

**The Deighan's  
Invitational Cross Country Meet**

**Date** - Wednesday October 16, 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 2013 YRAA Championship courses, which consist of 70 % grass, 25 % trails, and 5 % pavement.

<b>SCHEDULE OF EVENTS</b>			<b>DISTANCE</b>
10:00 am	-	Para Race	3250 m
10:00 am	-	Midget Girls	3913 m
10:30 am	-	Midget Boys	3913 m
11:10 am	-	Junior Girls	5140 m
11:45 am	-	Junior Boys	5140 m
12:30 pm	-	Senior Girls	5862 m
1:15 pm	-	Senior Boys	5862 m
2:00 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 cumulative score wins. In the event of a tie, the team with the better fourth place finisher will be the winner. "B" teams can qualify for awards and overall team scoring.

For the overall team championship plaque, we will be using the scoring system listed below. The team with the most team points wins. In the event of a tie, both teams will have their names awarded as champions and both teams will receive a plaque.

**Points 1st-10, 2nd-8, 3rd-6, 4th-5, 5th-4, 6th-3, 7th-2, 8th-1**

**MAPS** - Maps will be distributed to each team's respective race package. These envelopes may be picked up on site 1 ½ hours before the midget girls race.

**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.

**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** - There will be prizes given to the top ten individuals per race as well as the top three teams. An overall team champion plaque will be awarded.

**FOOD** - There will be no concessions open at Boyd. There are no stores within walking distance. Please bring your own food for the day.

**ENTRY FEE** - 1. \_\_\_\_\_ (# of athletes) X \$4.00 = \_\_\_\_\_ (Boyd Park Fee-No Max)

- 2. \_\_\_\_\_ (# of athletes) X \$2.00 = \_\_\_\_\_ (Chip Timing Fee-No Max)
- 3. \_\_\_\_\_ (# of athletes) X \$4.00 = \_\_\_\_\_ (Team Fee-Max \$120.00)
- \_\_\_\_\_ (Total Owing)

- **Race Day entries will be double the cost. No Maximum**
- **Make cheques payable to Chris Deighan**
- **Proceeds from this event will be donated to the Southlake Hospital Foundation**

**IN SUPPORT OF**



**SOUTHLAKE**  
REGIONAL HEALTH CENTRE  
FOUNDATION

**HELPING TRANSFORM LIVES**

**2018 Donation = \$2000.00**

**ENTRY DEADLINE**

- We will be using on-line registration again this year. Go to [www.trackdatabase.com](http://www.trackdatabase.com). The deadline for registration will be 6:00 pm on Monday October 14, 2019. This will be the last day entries will be received at normal cost.

**LATE ENTRIES WILL BE DOUBLE THE COST. NO MAXIMUM!!!** 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. Schools are expected to pay for all registered athletes when picking up their packages on race day.

When you go to register for this event, click on the 'register for a meet' icon, on the left margin, and then use the meet code – **1CSD27** 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 desired 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 905 853-0759 or email at [chrisjdeighan@gmail.com](mailto:chrisjdeighan@gmail.com).