

2024 BAY OF QUINTE INVITATIONAL CROSS-COUNTRY MEET

Wednesday, October 2, 2024

Dunnett Orchards, 143 Dundas Street, Brighton

Coaches: It is our pleasure to invite you and your team to compete at the Bay of Quinte Invitational Cross-Country Meet on Wednesday, October 2, 2024. Please email your meet entries to rebecca_turner@kprdsb.ca by the end of the day on Friday, September 27, 2024.

An important message for your team:

- **It is essential that your athletes know that they must not touch any apples in the orchards. All apples on trees, on the ground, and in bins are off limits. We will purchase apples and make them available to coaches and athletes at the finish line table, so help yourselves to MEET APPLES only.**
- Please maintain the area by keeping your base camp as clean as you found it when you arrived. Garbage bags will be provided. **We ask that all teams take their garbage with them when they leave the meet. If any team is not able to take their garbage, please leave filled garbage bags at the entrance to the orchards, on Dundas Street.**

Dunnett Orchards are located at 143 Dundas Street, Brighton, across the street and slightly east of East Northumberland Secondary School. On meet day, your bus should drop off and pick up your team and gear at the entrance to the orchards. It's a 500 m walk to tent city and the start area. **If your driver plans to stay in Brighton for the day, they may park in the parking lot of the King Edward Park Arena, 75 Elizabeth Street (Highway 2), Brighton.** There is some room for street car parking on the south side of Dundas Street. Please do not park in the orchards parking lot on the south side of Dundas Street.

Eligibility: This meet is open to high school trained athletes. All athletes must be eligible as per OFSAA rules/regulations. Runners **MUST** compete in school identifying tops OR plain tops.

Scoring: The place finish of the first four (4) runners on each team will be added to determine the team scores in each division. In the event of a tie, the 4th place finishers' places shall break the tie.

In each event, the top 6 teams will receive points towards the Overall Team Championship Trophy.

1st - 10 points

3rd - 6 points

5th - 2 points

2nd - 8 points

4th - 4 points

6th - 1 point

Courses: Three looping trails will be used to make the courses: a lower orchard loop and two upper orchard loops. Bikers will lead and follow runners. Trails are grassy and waterproof footwear is recommended for the walk through.

Race Schedule: *Coaches Meeting @ 11:00 at the registration canopy*****

Novice Girls (2010) 3.70 km (A-B-C-F)	11:30	Kyla Farr, SPCSS, IE Weldon, BQI 2022, 15:14
Novice Boys (2010) 3.70 km (A-B-C-F)	12:10	Carson Cameron, FFSS, COSSA 2021, 13:12
Junior Girls (2009) 5 km (A-B-D-E/A-F)	12:40	Poppy Thompson, ASCVI, BQI 2021, 18:49
Junior Boys (2009) 5 km (A-B-D-E/A-F)	13:20	David Cullen, CCI, COSSA 2023, 16:13
Senior Girls (2008, 2007, 2006) 6 km (A-B-C-D-E/A-F)		Maria Linton, CCI, COSSA 2023, 21:09
Senior Boys (2008, 2007, 2006) 6 km (A-B-C-D-E/A-F)		Erik Unger, ASCVI, COSSA 2021, 17:59
Para Girls 3.70 km (A-B-C-F)		Ellen Davidson, CSS, BQI 2022, 22:32
Para Boys 3.70 km (A-B-C-F)		Emmet Hislop, CDHS, BQI 2022, 19:06

Instructions prior to each race will be:

- 15-minute warning
- 10-minute warning
- 5-minute warning
- 2-minute warning
- Sweats off command
- Gun

Each runner must wear their assigned bib number.

Awards:

- T-shirts – will be presented to the 1st place individual and to the members of the 1st place team (maximum 7) in each race
- Ribbons – will be presented to the 2nd through 6th place individual finishers and to the members of the 2nd and 3rd place teams (maximum 7)
- APPLES – presented at the finish line

Overall Team Trophy: will be awarded the overall winning team

First Aid: Qualified first aid will be provided on site by an athletic therapist. If you have athletes who need to be taped, they should provide their own tape.

Results: Results will be posted at www.cossa.ca

Entries: Please send entries to rebecca_turner@kprdsb.ca **NO LATER than Friday September 27.** Of course, entries submitted before the deadline will be appreciated!

In your email please include: Your NAME and CELL PHONE NUMBER and YOUR SCHOOL NAME

For your athletes: Please send THEIR NAME (first and last), GENDER, and their AGE GROUP (novice, junior, senior, para)

Cost: **\$7 per runner payable to ENSS; \$300 team maximum.** Please pay at registration.
(Bay of Quinte schools ONLY will be billed after COSSA.)

Hope to see you at Dunnett Orchards on Wednesday, October 4.

Rebecca Turner, ENSS, Zach Birt, ENSS, Anne Falla, Joe Turner, Sue Tripp (meet organizers)