

Capital Region Cross Country Championships

Date: Thursday, October 12 2023

Host School: CPA

Race Director:

Steve Harris (902-410-7525) - sharris@hrce.ca

Colleen Harris (902-229-5806) - charris@hrce.ca

Race Location: Point Pleasant Park at the Halifax (Naval) Memorial (intersection of sailors memorial way and Arm Road)

1. All athletes who finish in the top 15 qualify for provincials. All athletes on the top 5 teams in the classification also qualify for provincials.

You can register as many athletes as you want in each category and your top 7 runners will form your team. From these top 7 runners we will count the top 4 placings to determine team points. If your team qualifies for provincials all 7 runners will advance.

If you want to have a different 7 people on your team that advances to provincials you must let **Colleen Harris** (charris@hrce.ca) know by Tuesday October 17 at 5:00pm. Any students must be registered for the regional meet in order to advance to provincials.

2. **In order to register** , coaches are to go to the trackie reg website and add athletes to the race. <https://www.trackie.com/event/capital-region-cross-country-meet/1000897/>

Registration needs to be completed by Friday October 6th, 2023 at 4:00pm. You need to have completed the online registration by that day and time. The website will shut down at that point. Registration instructions are attached. Colleen Harris is doing the registration. Please contact her if you have any issues with registration. charris@hrce.ca

3. Please be aware that many of the races will have over 200 runners, which will require schools having to line up their runners in single file behind their first runner. It is vital then that each athlete wear the correct race number distributed.

5. The course covers a range of terrain. There are hills, grass and gravel paths/roads covered in the race. There are some narrow areas where passing may prove difficult. Please tell your runner to be careful on the course.

6. Race Distances - They are new this year

Junior 3km

Intermediate 4 km

Senior Boys: 5km

Classification

Senior – second and third year high school

Intermediate – Grade 9 and first year high school

Junior – Grade 7 and Grade 8 students

This is a competitive event - Do not bring students who can not run the distances. No walkers

7. Please prepare your athletes for the weather. Only under severe weather conditions will the races be canceled. Normal rainfall is not one of them. An announcement will be on the athletics page of the CPA website, it will be tweeted out from @cpaathletics, on C100, CBC and an email will go out to ADs and Jr. high coordinators if there were a cancellation.

8. NO WALK THROUGH

9. Registration and fee payment is between 9:15-9:50. Please ensure that you look at your bib list and give the correct race number to the correct athlete.

Schedule of events:

9:15 - 9:50 - Registration - only time to pick up package and pay fees

9:50 - Coaches Meeting - you must attend. If you are not there your athletes will not be eligible to run.

10:00 Junior Girls

10:10 PARA Event

10:40 Junior Boys

11:20 Intermediate Girls

12:00 Intermediate Boys

12:40 Senior Girls

1:20 Senior Boys

10. Entry Fees: Please bring this with you to the meet. The registration fee is **\$8 per runner**, cash or cheque will be accepted. Please make the **cheque payable to CPA High School. This will be collected when you register and get your race package.**

11. There will be a canteen on site.

12. **Parking** - There is parking available at the entrance to the park, both on the upper and lower levels.

13. **Bathrooms** - There are a limited number of bathrooms located at the park as well as some porta potties that will be located close to the start line area.

14. **Provincials** are on Monday October 23th Highland - Chéticamp

Hopefully, this page will cover most of your questions. However if you have any questions or concerns, please do not hesitate to contact the Race Directors.