

## CISAA Senior High Cross Country Information 2023

### Contact

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### Age Categories

Junior under 16 as of September 1<sup>st</sup>, 2023

Intermediate under 17 as of September 1<sup>st</sup>, 2023

Senior under 19 September 1<sup>st</sup>, 2023

### 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.

### 2023 Schedule

	<u>Location</u>	<u>Start</u>
Race 1: Tuesday, September 19 <sup>th</sup>	Calgary Academy	4:30
Race 2: Tuesday, September 26 <sup>th</sup>	Renert School	4:30
Wed., October 11 <sup>th</sup> Zone Championships	St. Mary's University	1:00
Sat., October 21 <sup>st</sup> ASAA Provincial HS	Trochu, Alberta	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 Locations

Race 1: Calgary Academy—1677 – 93 Street SW

Race 2: Renert School - 14 Royal Vista Link NW, Calgary, AB T3R 0K4

### 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 1<sup>st</sup> to 10<sup>th</sup>.

### **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