

**YRAA  
Cross Country Meet**

- Date** - Tuesday October 18, 2016
- Place** - Boyd Conservation Area, Woodbridge.
- Location** - 3 km north of HWY # 7 on the east side of Islington Ave.
- Courses** - All races will follow the previous OFSAA Championship courses, which consist of 70 % grass, 25 % trails, and 5 % pavement. A waffle type shoe or track spike is recommended.

	<b>SCHEDULE OF EVENTS</b>	<b>DISTANCE</b>
10:00 am	- Midget Girls	3250 m
10:25 am	- Midget Boys	5140 m
11:00 am	- Junior Girls	3913 m
11:30 am	- Junior Boys	5862 m
12:15 pm	- Senior Girls	5140 m
1:00 pm	- Senior Boys	7080 m
1:45 pm	- Awards Ceremony	

**SCORING** - Each team will consist of four runners. The team championship will be decided by adding the finishing places of the first four runners. The team with the lowest accumulative score wins. In the event of a tie, the team with the better fourth place finisher will be the winner. "B" teams are not calculated and do not qualify for awards and overall team scoring.

There is no limit to the number of runners in each category. The overall team championship will be decided using the scoring system listed below. For the overall championship, the team with the most overall team and individual points wins. In the event of a tie, both teams will be awarded the championship.

<b>Place</b>	<b>Team</b>	<b>Individual</b>
1 <sup>st</sup>	20	6
2 <sup>nd</sup>	16	5
3 <sup>rd</sup>	12	4
4 <sup>th</sup>	8	3
5 <sup>th</sup>	4	2
6 <sup>th</sup>	2	1

**OFSAA Qualifiers** - The top 2 teams will qualify for OFSAA, plus the top 5 individuals. Bill Crother's runners can only qualify for the individual placings.

**FACILITIES** - There are plenty of outdoor washrooms plus one set of permanent washrooms at Boyd Conservation Area. There is ample parking in and around the starting area, but two parking lots will be closed for race purposes. Please follow parking instructions carefully.

**MEDICAL** - An athletic therapist will be on hand for the duration of the meet to handle any medical emergencies. It is always a good idea for coaches to bring some chemical ice packs in case the therapist runs out of natural ice.

**AWARDS** - The top three individual race winners will receive prizes as will the top three teams.

**ENTRY FEE** - \$ 5.00 per athlete  
- There are no post entries allowed on race day.  
- **Schools will be billed through Central Billing at the Board**

**FOOD** - Boyd Conservation Staff will not be setting up a concession booth in the park. Athletes should bring a bagged lunch. Please remind your athletes to use the garbage receptacles throughout the park for their litter.

**ENTRY DEADLINE** - We will be using on-line registration this year. The entry deadline will be Friday October 14 , 2016 at 6 pm. This will be the last day entries will be received. **There are no late entries accepted on race day.** To verify your entry, e-mails will be sent to everyone that has registered by the deadline. Changes can be made up until the deadline. After that, each school's registration will be set.

When you go to register for this event, click on the 'register for a meet' icon, on the left margin on the [www.trackdatabase.com](http://www.trackdatabase.com), and then use the meet code – **FGTK1W** on the screen in the place provided. Once your school information is set, you can then proceed to enter all the names of your athletes in the desired races. Follow all spacing parameters. The submit button is all the way at the bottom of the page on the right. Once you have registered, you may change your entries up until the deadline as many times as desired. If you have used this on-line system before, you do not have to register again as long as you remember your password. Go straight to 'login', select the desire meet, then enter your password. No one can get to your school's information without your password. If you experience problems contact Chris Deighan at 905 895-3340 or [christopher.deighan@ycdsb.ca](mailto:christopher.deighan@ycdsb.ca).

**ELIGIBILITY** Don't forget to register your athletes on the YRAA website. Contact your school's Athletic Director for login and password instructions. This eligibility must be completed the same time as the race registration on trackdatabase.com. Midgets – born in 2002 and in grade nine, Juniors – born in 2001, Seniors – born in 2000, 1999, 1998.

**OFSAA FORMS** Please complete all (5) OFSAA forms and bring to the Championship meet. Deliver forms to Chris Deighan before leaving the meet. Forms are located on [www.ofsaa.on.ca](http://www.ofsaa.on.ca).