

2013 ELEMENTARY CROSS COUNTRY RUNNING CHAMPIONSHIP

Tues., Oct. 8, 9:30-12:00 (rain dates Oct. 9 & 10)
Current River Recreation Area

Schedule of Events and Race Information:

9:30-9:45	<u>Arrival at CRRRA. Buses must drop off teams in the Current River Arena parking lot, at the end of Grenville;</u> events begin as soon as all schools are present
10:00	<u>Fun Run</u> (approx. 1.5 km) <ul style="list-style-type: none">• for grades 1-8• no finishing places recorded
10:20	<u>Novice Boys Race</u> (approx. 2.1 km) <ul style="list-style-type: none">• for grades 5 and under• minimum of 3 finishers required to score as a team• individuals are welcome to compete• must be able to run non-stop for at least 10-15 minutes to successfully participate in this event (otherwise, do the Fun Run)
10:40	<u>Novice Girls Race</u> [as for the Novice Boys]
11:00	<u>Senior Boys Race</u> (approx. 3 km) <ul style="list-style-type: none">• for grades 6-8• minimum of 5 finishers required to score as a team• individuals are welcome to compete• must be able to run non-stop for at least 15-20 minutes to successfully participate in this event (otherwise, do the Fun Run)
11:25	<u>Senior Girls Race</u> [as for the Senior Boys]
before leaving	<u>Clean up your area</u> (Bring a garbage bag, please.)

Supervision:

All teams are asked to select a space inside one of four baseball diamonds: green, brown, turquoise or black (see map of area, on Board website). **The blue diamond will be off-limits to spectators and teams** because the runners finish inside that diamond. ALL athletes will remain with you in your chosen space except when racing or when using the washrooms in the Current River Community Centre.

You will want at least one adult to accompany your team to the start line (brown diamond), and at least one adult waiting to collect athletes in the finish area (blue diamond). Athletes using the washrooms should be supervised. You will also need a few adults to supervise your remaining runners.

Race Organization:

An announcer with a megaphone will circulate throughout the area, prior to each event. At least one adult must accompany each team to the start area (next to the brown baseball diamond).

To accommodate the large number of runners at the start of each event, each school will get only ONE spot on the start line. All other runners from that school will line up, single-file, behind their front (fastest) runner. Final instructions will be given prior to each race start.

There will be many race officials on the course, guiding the runners. One cyclist will lead each race and a second cyclist will follow the final runner in each race.

Recording Race Results:

Each athlete will receive a numbered card as he/she crosses the finish line. (The first runner gets "1", the second runner gets "2", etc.) One coach from each team should be waiting in the finish area (inside blue diamond) to collect these cards from his/her athletes.

Immediately following each race, coaches are to bring their cards to the Scorers' table, near the finish line. Coaches should watch while the officials record the card numbers onto their master sheets.

Team winners will be the team with the LOWEST combined score of the top *three* runners (Gr. 3-5 races) or the top *five* runners (Gr. 6-8 races).

Race results (team results plus top 15 individuals in each race) will be sent to all schools shortly after the event takes place.

Raindates:

Please listen to CKPR radio (91.5 FM) or CBC One radio (88.3 FM) on the morning of the event, if the weather seems questionable. They will announce any cancellations.

What to do Right Now?

1) Fax the 2013 Cross Country Registration form to Sue and Maria. **We need to have the form by October 4 at the latest.** The fax number is 683-8010.

2) Book your own bus for Oct.8. **For safety reasons, please arrange for drop-off and pick-up at the Current River Arena (end of Grenville) and not at the Rec Centre (Dewe).**

Maria Casasola, Sue Kainulainen
Meet Convenors
Claude Garton School
683-6289
683-8010 (fax)

Additional Notes to Coaches:

- Course Maps and a permission letter are posted on the Board website.
- The Mid-Canada Elementary School Cross Country Championship will be held on Saturday, October 19, 2013.
- Kip Sigsworth at Lakehead University is the Convenor for that event.

2013 Cross Country Registration

- This form must be faxed to Maria and Sue at Claude Garton (683-8010) no later than Oct. 4/13.

School: _____

Coach(es): _____

Email address [only if you don't want us to use your Novell address]:

Estimated Numbers:

Event	Estimated Number of Runners
Fun Run	
Novice Boys	
Novice Girls	
Senior Boys	
Senior Girls	