2019 York Region Cross Country Championships

Date	Thursday, October 24, 2019
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.

TIME	RACE	DISTANCE
10:00 am	Para Race	3250 m
10:00 am	Midget Girls	3913 m
10:25 am	Midget Boys	3913 m
11:00 am	Junior Girls	5140 m
11:30 am	Junior Boys	5140 m
12:15 pm	Senior Girls	5862 m
1:00 pm	Senior Boys	5862 m
1:45 pm	Awards Ceremony	

SCORING
Each team will consist of four runners. The team championship is decided by adding the finishing places of the first four runners. The team with the lowest cumulative 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.

Place	Team	Individual
1st	20	6
2nd	16	5
3rd	12	4
4th	8	3
5th	4	2
6th	2	1

OFSAA Qualifiers
The top 2 teams will qualify for OFSAA, plus the top 5 individuals. Bill Crothers 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:
$ 6.00 per athlete
There are no post entries allowed on race day.
Schools will be billed through Central Billing at the Board
Schools qualifying for OFSAA will be billed centrally through 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
The entry deadline will be Monday October 21, 2019 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, and then use the meet code – **M936K** on the screen in the place provided. 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 desired meet, then enter your password. No one can get to your school's information without your password. If you experience problems contact Dave Nagy at david.nagy@yrdsb.ca.

ELIGIBILITY
Don't forget to register your athletes on the YRAA website. Contact your school's Athletic Director for login and password instructions. Midgets – born in 2005 and in grade nine, Juniors – born in 2004, Seniors – born in 2001, 2002, 2003.

OFSAA FORMS   Please complete all (5) OFSAA forms and bring to the Championship meet. Deliver forms to Dave Nagy before leaving the meet. Forms are located on www.ofsaa.on.ca.

http://www.trackdatabase.com/

Meet Name:	YRAA XC
Meet Code:	**M936K**
Meet Date:	Oct 24, 2019

Entry Close Date: **Oct 21, 2019 @ 06:00 pm**

If this is your first meet with the Track Database online entries:
(Returning Users, see below)

Select 'Register' from the menu on the left to bring you to the registration page that will allow you to register your team. On your first visit to the registration system you will need to provide all the information required. OFSAA & CISAA have restricted modification abilities as much of their information is generated automatically.

Registration now uses a username and password, the username you create must be unique and cannot be changed. This username and password can be shared between the coaching team to allow multiple coaches to do registrations for segments of the team.

When you enter team data, be sure to use an email address which is checked often as any communication with either the meet convener, or trackDatabase.com will likely be time sensitive. Using the online entry system, your entries will be emailed to you prior to the entry close date in order to allow you time to review your entries and make any changes needed. These dates are set by your convener and should be noted in your meet package.

Returning Users:
Select 'Login' from the menu on the left and use the username and password from your previous meet(s).

Joining a Meet:
To join a new meet, select 'Join Meet' from the left menu. You will be prompted to enter the meet code provided by the convener. After entering this code and clicking the join meet button you will be added to the meet and it will now appear on your meet homepage.

Adding your entries:
The sign-up for relays is located under the "Athlete" heading. Select 'Relay Entries' to access to those events. It is automatically added to your entries list. Registering athletes for relays is done here as well.

For all other events, you can select them in the edit view for each athlete, check the box beside the event to register for it, clicking submit at the bottom of the page will save the data entered. Seed times may optionally be entered for running events in the box provided.

Copy Entries:
After choosing the meet to edit, click the "copy entries" button, located at the top of the entries listing. This will bring up a form to select the meet you would like to copy the entries from. After selecting the source meet, a listing of all the athletes and entries from your team will come up, click the box beside the entries you would like to copy and click copy entries. The system will alert you if any of the copied entries are for events that don't match the current meet, or would violate entry limits.

YRAA XC COURSE MAP

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Team Tents

Registration
Shelter

Food

Boyd Park
Entrance

E

P

P

P

P

Bus
Parking

P

SHIXC 2017 Course Descriptions

Para Race	3250m	Start, A, B, C, D E, F, A, Finish
Midget Girls & Boys	3913m	Start, A, B, C, D E, F, B, C, Finish
Junior Girls & Boys	5140m	Start, A, B, C, D A, B, C, D, E, F, B, C, Finish
Senior Girls & Boys	5862m	Start, A, B, C, D, E, F, B, C, D, E, F, A, Finish

scale

0   50   100   200   300   400   500
                                                                    Metres