



LSAA Cross Country Race 2019

Date: Thursday - October 3rd, 2019

Information Package

**Location: 4 Wing Cold Lake (Martineau Subdivision)
Cold Lake, AB**

Coaches Meeting: 10:00am (Distribution of Race Bibs)

Start time: Walk through 10:30am

Concession: Full concession (hot food, drinks, snacks, etc....)
will be available

Ward Assignments:

East Ward: Track layout, Distance calculations, Track color identification, Track supervision, First-Aid, Starting line, Parking, Equipment setup.

Central and West Ward: Finish Line, Timer and ribbons table.

HOW TO REGISTER

All runners must be registered on the [TrakieReg Website](#) with their name, category and school name/code.

All links and instructions are available on the LSAA website.

<http://lsaa.ca/sports-and-tournaments.php>

If you are not registered by the registration deadline, your school could be disqualified.

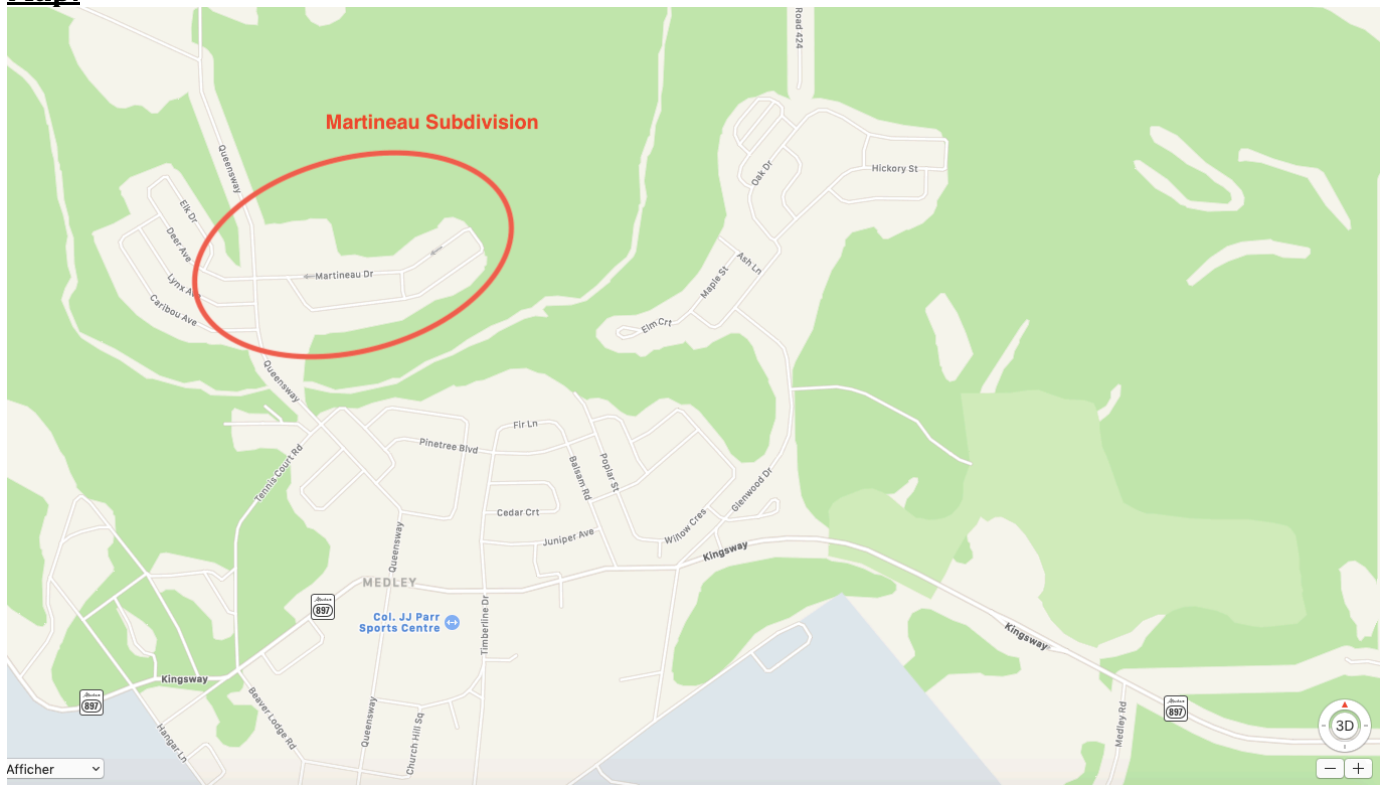
Registration Deadline :
Saturday, September 28th,
2019 @ 4pm

Race order:

This is the order that we will run the different categories

- Race 1: Sr Boys**
- Race 2: Sr Girls**
- Race 3: Tyro Boys**
- Race 4: Tyro Girls**
- Race 5: Novice Boys**
- Race 6: Novice girls**
- Race 7: Junior Boys**
- Race 8: Junior Girls**
- Race 9: Intermediate Boys**
- Race 10: Intermediate Girls**

Map:



POLICY FOUR

CROSS-COUNTRY RUN.

1 Age categories for competition shall be as follows:

BOYS/GIRLS

- Tyro
- Novice
- Junior
- Intermediate
- Senior

*Age eligibility will be determined as of ARTICLE 13.2 in the CONSTITUTION.

2 Distances for age categories will be as follows:

Tyro	1500 metres
Novice	1500 metres
Junior	2000 metres
Intermediate	2500 metres
Senior	3000 metres

Cross-Country: All runners will receive a RACE BIB NUMBER from race coordinators. RACE BIB must be pinned to the front of T-Shirt or race pinnies by using 4 safety pines supplied. Please do not insert safety pins in the Tear Off section.



3 For the District competition, there will be no maximum number of participants in any age category. The top five finishers from each School's group will have points that count towards the overall Category award. The points will be awarded as follows:

- | | |
|------------------------|-------------------------|
| First Place Finishers | - receive 1 point each |
| Second Place Finishers | - receive 2 points each |
| Third Place Finishers | - receive 3 points each |
| Fourth Place Finishers | - receive 4 points each |
| Fifth Place Finishers | - receive 5 points each |
| And so on.... | |

Athletes finishing the top 10 in each category will receive ribbons. First place finishers will receive medals as well. A Category Group Plaque will be awarded to the school with the lowest point total for the first 5 qualified runners from their school in that category.

4 The District competition in Cross-Country will be held as per **ARTICLE SEVENTEEN** of the Constitution.

5. Registration fee: See Article 3

5. **Runners are not allowed to listen to music** (iPod or similar device) while competing. This is for safety reasons, as athletes need to be aware of their surroundings at all time during the race. Runners will be disqualified if using electronic devices.

7. Cross Country Run start time is 10:30am