

CROSS COUNTRY
(All Schools - Co-ed)
updated June, 2013

I. Date:

The meet shall be held in the last Wednesday of October, one week prior to the OFSAA meet. (Actual date will be published in the CWOSSA Calendar.)

II. Convenor & Location:

The convenor and location of the meet shall be decided not later than the CWOSSA Annual Meeting held in June of the school year prior to the championship. (Actual date will be published in the CWOSSA Calendar.)

A rotation for the selection of districts to convene has been established by the cross country coaches and is as follows:

2013 – 4/10
2014 – 4/10
2015 - 8
2016 - 8
2017 – 6/11
2018 – 6/11
2019 – 1/7
2020 – 1/7
2021 – 5/9
2022 – 5/9

III. Classification:

Age of player shall be as of January 1 before the start of the school year: as per OFSAA regulations

Midget -under 14 years of age

Junior -under 15 years of age

Senior -under 19 years of age

IV. Meet Structure:

Midget Girls 3,000 m

Junior Girls 4,000 m

Senior Girls 5,000 m (max.)

Midget Boys 5,000 m

Junior Boys 6,000 m

Senior Boys 7,000 m

-A 400 m tolerance is permitted in each race, except where a maximum is indicated.

-The starting time will be 11:00 a.m.

V. Entry:

There shall be one team per school per age division with the first four runners to count. In the event of a tie, the fourth placed runner nearest first place will be used.

Each school will be allowed an unlimited number of entries in each of the six age division.

VI. Entry Fee:

An entry fee sufficient to cover meet costs will be charged.

VII. Uniforms:

Runner must compete in their school uniform. The uniform tops of all team members must be identical.

VIII. Awards:

A. Team

1. Plaques will be awarded to each winning team in AAA/AA division and A division.
2. CWOSSA medals (5) will be awarded to each winning team in all divisions (AAA, AA, A). The winning team (AAA/AA or A) that does not receive medals will receive five first place ribbons.
3. Ribbons (5) will be awarded to second and third placed teams in AAAA/AAA/AA and A divisions.

B. Individual

1. CWOSSA medals will be awarded to each winner in each age classification regardless of division (AAA, AA, A).
2. Ribbons will be awarded to second, third, fourth, fifth and sixth placed winners in each age classification regardless of division (AAAA, AAA, AA, A).

IX. Sponsorship Policy and Uniforms at CWOSSA Championships:

All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colours and logos. No sport club insignia on uniforms or equipment shall be permitted in the competitive area. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs. Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlined in By-Law 6. Section 2(h) of the OFSAA By-laws. This criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies.