

BOYS' AND GIRLS' CROSS 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

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.