

CISAA Senior High Cross Country Information 2022

Contact

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Age Categories

Junior under 16 as of September 1st, 2022

Intermediate under 17 as of September 1st, 2022

Senior under 19 September 1st, 2022

Senior High Distances

Race 1:

All Girls 4000m All Boys 4000m

Race 2:

Junior Girls 4000m Junior Boys 4000m
Int & Sr. Girls 5000m Int. Boys 5000m
Sr. Boys 6000m

Race Zone and Provincials:

Junior Girls 4000m Junior Boys 4000m
Int & Sr. Girls 5000m Int. Boys 5000m
Sr. Boys 6000m

It is a rolling start beginning at 4:30pm. We will go girls then boys from junior to senior.

| <u>2021 Schedule</u> | <u>Location</u> | <u>Start</u> |
|-------------------------------------|-----------------------|--------------|
| Race 1: Tuesday, September 20 | Calgary Waldorf | 4:30 |
| Race 2: Tuesday, September 27 | Calgary Academy | 4:30 |
| Wed., October 5 Zone Championships | St. Mary's University | 1:00 |
| Sat., October 15 ASAA Provincial HS | TBD | |

There will not be a guided course walk through for CISAA XC races. Maps of the courses will be provided.

Ribbons/medals will be presented as the participants complete their races

Dress appropriately for **all** weather.

Race Procedures

Please respect the following color codes for each age category. It is very important that the following information be **clearly** indicated on each athlete's label

Junior **PINK/RED;**
Intermediate **GREEN;**
Senior **BLUE**

First and Last Name
School
Age category

Intermediate
Joe Schmo
Calgary Academy

Please use the following labels. (they come in red, green and blue). It makes recording results much easier.



Team Banner Challenge

Points are accumulated through the X-Country Series. Results are emailed to coaches following the races. Teams with the most points wins the championship banner.

ASAA XC Scoring Guidelines:

Section XII E. 1.

All competitors will score points on the following criteria: First place will receive 144 points and each competitor after that will get a fraction of 144 based upon the number of competitors in the event.

CISAA Medals @ League Finale and Ribbons

Race 1 and 2 – ribbons from 1st to 10th.

Race Day Duties

To run a successful event in a timely fashion, we need **each school to provide volunteers** (coaches, staff, parents, students). The following duties need to be fulfilled at each race...

Corners and take down (approx. 10)

Chute (2)

Label removal (3)

Race results (2)

Costs

At the end of the series, I will be communicating with each participating school in regard to monies owed. The collected fees cover the park permit, medals/ribbons and any other miscellaneous costs.

Per race: \$3.00