



Presents

Rising Stars Cross Country Finale

October 11, 2026

Sunybrook Park
1132 Leslie St, Ontario

Technical Package

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Registration

Divisions

U8	Born in 2019 or after
U10	Born in 2017 or after
U12	Born in 2015 or after

Eligibility

Athletes residing in Ontario must be registered and their clubs affiliated for the current competitive year with Athletics Ontario on or before the entry deadline. Athletes registered with Athletics Ontario as “Unattached” or “Disassociated” do not require a club affiliation.

Athletes residing in Ontario but representing a club from outside the province must be registered with their association and must be entered by their respective clubs. Athletes residing outside of Ontario must be registered for the current competitive year with their provincial or state associations.

Out of country athletes must be registered with their provincial or state associations for the current competitive season. Athletes from other countries must contact Athletics Ontario Operations, operations@athleticsontario.ca, to be entered into the competition. Please ensure you also send your membership number from your local athletics governing body when emailing the operations coordinator.

Method of Payment

All payments are made via Trackie online payment.
<https://www.trackie.com/event/2026-rising-stars-xc-finale/1038890/>

Fees

All fees will be paid through Trackie. Fees outlined below include applicable taxes and AthleticsReg processing fees. Please note that processing fees are non-refundable. Athletics Ontario HST# 10400235RT.

Early Bird Deadline: Thursday, September 17 at 11:59 pm EST
\$20 per event (U8, U10, U12)

Regular Deadline: Thursday, October 1st at 11:59 pm EST
\$25 per event (U8, U10, U12)

Late Deadline: Thursday, October 8th at 10:00 am EST
\$30 per event (U8, U10, U12)

Entries received after the late deadline will be accepted at the discretion of Athletics Ontario and only if it does not cause a disruption to the conduct of the meet. No late entries will be accepted once the competition begins.

Refunds

Refunds will be processed for all scratches received through Trackie by Thursday, October 08th at 10:00 am EST. Scratches after this will not receive a refund.

Please note that the Trackie processing fee is non-refundable. Refunds will only include the registration fee and applicable taxes.

If you are having issues scratching on Trackie, please contact operations@athleticsontario.ca.

Confirmation

Event confirmation can be viewed immediately after registering for your events online on Trackie at <https://www.trackie.com/event/2026-rising-stars-xc-finale/1038890>.

Performance Lists

An initial performance list will be posted on the event page on Friday following the regular deadline. The final performance list will be posted on Wednesday prior to the championship by 4:00 pm EST at <https://www.athleticsontario.ca/ontario-xc-championship>.

General Information

Results

Results will be posted on Sunday, following the completion of the meet. Please follow this link for the meet results: <https://www.athleticsontario.ca/results>.

Live results will be available during the meet. Please visit the Athletics Ontario homepage to find the link to live results: <https://www.athleticsontario.ca/results>.

Photos

Photos captured by the Athletics Ontario team will be posted on the Athletics Ontario social media sites (Facebook, Twitter, Instagram, etc.) during and following the meet. All athletes are given the opportunity to sign a waiver/release form regarding photography.

Facebook page:

<https://www.facebook.com/Athletics-Ontario-135196239850966/?fref=ts>

First Aid

Medical Personnel will be on-site.

The closest hospital is:

Sunnybrook Hospital M

50 Hospital Road, North York, ON M4N 3M5

Competition Details

Schedule

The schedule is subject to minor adjustments. Please refer to the championship webpage for all up-to-date information: <https://www.athleticsontario.ca/events/xc-rising-stars-finale>. A final schedule will be posted on Monday prior to the start of the championship by 4:00 pm EST.

Accreditation

Athletes can pickup their bib number at the competition site on Sunday between 9:30 am – 1:30 pm.

Warm Up

Athletes are free to warm up anywhere around the inner course where the cross-country route is set up. Athletes, coaches, and spectators are asked to stay clear of the course while races are going on.

Start Line

Only athletes will be allowed into the start line area. Officials will organise athletes on the line.

The club's positions on the start line for each race will be drawn by lot and published on Monday, October 5. All registrants on Trackie as well as club admins will receive a notice via email of the start line positions.

Clothing may not be left within the fenced-off start area. It is encouraged that clubs utilize bins to collect their athletes' warmups before the start of each race.

Awards

Gold, silver, and bronze medals will be awarded to the first three finishers from Ontario in each **championship** event.

Non-Ontario athletes will be eligible for medals. These non-Ontario athletes will not offset medal placements for Ontario athletes (example: a non-Ontario athlete that places second in an event will receive a silver medal. If third overall was an Ontario athlete, they would also receive a silver medal as they were the second overall Ontario athlete. The process continues until three Ontario athletes are awarded medals.

The top 3 overall teams in each division and gender will receive medals. Up to 8 team members will be awarded medals.

In the Rising Stars divisions, top 3 athletes will receive medals. Individuals and teams placing 4th – 8th will also be awarded ribbons. All athletes in the Rising Stars divisions will receive participation ribbons when picking up their bibs.

For the Masters team medals, only gold will be awarded for the top declared team in each 10-year division.

Technical Details

Events Offered

U8, U10: 1000m
U12, U14: 2000m

Individual Scores:

Top 8 athletes in each division (U8 – Open) and gender will score points for their club.

1st – 10 points
2nd – 8 points
3rd – 6 points
4th – 5 points
5th – 4 points
6th – 3 points
7th – 2 points
8th – 1 point

Club Team Scoring:

For the U8 through to the Open division, teams do not need to be declared. The first 4 athletes for each club to cross the finish line in each race will accumulate a score for their club. Only clubs with a minimum of 4 finishers will be ranked. Teams will be ranked from lowest to highest scores, and the top 8 teams will be allocated points for club banner standings.

Team Scores Example

1st - 1, 2nd - 2, 3rd - 3, etc.

Club 1: First four athletes place 3rd, 10th, 26th, 45th. Total score for that club is: 84.

Club Scoring & Banners:

An overall cross country club banner will be awarded to the club with the most accumulated points from individual and team rankings in all age division.

Included scores from:

Individual

U8 Girls & Boys
U10 Girls & Boys
U12 Girls & Boys

Team

U8 Girls & Boys
U10 Girls & Boys
U12 Girls & Boys

Protests and Appeals

All protests and appeals must be made as outlined in World Athletics (WA) rule 8. The full WA rule book can be found under the Manual & Guidelines menu on the following website <https://worldathletics.org/about-iaaf/documents/technical-information>.

If no protest is received within the above-mentioned time limit, the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The cost of \$50.00 will be returned if the protest is upheld or not considered frivolous by the Jury.