



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## 2019 PROVINCIAL CROSS COUNTRY

### PROVINCIAL SITE:

Prime Ministers Park  
Carlton Comprehensive, Prince Albert

### DATE:

Saturday, October 12, 2019

### 1. ENTRIES:

**Senior – 16 and over as of August 31<sup>st</sup>, 2019**

**Junior – under 16 as of August 31<sup>st</sup>, 2019**

**Midget – under 15 as of August 31<sup>st</sup>, 2019**

Entries are submitted electronically on the forms provided by the SHSAA Office to the District Presidents. Entries to the provincial meet must be sent to the **Provincial Commissioner** (Tim Strom – [tstrom@srsd119.ca](mailto:tstrom@srsd119.ca)) and the **SHSAA office** ([dave@shsaa.ca](mailto:dave@shsaa.ca)) before **October 7, 2019**.

### Please Note:

Substitutions for original entries are accepted until 4:00pm October 9, 2019 and must be sent to the SHSAA Office and Provincial Commissioner. A scratch meeting will be held one hour prior to the start of the first race on Saturday, for scratches ONLY.

### 2. ELIGIBILITY:

Student athlete eligibility forms (**Form E-5**) for Cross Country are due on or before **September 18, 2019**. Forms must be completed on-line via the SHSAA website ([www.shsaa.ca](http://www.shsaa.ca)). Enter the SHSAA ExNet – Login. Your school Principal will have the school's USERNAME and PASSWORD.

### 3. PROCEDURES:

Please refer to the SHSAA handbook ([Cross Country in Activities section](#)) for competitive details and starting procedure.

### 4. ACCOMMODATION:

Information, as it becomes available, will be posted at: <http://www.shsaa.ca/page/show/968446-provincial-championship-accommodations>.

### 5. LOCAL DETAILS:

Information, maps, and virtual tours will be posted at <http://www.shsaa.ca/page/show/992558-cross%20country> as they become available.

### COMMISSIONER:

Tim Strom  
Carlton Comprehensive

Phone: 306-922-3115

Email: [tstrom@srsd119.ca](mailto:tstrom@srsd119.ca)

### 6. COMPETITION:

#### Order of races:

Midget Girls	3000m - 12:00pm
Midget Boys	3000m - 12:25pm
Junior Girls	4000m - 12:50pm
Junior Boys	4000m - 1:15pm
Senior Girls	4000m - 1:40pm
Senior Boys	5000m - 2:05pm

**NOTE:** The midget girls' race starts at 12:00 pm. All other times are approximations.

**Athletes registration: 9:00 – 10:00am**

**Opening Ceremonies: 10:00am**

**Course familiarization walk: 10:15am**

**Coaches Meeting: 11:15am**

School team champions will be declared in five classifications as per SHSAA classification rules:

**1A: less than 41 total eligible students**

**2A: 41 to 85 total eligible students**

**3A: 86 to 200 total eligible students**

**4A: 201 to 450 total eligible students**

**5A: greater than 450 total eligible students**

All final results will be posted on the SHSAA website after the meet.

**Awards Presentation:** Presentations will follow the Senior Boys race and tabulation of final results. All teams are requested to be present for the presentations and wearing their district uniforms.

### 7. INQUIRIES:

Please contact the commissioner or the SHSAA office.