

## ACTIVITIES

### CROSS-COUNTRY

#### 1. AGE CLASSES AND DISTANCES:

Senior – 16 and over as of August 31, 2023

Junior – under 16 as of August 31, 2023

Intermediate – under 15 as of August 31, 2023

Senior Boys – 5000 metres

Senior Girls – 4000 metres

Junior Boys – 4000 metres

Junior Girls – 4000 metres

Intermediate Boys – 3000 metres

Intermediate Girls – 3000 metres

Competitors below the grade nine level are ineligible unless they are made eligible by the Board through the exceptions to the eligibility rules.

#### 2. DISTRICT TEAMS:

2.1. A district may enter a maximum of ten competitors in any division. All runners are eligible for individual honors.

2.1.1. An exception to the maximum of ten competitors per division will be allowed when a school qualifies only three (3) runners for the provincial meet. The school may add another runner from their school to the district team entry so they may qualify for the school team competition. The runner must have competed in the district cross-country meet.

#### 3. SCHOOL TEAMS:

The top four finishers from each school will be used to calculate the team total points. The top four participants will be selected from any of the six cross-country categories.

#### 4. ENTRIES:

4.1. Entry forms must be completed by each District Commissioner / Coach and e-mailed to the Provincial Commissioner and SHSAA office no later than the Monday preceding the provincial meet.

4.2. Substitutions for original entries may be made up to 4:00pm on the Wednesday prior to the meet. A scratch meeting will be held one hour prior to the start of the meet, for scratches ONLY.

#### 5. PROVINCIAL MEET REGULATIONS:

5.1. Athlete check-in and scratches 9:00 – 10:00am

5.2. Course familiarization walk will take place at 10:15am. The host committee will conduct a course walk for each age group.

5.3. Coaches Meeting will be held at 11:15am.

5.4. The provincial cross-country meet will begin at 12:00 p.m. and continue on the approximate time schedule and order as follows:

12:00pm - Intermediate Girls      1:15pm - Junior Boys

12:25pm - Intermediate Boys      1:40pm - Senior Girls

12:50pm - Junior Girls      2:05pm - Senior Boys

**A race will not begin before the previous race has been completed.**

#### 6. DISTRICT NUMBERS:

As in track & field, competitor numbers have been assigned to each district. Competitors should wear their district colors but **MUST** wear their district numbers. In the case that there are more runners than assigned numbers it is permissible to allow a boy and a girl competitor to be assigned the same number (see track section for district numbering).

## 7. AWARDS:

### 7.1. Individual Awards:

- 7.1.1. SHSAA medals will be presented to the individual champions and to the second and third place finisher in each age class.
- 7.1.2. Placement ribbons will be awarded for fourth to tenth place finishers in each age class.
- 7.1.3. Participant ribbons will be awarded to all other finishers in each age class.

### 7.2. Team Awards:

- 7.2.1. SHSAA provincial keeper plaque for the school to the School Team champion, second place, and third place finishers in each classification.
- 7.2.2. SHSAA medals to the members of the gold, silver, and bronze medal school team in each classification (maximum 10 medals).
- 7.2.3. Schools may order extra medals from the SHSAA office should they have more than the maximum number of team members.

## 8. GENERAL RULES:

Owing to the diverse conditions and terrain over which cross-country running is held throughout the province, it is impossible to lay down any rigid legislation for the standardization of the course.

### 8.1. THE COURSE:

- 8.1.1. It is recommended the course for the Provincial Cross-Country championship consist of a 2km loop and a 1km loop incorporated into the course.
- 8.1.2. The cross-country run shall be over a course of 3000m to 5000m in length. Measurement shall be along the middle of the course. The course shall be clearly marked (by a wide chalk line or by sign posts with large directional arrows wherever the course turns, or by flags about one-foot square mounted on stakes which hold them to the ground).
- 8.1.3. Flag designations:
  - A RED flag generally indicates a turn to the LEFT.
  - A WHITE flag generally indicates a turn to the RIGHT.
  - A YELLOW flag generally indicates STRAIGHT AHEAD.

Running regulations and penalties for failure to follow the course are the same as for other track events.

- 8.2. Cross-country running is intended as an “off-track” activity and, therefore, the competitor must expect a variety of terrain. Prepared surfaces should not be expected, and a variety of footing caused by natural terrain and weather conditions must be accepted as part of the competition. Although a variety of terrain, etc. are to be expected and indeed are desired, when laying out the course, the following two points should be emphasized:

- 8.2.1. Very high obstacles should be avoided, as well as deep ditches, dangerous ascents or descents, thick undergrowth, and, in

general, any obstacles which would constitute a difficulty beyond the aim of the competition.

- 8.2.2. Narrow gaps or other hindrances which would deny a competitor an unhampered run, must be avoided whenever possible.
- 8.3. The course must be measured prior to the event.
- 8.4. The responsibility for providing a proper course and its markings rests with the host body, who should place course inspectors and umpires at intricate parts of the course to direct competitors and ensure that they keep to the proper course.
- 8.5. THE START:

- 8.5.1. A starting grid will be in place as follows. The start line will be divided into 14 zones each 8 feet wide and 8 feet deep. Each district will be assigned an 8-foot by 8-foot box on the start line. The district coach will designate the order in which the runners will be placed in the box (no more than 3 runners may be in a row within the box.) The starting boxes will be shifted each race by two positions.

XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
X	X	X	X	X	X	X	X	X	X	X	X	X	X
BW	CV	EC	HC	NC	NE	NW	QV	RG	ST	SC	SE	SW	WC

- 8.6. Competitors in cross-country events are not allowed to receive any assistance or refreshments from any person during the progress of the race. Given this and the recommendation that the course be built as a 1km loop and a 2km loop, the expectation of coaches and parents being allowed on the course is not applicable.
- 8.7. SCORING:

- 8.7.1. At the conclusion of the race the judges shall decide the respective placing of the scoring competitors from each eligible team. The team having the lowest aggregate score by adding the placing of the four scoring runners will be declared the winner.
- 8.7.2. In the event of a tie, it shall be resolved in favor of the team whose last scoring member finished nearer first place.
- 8.7.3. Scoring shall be as shown in the following scale:

<b>PLACING:</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	etc.
<b>POINTS:</b>	1	2	3	4	5	6	7	etc.

- 8.7.4. All competitors who finish the race shall be ranked and tallied in accordance with the above table. The team score shall be determined by totaling the points scored by the FIRST FOUR finishers of each team. The team that scores the FEWEST POINTS is the WINNER.
- 8.7.5. If fewer than FOUR competitors of a team finish, that team will not be eligible for team awards.
- 8.8. OFFICIALS:
- The following officials are considered necessary for provincial events, but organizers are at liberty to vary these where local circumstances require:
- |                          |                       |
|--------------------------|-----------------------|
| Meet Manager             | Funnel Inspectors (4) |
| Referee                  | Judges (2)            |
| Timekeepers (4)          | Chief Clerk of Course |
| Result Recorders (4)     | Starter               |
| Course Inspectors (5-15) |                       |