

Hi Folks,

The time is fast approaching for the NWOSSAA Cross Country Running Championships. Please refer to the following information and files to be part of this year's race.

The NWOSSAA X-Country Championship is scheduled for Wednesday, October 26th at 1:00 p.m. at Kamview Nordic Centre. The main entrance for NWOSSAA Cross-Country will be 500m down the road from the Chalet, the Stadium area. It's a parking lot with two gated entrances (one of which may be locked) and a dirt road leading to a field. NG at 1:00pm, NB at 1:15pm, JG at 1:30pm, JB at 1:45pm, SG at 2:00pm and SB at 2:15pm. It is the coaches responsibility to inquire about postponements (cell- 807-474-1373/807-709-6379 since there are too many schools to notify.

#### ELIGIBILITY & ENTRIES

Please complete the entry template attached and return by email by Monday, October 24 at 1 pm(EDT). NWOSSAA eligibility lists must complete on line through the OFSAA Hub and your roster sheet sent to lance\_jones@lakeheadschoools.ca. Failure to provide this information will result in your student-athletes not being allowed to compete.

#### RACE NUMBERS

Race numbers will be distributed on site at Kamview Nordic Centre on the day of the race between 12-12:30pm inside the timing hut. Race numbers will only be handed out to coaches. Coaches are asked to be present and have their student-athletes ready to compete well in advance of their start time.

#### UNIFORMS

The uniform consists of a minimum of a shirt/singlet and shorts which are appropriate to the event. Competitors must be wearing colours representative of their school. Runners must wear their assigned number when racing. The number must be displayed on the front of the jersey, pinned in all four corners, and should be visible throughout the entire race. Competitors not in proper uniform will NOT be allowed to compete.

#### RACE COURSE

The course will be well marked, however, in the heat of competition it becomes much more difficult to remember exact routes. Coaches are strongly encouraged to try and find time to have their student-athletes run the course at some time prior to the competition. Marshals will be located on the course (in selected spots) to help direct traffic during the day of the race.

I hope this information helps with your planning. If you require further information or have any questions with respect to the upcoming championship, please do not hesitate to call me at 807-625-5264 or refer to the NWOSSAA website at <https://nwossaa.com/cross-country/>. Thank you in advance for your cooperation and I look forward to seeing you on October 26th.

Take care,

Matt and Lance