

KASSAA CROSS COUNTRY CHAMPIONSHIPS

LOCATION: Little Cataraqui Conservation Area

DATE: October 19, 2018.

EVENTS: Registration-- 9:00am – 9:30am

Coaches' Meeting—9:45am

10:00am Midget Girls

10:30am Midget Boys

11:00am Junior Girls

11:40am Junior Boys

12:20pm Senior Girls

1:10pm Senior Boys

COURSE: The course should be the same as last year. If there are any changes they will sent out and clarified at the coaches' meeting.

ENTRY INFORMATION: Entry fee is \$8.00 per runner. Cheques may be made payable to Sydenham High School. Use the attached form to send entry information. Entries are to be sent via email to Shannon Niemi at niemis@limestone.on.ca

SCORING: The top 4 runners per team score by adding their finishing position in the race. A tie is broken with the 4th place runner's position.

In each event the top 6 teams will receive points as follows towards the overall Championship trophy.

1st – 12pts, 2nd – 8pts, 3rd – 6pts, 4th – 4pts, 5th – 2pts, 6th – 1pt

AWARDS: Individual and team awards will be presented at 2:00pm (or sooner if possible) near the warming huts. Medals will be presented to the 1st place individual and 1st place team (max. 5 runners) in each race. Ribbons will be presented to 2nd – 6th place individuals and teams (max. 5 runners).

RESULTS: Results will be posted on the following website: www.kassaa.ca

GOOD LUCK TO ALL ATHLETES!!