BOYS' AND GIRLS' CROS S COUNTRY RUNNING

2016-2017

1. SEASON OF PLAY

Zone and SOSSA Cross Country take place in October and OFSAA takes place the first Saturday of November.

2. LEVELS OF COMPETITION

Midget Boys Junior Boys Senior Boys
Midget Girls Junior Girls Senior Girls

3. ELIGIBILITY

Any athlete participating in the OFSAA Cross Country Championship must have participated as a member of a bona fide high school program during the current school season (Sept. - Nov.) in a minimum of Cross Country Practices (sixteen (16), at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the school principal.

This rule does not preclude the school and/or school coach from instituting more stringent guidelines.

An UNLIMITED number of athletes may race in each category.

Midget: 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 AND IS GRADE 9 ONLY.

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.

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.

4. ELIGIBILITY SHEETS

For Cross Country Running, the eligibility sheets must be received by the Convener no later than 5 full school days **prior** to the date of the Zone Meet.

5. START TIME

The meet shall start at a time sufficient to allow all schools the opportunity to travel to the site.

6. RACE DISTANCES

A 400m tolerance is permitted.

Midget Girls - 3000m Midget Boys - 5000m Junior Girls - 4000m Junior Boys - 6000m

Senior Girls - 5000m Senior Boys - 7000m

7. ZONE MEET AND CHAMPIONSHIP FORMAT

The combined overall cross country team champion shall be the school with competitors in both the girls and boys categories and with the most points.

The overall boys and overall girls' champions shall be the school with the most points in the boys section and the girls section respectively.

The points shall be awarded as follows: 1st place team gets 10 points, 2nd place team gets 8 points, 3rd place team gets 6 points, 4th place team gets 4 points, 5th place team gets 2 points and 6th place team gets 1 point.

8. TEAM AND INDIVIDUAL QUALIFYING MEET ENTRIES AND ADVANCEMENT TO ZONE AND SOSSA

Each competing school must provide one (1) adult to work at the meet (course marshall, finish line, scorer, etc.). This is regardless of the number of athletes the school brings.

Team entries at the qualifying meet: Each school may enter an UNLIMITED number of boys and girls in each category.

The top four (4) finishers for each school will be used to determine team placing. The finishing positions of the top four (4) for each school will be added together to determine a team score.

Ties: In the event of a tie, it will be resolved in favor of the team whose fourth (4th) runner finishes nearest to first place.

Both NRHSAA and NCAA will hold a separate qualifying meet for entry to Zone competition.

Zone III and Zone IV meet will be held together, on the same day and at the same site.

TEAMS advancing to Zone: The top three (3) NCAA teams will advance to Zone.

The top seven (7) NRHSAA teams will advance to Zone. (The whole team in each category moves on – not just top 4.)

INDIVIDUAL RUNNERS advancing to Zone: The first ten (10) NCAA individual runners not on a team.

The first twenty-five (25) NRHSAA individual runners not on a

team.

TEAMS advancing to SOSSA: The top three (3) teams will advance to SOSSA.

Also, the 5th and 6th place runner on those top 3 teams will advance to

SOSSA.

The over-all (boys and girls combined) champion from Zone is allowed

to send all six (6) teams to SOSSA.

The over-all boys' and girls' team champions are allowed to send all

three (3) boys' or three (3) girls' teams to SOSSA.

Note: Each athlete may only participate in one age category. If a younger athlete runs in a higher age category they must stay in that age category for the rest of the Meet and in any other

ZONE/SOSSA/OFSAA Cross Country Running Meet they may run in or qualify for that season.

INDIVIDUAL RUNNERS advancing to SOSSA: The first ten (10) individual runners NOT on a team

advances to SOSSA.

9. UNIFORMS

Each athlete must compete in a proper cross country outfit. Runners should compete in identical tops (preferred, school singlets, plain white tops, or plain school color tops.

If there is a question regarding this policy, the convener will have final say on what is appropriate or not.

10. SOSSA BOYS' AND GIRLS' CROSS COUNTRY RUNNING

The SOSSA Cross Country Championship shall be held at least seven (7) days before the OFSAA Championship (first Saturday in November). Check sossa.on.ca for information.