

C.I.S.A.A. Cross Country Championships
Wednesday October 23, 2024
Trinity College School, PORT HOPE

(Race Website: <http://www.tcs.on.ca/xc>)

INFORMATION FOR COACHES AND RUNNERS

ENTRIES & INQUIRIES: Will Salvarinas, AD

Phone: 905-885-3217 ext. 1224

E-mail: wsalvarinas@tcs.on.ca

SCHEDULE

9:00 am

Registration Opens

10:30 am

Coaches Meeting

11:00am

NOVICE/PARA GIRLS 4000m

born in 2010 or later and in grade 9

11:45am

NOVICE/PARA BOYS 4000m

born in 2010 or later and in grade 9

12:30pm

JUNIOR GIRLS 5000m

born in 2009 or later

1:15pm

JUNIOR BOYS 5000m

born in 2009 or later

2:00pm

SENIOR GIRLS 6000m

born in 2006 or later

2:45pm

SENIOR BOYS 6000m

born in 2006 or later

3:30 p.m.

CISAA Awards

3:45 pm - MEETING: All coaches must have checked with Fraser that he has their OFSAA information prior to departing.

CISAA ENTRIES: You must make all entries online at [XCRunner](#) . This will be available on Friday, October 4th by 12 pm and stay open until Monday, October 21st at 4:00 pm

Entry deadline is 4:00 PM on Monday, October 21st, 2024

Email: wsalvarinas@tcs.on.ca

ENTRY FEES: You will be invoiced by the CIS office post-race. Do not make any payments to Trinity College School. CISAA and OFSAA fees will be included in the one invoice you receive.

ELIGIBILITY: (for senior school teams only)

As per the C.I.S.A.A. Constitution and Sport Guidelines; see www.cisaa.on.ca. Schools may enter an unlimited number of runners. Transfer students are eligible for competition in the CISAA Championship. However, for transfer students (grades 10 and up) to be eligible for OFSAA, they must have been deemed eligible under the transfer policy by the CISAA Transfer Committee or OFSAA Appeal Committee.

UNIFORMS:

Runners of a school must compete in identical tops.

COURSE:

The course is primarily run on grass with the occasional stretch of gravel or mud. It skirts the campus and includes open fields, orchards, two road crossings, and the "dreaded" Mt. Trinity.

FACILITIES:

We encourage teams to come dressed to run. Portable toilets will be located near the finish line. No access to the school itself will be available on this day due to classes in progress.

SCORING:

The placing of the top 4 runners per school from each division will determine the division winners. In case of a tie, the place of the 4th runner will break the tie.

Points: 1st 10 points / 2nd 8 points / 3rd 6 points / 4th 4 points / 5th 2 points / 6th 1 point

Overall Boys' Champion: A school must have a team in each division (minimum of 4 runners) in order to be eligible for this championship. The highest score wins the title.

Overall Girls' Champion: A school must have a team in each division (minimum of 4 runners) in order to be eligible for this championship. The highest score wins the title.

SENIOR - Overall COED Champion: Total points of the school's girls' and boys' teams. *(Schools do not have to have a team in each division).*

AWARDS:

As per sport guidelines.

PARKING:

All school vehicles and visiting parents must park at the Peter Campbell Memorial Rink (111 Ward St.) on the south-west corner of the TCS campus *(intersection of Ward St. and Deblaquire St.)*