

SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

2010 PROVINCIAL CROSS-COUNTRY

PROVINCIAL SITE:
Canada Games Park
Regina, Saskatchewan

COMMISSIONER:
Chuck Toth
RHSSA
Regina, SK

DATE:
Saturday, October 16

PHONE: 523-3461 **FAX:** 523-3462

1. ENTRIES:

Please note the following change in age classes as passed at the SHSAA AGM:

Senior – 16 and over as of August 31st, 2010.

Junior – under 16 as of August 31st, 2010.

Midget – under 15 as of August 31st, 2010.

Entries are to be submitted electronically on the forms provided to the District Presidents from the SHSAA office. Entries to the provincial meet must be sent to the **Provincial Commissioner** (Chuck Toth – chuck.toth@rbe.sk.ca) and the **SHSAA office** (L.mckellar@shsaa.ca) on or before **OCTOBER 8th**. Please retain a copy that should accompany the team to the meet.

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 8th**. 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:

Regina Inn 525-6767

Please make your reservations as early as possible.

5. LOCAL DETAILS:

All local details will be provided to each district commissioner, who will be responsible for informing district coaches.

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

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

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

7. INQUIRIES:

Please contact the commissioner or the SHSAA office.