

NEW for 2018

15. GUIDELINES FOR OFSAA REPRESENTATION

As the association pulls its OFSAA entries directly from the CISAA Championship results and we do not run a CISAA qualifier for OFSAA eligible runners, we must follow the following process in order to determine individual and team representation at OFSAA Cross Country.

Team Entries for OFSAA:

- 1- Top 2 teams in each age category are able to declare for OFSAA**
- 2- Any team wishing to declare their runners for OFSAA entry must remove OFSAA ineligible runner(s) in their top 4**
- 3- Team standings are then recalculated and the top two teams reestablished for OFSAA entry**

Individual Entries for OFSAA:

- 1- Those runners not on the top 2 teams may be declared for OFSAA**
- 2- If an individual runner is ineligible for OFSAA, they will be passed over and the next runner that is eligible and able to attend will be given the entry.**
- 3- Each association may send 5 individuals in each age and gender category**

UNIFORMS:

Runners of a school must compete in identical tops.

COURSE:

The course is primarily run on grass with the occasional stretch of gravel or mud. It skirts the campus and includes open fields, orchards, two road crossings, and the "dreaded" Mt. Trinity.

FACILITIES:

We encourage teams to come dressed to run. Portable toilets will be located near the finish line. No access to the school itself will be available on this day due to classes in progress.

SCORING:

The placing of the top 4 runners per school from each division will determine the division winners. In case of a tie, the place of the 4th runner will break the tie.

Points: 1st 10 points / 2nd 8 points / 3rd 6 points / 4th 4 points / 5th 2 points / 6th 1 point

Overall Boys' Champion: A school must have a team in each division (minimum of 4 runners) in order to be eligible for this championship. The highest score wins the title.

Overall Girls' Champion: A school must have a team in each division (minimum of 4 runners) in order to be eligible for this championship. The highest score wins the title.

SENIOR: Overall COED Champion: Total points of school's girls' and boys' teams. (Schools do not have to have a team in each division).

AWARDS:

As per sport guidelines.

PARKING:

All school vehicles and visiting parents must park at the Peter Campbell Memorial Rink on the south west corner of the TCS campus (intersection of Ward St. and Delaquire St.) Overflow parking must be down at the Town Park by the baseball diamond which is directly down the hill from the PCMR rink. Take Ward St. down the hill and turn left on the first street- Elgin, and then take the first left again onto MCCaul St. Busy day since there is also a local public school soccer tournament in the Town Park that day.

DIRECTIONS: Take exit 464 from Hwy. 401 and go south towards Port Hope. If you are coming from the west, turn left onto Rose Glen Road from the off-ramp. If you are coming from the east, turn south from the off-ramp and go over the 401 toward Port Hope. Turn left at the first set of lights onto Rose Glen Road. Proceed down Rose Glen Road past softball diamonds and a public school on your right. At the next stop sign turn right onto Ward St. and follow this street past the school buildings on the right. Park at the Peter Campbell Memorial Arena on your left. **Do not use the Roseglen Road entrance to the school, please park at the arena!!**