

## **Metro Cross Country Championship Series 2023**

Metro and Regional Coordinator:

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### **Race Schedule:**

**Meet 1** Thursday Sept. 21, 2023 Hemlock Ravine

**Meet 2** Thursday Sept 28, 2023 Point Pleasant Park (Sailor's Memorial)

**Meet 3** Thursday, Oct. 5, 2023 Dingle Park (Beach playground)

**Regional Championships** Thursday Oct. 12, 2023 Point Pleasant Park (All day event)

**Provincial Championships** Monday Oct. 23, 2023 - Chéticamp

1. Please see the SSNS website under cross country information for up to date rule and protocols for cross country running.
2. **Race Registration:** Coaches need to have a list of all participants at the race.
3. Depending on the number of runners per race, schools may have to line up their runners in single file behind their first runner.
4. Distances for Regionals will be as follows. Distances for the Metro Cross Country Championship Series may be somewhat shorter or somewhat longer.

**Intermediate 4km, Senior 5km**

**This is a competitive event - Do not bring students who can not run the distances.**

### **No walkers**

5. Please prepare your athletes for the weather. Only under severe weather conditions will the races be canceled. An email will go out to Ad's by noon of the day of a race

6. The following **start times** are presented as a guideline. Please arrive at least 20 minutes before the times indicated as the schedule may be altered on the day of the race.

<b>Hemlock Ravine</b>	<b>Point Pleasant</b>	<b>Dingle</b>
4:10 Coaches Meeting	4:10 Coaches Meeting	4:10 Coaches Meeting
4:20 Intermediate Girls	4:20 Intermediate Girls	4:20 Intermediate Girls
4:40 Intermediate Boys	4:40 Intermediate Boys	4:40 Intermediate Boys
5:00 Senior Girls	5:00 Senior Girls	5:00 Senior Girls
5:20 Senior Boys	5:20 Senior Boys	5:20 Senior Boys

**Reminder age classifications are:**

**17.1 Classification (Boys and Girls )**

**Senior – second and third year high school**

**Intermediate – Grade 9 and first year high school**

8. During the Metro Cross Country Championship Series schools can enter only 1 team per classification, but this team may have as many runners on it as they want. The school does not have to designate runners; instead the top four runners per classification at each race from each school make up the team.

In order to be considered for team positioning per race each school team must have a minimum of four runners complete the race. Schools can have unlimited numbers in a race but only the first four will be used to determine the school's score. Schools are awarded a point value that corresponds to their position in each race as a team. The following is the points total for each team position:

- 1st - 12
- 2<sup>nd</sup> - 10
- 3<sup>rd</sup> - 8
- 4<sup>th</sup> - 6
- 5<sup>th</sup>- 5
- 6<sup>th</sup> - 4
- 7<sup>th</sup> - 3
- 8<sup>th</sup>- 2
- 9<sup>th</sup> - 1

In the event of a tie for a certain race, it shall be resolved in favor of the team whose last scoring member finishes nearer the first place finisher.

The Metro Cross Country Championship Series championship school will be determined using the points earned from each race within the series. The points from each race are added to determine the champion.

In the event of a tie in the series, the finishes of the fourth highest scoring members will be used to resolve the tie. In the event that there is still a tie, the third highest scoring member will be used, and so on.

**10. Runners are allowed to race up a classification, but must race in that same age classification for the entire Series.**

Athletes may move up a classification in the series but are not permitted to drop back down.

**11. There is a one time fee of \$40 to compete in the metro series. This cost goes towards timing equipment supplies and results supplies. Cash or cheque made out to CPA High School.**