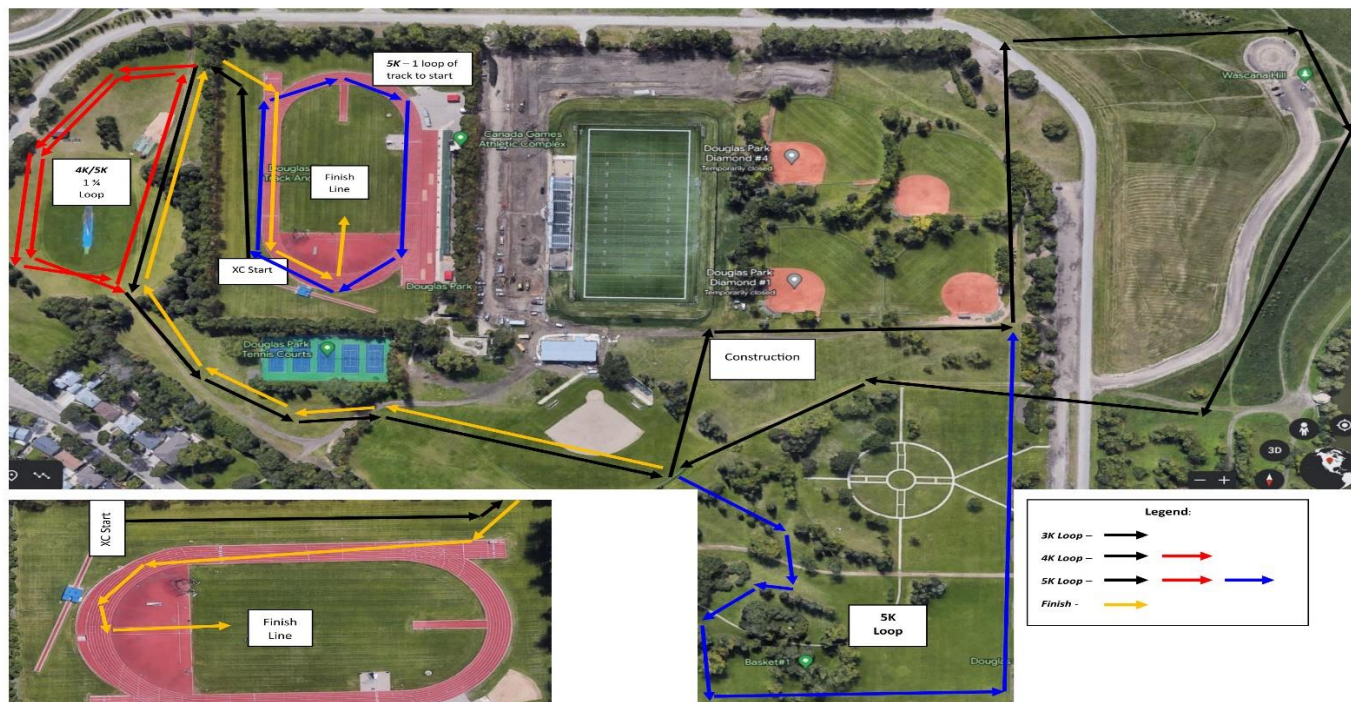


SHSAA Provincial High School Cross Country Championships
October 14, 2023
Canadian Games Athletic Complex (CGAC) at Douglas Park, Regina, SK

The Race Course

2023 Provincial Cross Country Championship
Canada Games Athletic Complex
Regina, SK



15 Foot opening leaving and re-entering the track



Incline

Course Description

The race course starts and ends in a spectator friendly grandstand. Athlete's will leave and re-enter the course through a 15-foot opening. The course is mostly flat with one incline.

Coaches Meeting

Wednesday, October 11, 2023 @ 3:30pm (Virtual via Zoom). There will not be a coaching meeting on site. SHSAA will send out the meeting link on Wednesday October 11th.

Scratches

Can be emailed up to Friday, October 13th @ 4:00pm. After that, scratches will need to be reported at the registration tables before the event.

Substitutions

Available until 4:00 pm Wednesday, October 11th.

Please email jeff@shssa.ca with your substitutions/scratches.

Registration 9:00 am-10:00 am

- Coaches will be directed to register at the west side of CGAC at Douglas Park.
- Coaches will check their school in, pick up their envelopes containing their athletes' race sticker and pins and report any scratches not previous reported.

Course Walk-Through 10:15 am

- Senior Boys 5 Km
- Senior Girls, Junior Girls, Junior Boys 4 Km (3 separate leaders)
- Intermediate Boys and Girls 3 km loop 3Km (2 separate leaders)

Opening Ceremonies 11:15 am at the grandstand

RHSAA Greetings

SHSAA Greetings

Honorable Minister Gene Makowsky

Approximate race times-starting at 12:00 pm

12:00pm - Intermediate Girls (3 km)

12:25pm - Intermediate Boys (3 km)

12:50pm - Junior Girls (4 km)

1:15pm - Junior Boys (4 km)

1:40pm - Senior Girls (4 km)

2:05pm - Senior Boys 5 km)

Note: A race will not begin until the previous race has been completed

Finish Line Protocol

Race Stickers

All athletes will receive a race sticker with their name, school, and age category printed on it. This sticker is not to be peeled and is to be pinned to the athlete's shoulder strap, just low enough that it doesn't bother them while running (2nd picture). Please ensure the pin is inserted through the border of the sticker and the margin (red dot on the 1st picture). This makes it easier for the finish line workers to peel.

How to pin:



Top 10 finishers – the top 10 runners will receive a medal (top 3) or ribbon (4th to 10th) at the awards ceremony following the final race of the day (Sr. Boys).

Finish Line ribbons (11th place and onward)- once runners' stickers have been peeled, each runner after the top 10 will be given a finish line ribbon as they leave the finish line funnel as memento of their participation in this 2023 Provincial Championship.

Sask Milk

Will be providing free milk to the athletes throughout the competition. Milk distribution will be located at the Awards tent where volunteers will circulate and hand out milk

Awards Ceremony

The awards ceremony will take place following the final race of the day (Sr. Boys). The awards presentation will take place in front of the grandstand.

Results – Following Completion of Each Race

Instantaneous (relatively speaking) results – Shortly after each race is completed, pictures of the raw results will be posted on the SHSAA Social Media Accounts. This will include placings and times. The raw results will not be physically posted anywhere at the race site. Athletes will have to listen for their placing at the finish table and check their times online.

Official results – Sometime after the meet has ended, an official and formatted document will be posted on the SHSAA website (www.shsaa.ca). These results will also include the team and District results

On-site Medical

- * Physiotherapists will be on site.
- * All coaches should equip themselves with the standard first-aid supplies **including tape**, as with any other activity. Ice will be available at the medical booth.
- * Medical will be in the garage underneath the announcer's booth & at the finish line during the races.

Washroom Facility

Washroom facilities are located north of Leibel Field.

Concessions

Food Trucks will be located inside the CGAC at the south west corner and operated 11:00 a.m. to 4:00 p.m.

***The Bannock House**

***Mr. Spuds Pouterie**

Parking will be congested due to RMF football playoffs (ALL DAY)

- * **ONLY entrance to track is PARK STREET**
- * We will have a bus loop for busses to drop off and leave the Parking lot
- * Parking is provided free of charge in the adjacent lot.
- * There will be no guarantee that buses will be able to get out during the day. Districts that plan to park a bus should contact Dwayne Ell prior to Monday October 9. d.d.ell@rcsd.ca



- * When parking outside the lot, on the side of the road, please park your vehicles **nose-in** where possible.

Merchandise

The SportLogo boutique will be located on the north side of the track.