co-Educational LGSSAA Cross Country Championship will be held during the week prior to the EOSSAA Championship.

### **Location**

The convenor and venue for the LGSSAA Championship will be determined at the Annual General Meeting in June of the preceding school year.

### **Events and Classification:**

Competition shall be conducted in three age classifications:

**(i) Senior:** the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held;

**(ii) Junior:** the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held;

**(iii) Novice:** the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held.

Students may compete in this category for one year only in Grade 9.

(b) There shall be a girls' and boys' run in each classification.

**Course:** Course maps will be available at registration on the day of the meet. Spiked shoes or racing flats are appropriate footwear.

### **Order and Time of Events :**

#### **LGESAA Events** (separate event from LGSSAA)

10:00 am – Grade 7 Girls – (3 km)

10:25 am – Grade 7 Boys – (3 km)

10:45 am – Grade 8 Girls – (3 km)

11:05 am – Grade 8 Boys – (3 km)

#### **LGSSAA Events**

11:45 am - Para Event (3 km.)

12:00 pm – Novice Girls – (4 km)

12:30 pm – Novice Boys – (4 km)

1:00 pm – Junior Girls – (5 km)

1:35 pm – Junior Boys – (5 km)

2:10 pm – Senior Girls – (6 km)

2:50 pm – Senior Boys – (6 km)

**Awards:** Champions medals will be presented to each individual race winner and to the top 5 runners on each winning team.

Ribbons will be presented to the top individuals, (2<sup>nd</sup> through 10<sup>th</sup>) in each race.

Ribbons will go to the five (5) scoring runners on the 2<sup>nd</sup> and 3<sup>rd</sup> place teams in each race.

**Scoring:** In each race, team scoring will be based on the placings of the first (4) runners on each team. In the event of a tie, it shall be resolved in favour of the team whose fourth runner finishes nearest to first place.

The overall school standings will be calculated by awarding points in each race as follows;

1<sup>st</sup> - 12 points    2<sup>nd</sup> – 8 points    3<sup>rd</sup>- points 6    4<sup>th</sup> – 5 points  
5<sup>th</sup> – 4 points    6<sup>th</sup> – 3 points    7<sup>th</sup> – 2 points    8<sup>th</sup> -1 point

The annual LGSSAA Championship plaque will be awarded to the winning school in the overall standings.

### **Individual Student Eligibility**

To represent a school in any activity co-ordinated by the Federation a student must:

- (i) be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs;
- (ii) be certified as eligible by the Principal of the school;
- (iii) meet the age requirements as listed above;
- (iv) be in Grades 9 - 12;
- (v) be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f));
- (vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9
- (vii) Para athletes with T/F 20 classification are permitted to compete until the age of 21 and shall be eligible for no more than 7 consecutive years from the date of entry in grade nine

### **Entries:**

You may enter an unlimited number of eligible runners, however, only one race per runner.

All runners on a team must wear identical school tops when competing.

The entry deadline is 4:00 pm on Monday before the meet

Entry Fee: High School - \$5 per runner to a team max of \$100.00