



**CROSS COUNTRY RUNNING
EAST CONFERENCE CHAMPIONSHIP MEET**

**October 19, 2016
Hornet's Nest**

LOCATION: *Hornet's Nest (City of Gloucester Multi-Soccer Field Facility) is located on Bearbrook Road between Montreal Rd./Eastern Parkway and Innes Road.
There are no changerooms available and tents MUST be kept of soccer fields.*

ARRIVAL: Please check in at registration table and pick up team information package.

SCHEDULE:	9:30	Coaches Meeting	
	10:00	Midget Girls	4 km
	10:30	Midget Boys	4 km
	11:00	Junior Girls	5 km
	11:40	Junior Boys	5 km
	12:20	Senior Girls	6 km
	1:00	Senior Boys	6 km
	2:00	Awards/Medals(right after SB's)	

SCORING: Team scores will be based on the top 4 times. In the event of a tie, it shall be resolved in favor of the team whose fourth runner finishes nearer first place.

MEDICAL: First Aid will be on site. Each school must have a team first aid kit.

AWARDS: Medals to the top 3 individuals in each race. Ribbons for 4th to 10th place finishers in each race. Plaques to 1st place team in each category, plus Girls' Aggregate, Boys' Aggregate and Grand Aggregate.

ENTRIES: **Entries MUST be done using the excel spreadsheet, which can be found at:**

<http://www.louisrielathxc.com/calendrier-resultats>

COURSE: Hilly terrain, trail running. Maps included in team package on race day.

UNIFORMS: All competitors must wear appropriate school tops during their races. No club wear is permitted on the site at any time.

MARSHALLS: It is the responsibility of the runner to know his/her course. Marshalls are present for official purposes only and should not be expected to be giving directions on race day.

ELIGIBILITY: All student-athletes and schools participating in this OFSAA qualifying event must be OFSAA eligible under all rules and regulations of the NCSSAA, and the OFSAA constitution. Students who have been deemed ineligible for OFSAA competition are ineligible. Please ensure all competitors are OFSAA eligible and that they comply with the age requirements above and are registered as full-time students at your school.

ENTRY DEADLINE IS THURSDAY, OCTOBER 13th – 12 NOON

NOTE: All runners who start at the prescribed time and complete the official route will be registered for the NCSSAA Championship Meet on October 27. All competitors in the West Conference Championship Meet will also advance. Additional runners will not be permitted to compete.