

	<p align="center"> Greg Johnson, Commissioner of Athletics Regina High Schools Athletic Association (located at) Martin Collegiate 1100 McIntosh Street Regina, SK S4T 5B7 Phone: 523 - 3461 Fax: 523 - 3462 E-mail: greg.johnson@rbe.sk.ca </p>	
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Wednesday September 2, 2009

Cross Country Coaches Meeting
Tuesday September 1, 2009
Canada Games athletic Complex
3:45 pm
Minutes

1. Schools Present: Riffel, Campbell, Miller, Harvest City, Balfour, Luther, Knoll, Sheldon, Leboldus, Thom
 Regrets: O'Neill, Regina Christian, Scott

2. Meet Dates:

- September 8, 4:00 pm – course walk through with coaches and runners
- City Meets – September 15, 22, 29 and October 6 – 4:00 pm

3. Provincial Championship:

- Saturday October 17 – Wynyard

4. Duties:

Finish Line	Course Marshalls	Starter
Miller (1)	1A and 1B – Riffel	Leboldus
Leboldus (1)	2. Thom	
Sheldon (2)	3. O'Neill	
Campbell (1)	4. Luther	
	5. Miller	
	6. Harvest City	
	7. Balfour	
	8. Knoll	
	9. Scott	
	10. Campbell	
	11. Regina Christian	
	12. TBA – this is where athletes cross the road	

5. Rules and Regulations:

The Cross Country Rules and Regulations can be found on the RHSAA web site.

Motion – Jillian Bussiere

In the event that a runner competes in all four races the points accumulated in the best three races will be used to determine the individual's final standing.

Second – Brandon Wilkinson Carried

6. Entries and Eligibility:

The following are the **new** eligibility dates as passed at the 2009 AGM

- Senior – 16 and over as of midnight June 30, 2009
- Junior – under 16 as of midnight June 30, 2009
- Midget – under 15 as of midnight December 31, 2009

Eligibility lists are to be entered on the SHSAA web site by midnight Wednesday September 9, 2009.

7. Order of Races:

1 st – Senior Boys – 6000 meters	4 th – Junior Girls – 4000 meters
2 nd – Midget Girls – 3000 meters	5 th – Senior Girls – 4000 meters
3 rd – Junior Boys – 5000 meters	6 th – Midget Boys – 4000 meters

8. Meet Cancellations:

- Schools will be notified by 2:00 pm the day of the meet by the Commissioner if a meet is to be cancelled.

9. Housekeeping:

- Schools are to provide name tags and safety pins for their runners
- Name tags are to be **pinned** on to the singlet.
- Athletes are to wear a school singlet or a t shirt with the dominant color that of the school. Tops advertising information detrimental to the philosophies of the RHSAA will not be allowed.
- Athletes **are allowed** to wear jewelry.
- I – pods or other musical devices **are not permitted**.
- Athletes **can** wear hats and watches.
- Results of each race will be faxed to the schools by the following morning.

10. Dwight Kaytor:

- Dwight covered the courses for each category, coaches were provided with maps. Maps will also be available next week.
- Protocol at the start and finish line were also reviewed.

11. AOB

12. Adjournment – 5:10 pm

