



Cross Country Running League Information

Please note that athletes should compete in two or more meets to qualify for the City Championship.

DIVISIONAL CLASSIFICATIONS

The Cross Country season has an inclusive design intended both for high volume of participation and to prepare runners for City and Provincial Championships. Runners should be aware of the following classifications for Zone and Provincial competition:

- **Juniors**
 - o Under 16 as of September 1st
 - o Girls - 4000 m; Boys - 4000 m
- **Intermediate**
 - o Under 17 as of September 1st
 - o Girls - 5000 m; Boys - 5000 m
- **Senior**
 - o Under 19 as of September 1st
 - o Girls - 5000 m; Boys - 6000 m

Please note - with all categories, SSA eligibility rules apply, including a minimum of 800 instructional minutes and a maximum three years of eligibility upon entry into grade 10.

SSA REGISTRATION

The deadline for SSA Registration is October 4, 2024. All students must be added on or before this date.

LEAGUE FEES

School team fee will be determined based on entries. Schools will be billed separately for the cost of Provincials.

OFFICIATING DUTIES

In the detailed meet listing that follows, please review your school's officiating duties for each meet. Also note that whether or not your school has been assigned an official duty, please be prepared to offer extra help as needed.

- **Timing**
 - o Each school assigned to timing must provide one timer
 - o Stop watches will be provided by the Metro Office
- **Finish Judges**
 - o Each school assigned must provide at least one finish judge
 - o Finish judges determine runners finishing places and direct them to the Results Recording table
- **Results Recorder**
 - o Each school assigned must provide at least one results recorder
 - o Results recorders take the name tags from the respective runners and place them on the results board
- **Marshalling**
 - o Each school assigned must provide at least two marshals (preferably three)
 - o The marshals will be posted at various points along the race courses to ensure runners are aware of the course and provide direction
- **Pick up Course Markers**

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- o At the end of the final race, all course markers must be picked up and each school responsible for this should assign people for this task before the races

All officials should report at least 15 minutes prior to race start time.