

YRAA CROSS COUNTRY CHAMPIONSHIPS 2022

Date	Thursday, October 20, 2022
Location	Boyd Conservation Area, Woodbridge.
Course	70 % grass, 25 % trails. Race crosses one paved road. Running shoes or spikes are recommended.
Cost	Approximately \$12.00 (based on number of athletes). Schools will be billed by central billing
Entry Deadline	Monday, October 17 at 5:00 PM

TIME	RACE	DISTANCE
09:30 am	Coaches meeting at finish line	
10:00 am	Novice Girls/Para Girls	4040 m
10:35 am	Novice Boys/Para Boys	4040 m
11:10 am	Junior Girls	5100 m
11:50 am	Junior Boys	5100 m
12:30 pm	Senior Girls	6200 m
1:20 pm	Senior Boys	6200 m
2:15 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
1 st	20	6
2 nd	16	5
3 rd	12	4
4 th	8	3
5 th	4	2
6 th	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 is one set of permanent washrooms at Boyd Conservation Area and Porta Potties will also be available. Access to the park will be limited during races as all races cross the road near the entrance to the park.

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.

ELIGIBILITY

You must register your athletes on the YRAA website. Contact your school's Athletic Director for login and password instructions.

OFSAA FORMS Please complete all 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.

OFSAA FEES

Schools will be automatically billed for OFSAA. You will not need to bring a cheque to OFSAA.

<http://www.trackdatabase.com/>

Meet Name: YRAA XC
Meet Code: **68A9U4**
Meet Date: Oct 20, 2022

Entry Close Date: **Oct 17, 2022 @ 05:00 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.