

2018 SHSAA Cross Country Provincial Championship in Delisle

Welcome to Delisle on behalf of CVAC. We hope you enjoy Provincials. Here are a few notes about the event:

Registration: Will be held in the gymnasium of Delisle Composite School from 9:00 - 10:00am. Please have athletes enter through the main doors of the school.

Parking: There is parking on the street around the school yard and in both of the parking lots for the High School and the Elementary School. Depending on weather, there may be parking to the North of the Elementary School on the playing fields and to the East on the grass field.

Course: There will be a map of the course on the SHSAA website possibly including a video outlining the course. It is the runner's responsibility to know the course. We will have marshals on the course to help direct runners.

The start line for the course will be on the playing field to the West of the school. After starting the race, athletes will run about 300 metres on the playing field staying to the West of the football field before turning to the West to enter the alley. For about 100 metres, athletes will run through the back alley, cross the street, then a small section of alley again before entering the golf course at the ninth hole green. The alley is a gravel surface while the street is asphalt and will be closed down to vehicle traffic for safety of the athletes. Once on the golf course, athletes will be able to run the majority of the course on the cart pathways, but will have to run the grass surface in the rough in some areas. The terrain, when not on the pathways, is fairly uneven consisting of many smaller rolling hills and some flat areas. At the North end of the course, when athletes turn to the East, they will run up the third fairway hill which is a steep consistent incline that will be challenging to run. Athletes will continue their run around the outside of the golf course until reaching the point of entry to the golf course from the alley. At this point, they will run the alley, cross the street, and the small part of the alley to again enter the school yard. Here, athletes will run on the North side of the football field to curve around to the Eastside of the field and run South to the Finish line. This is the 3 Km course for the meet.

Athletes running the 4 Km race will run the same course, but once in the golf course will run an extra 1 km loop. This loop starts and ends between the ninth and first fairway where the 3 km course turns to the North. At this point, athletes will turn to the South and run a loop around the first hole to the clubhouse and back to this point to rejoin the 3 Km course. Athletes running the 5 Km race will run the same 3 Km course, but when running to the South in the ninth fairway will cut across and rejoin the 3 Km loop as it runs along the second fairway. They will then rerun the path heading North, East up the big hill and follow the paths around the outside of the course. This time, they will not cut across the course on the ninth fairway, but rather continue to the finish.

Washrooms: Inside the school we will have access to washrooms.

Concession: There will be a full concession at the school that will have a variety of options. There is also a Subway, two other restaurants in town and two confectionaries.

Spectators: Please respect the space of the athletes and avoid standing on the course. Please respect roped off areas including the football field. There will be no seating provided so please bring a lawn chair or blanket.

Awards: They will be presented after all the races are complete. This will happen in the school gymnasium or outside if weather permits.

Course Familiarization Walk: They will happen at approximately 10:15, following the Opening Ceremonies. There will be a virtual tour of the course on the SHSAA website.

Warm-up: Please make sure that you stay off the course and out of the way competitors while warming up.

Start Line: West of the School.

Finish Line: North of the School, East of the Football Field.

Approximate Race Times: Midget Girls 3000m at 12:00 pm, Midget Boys 3000m at 12:25 pm, Junior Girls 4000m at 12:50 pm, Junior Boys 4000m at 1:15 pm, Senior Girls 4000m at 1:40 pm and Senior Boys 5000m at 2:05 pm.