

2009 PROVINCIAL CROSS-COUNTRY CHAMPIONSHIP

PROVINCIAL SITE:

Canada Games Complex – Douglas Park
Regina, Saskatchewan

DATE:

Saturday, October 17

COMMISSIONER:

Greg Johnson
Commissioner of Athletics - RHSSA
Regina, SK.

PHONE: 523-3461

1. ENTRIES:

Entry lists have been posted on the SHSAA website and all coaches are asked to check for any errors or omissions regarding the runners from their school. Please notify the SHSAA office 721-2151 of any changes.

Please Note:

a) Substitutions for original entries may be made to SHSAA and Commissioner up to 4:00 p.m. on the Wednesday prior to the meet. A scratch meeting will be held one hour prior to the start of the meet on Saturday, for scratches ONLY.

b) The meet director may allow substitutions during the competition, ON MEDICAL GROUNDS ONLY.

2. ELIGIBILITY:

Student athlete eligibility forms (E - 5) for all students who participate in Cross-Country are due on, or before **September 9th**. Forms must be filled out and filed on-line via the SHSAA web site (www.shsaa.ca). Click on the Forms button and enter the SHSAA ExNet – Members Login. Your school Principal will have the school's USER I.D. and PASSWORD.

3. PROCEDURES:

Please refer to the SHSAA handbook for competitive details, refer to Cross Country in the Activities section. Check the handbook for starting procedure.

4. ACCOMMODATION:

Hotels from the City of Regina have indicated that almost 500 rooms are available for Friday evening. No room blocks have been set up but for more information you can contact the SHSAA office.

5. LOCAL DETAILS:

The entire day's events including registration and awards ceremonies will occur at the Canada Games Complex. A concession will be in operation. Districts have been requested to help with the day's activities. The meeting for these volunteers will occur at 9:45am on Saturday morning.

6. COMPETITION:

Order of races:

Midget Girls	3000 m - 1:00 p.m.
Midget Boys	4000 m - 1:15 p.m.
Junior Girls	4000 m - 1:35 p.m.
Junior Boys	5000 m - 1:55 p.m.
Senior Girls	4000 m - 2:20 p.m.
Senior Boys	6000 m - 2:40 p.m.

NOTE: The midget girls' race will start at 1:00 p.m. All other times are approximations.

Athletes check in and scratches 10:00 – 11:00.

Course familiarization walk will be held at 11:15am.

Coaches Meeting 12:15 p.m.

School team champions will be declared in 4 classifications based on the combined male and female student population in grades 10 – 12 as follows:

- 4A: 500 plus male and female students gr. 10-12
- 3A: 200 to 499 male and female students gr. 10-12
- 2A: 100 to 199 male and female students gr. 10-12
- 1A: 1 to 99 male and female students gr. 10-12

District team champions will no longer be declared at the meet. The District team results will be posted on the SHSAA web site along with complete results after the meet.

7. INQUIRIES:

Please contact the commissioner or the SHSAA office.