

2007 PROVINCIAL CROSS-COUNTRY CHAMPIONSHIP

PROVINCIAL SITE:

Cosmo Lodge – Little Red Park
Prince Albert, Saskatchewan

See map below

DATE:

Saturday, October 13

COMMISSIONER:

Don Laing
Prince Albert Carlton
PRINCE ALBERT, SK. S6V 6E9

PHONE: 922-3115

FAX: 764-1770

1. ENTRIES:

Composite forms for District entry to the Provincial Meet will be sent to district commissioners. Entries to the Provincial Meet must be sent to the **Provincial Commissioner** (Carolyn Bennington – cbennington@srsd119.ca) and the **SHSAA Provincial Office** on or before **OCTOBER 9**. Please retain a copy that should accompany the team to the meet.

Please Note:

a) Substitutions for original entries may be made 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 12**. 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 the Activities section, Cross Country. Check the handbook for starting procedure.

4. ACCOMMODATION:

Teams are responsible to make their own reservations. Rooms are available at the following hotel/motel facilities:

Comfort Inn: 1-800-228-5150 / 763-4466

Days Inn: 1-888-763-8988

Super 8 : 1-800-800-8000

Please make your reservations early as possible.

5. LOCAL DETAILS:

All local details will be provided to each district commissioner, who will be responsible for informing district coaches. The course is located 3 kms east of Prince Albert on Highway #55.

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. Races will be run in the above order but it should be expected that one race may start before the prior race is completed.

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

A course familiarization walk will be held at **11:30 a.m.**
Coaches Meeting 12:00 pm

School team champions will be declared in:

4A: 500 plus male and female students grades 10-12

3A: 200 to 499 male and female students grades 10-12

2A: 100 to 199 male and female students grades 10-12

1A: 1 to 99 male and female students grades 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.

The Awards Presentations will be held following the Senior Boys race. All teams are requested to be present for the presentations and in their district uniforms.

7. INQUIRIES:

Should be made to the commissioner or to the SHSAA Office.

**Saskatchewan High Schools
Athletic Association
#1 – 575 Park Street
Regina, SK S4N 5B2
Phone: 721-2151
Fax: 721-2659**

