

## CISAA Junior High Cross-Country Information 2022

### Contacts

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### Age Categories

U13 as of September 1<sup>st</sup>, 2022

U14 as of September 1<sup>st</sup>, 2022

U17 as of September 1<sup>st</sup>, 2022

<b>2022 Schedule</b>	<b>Host</b>	<b>Start Time</b>	<b>Distances</b>
<b>Tuesday, Sept. 20</b>	Calgary Waldorf School	4:30	1500m
Monday, September 26	Calgary Academy	4:30	1800m
Monday, October 3	Tanbridge Academy	4:30	2000m

Optional walk-throughs of each course will begin at 4:00, with races having rolling starts: U13s first, then U14s, then U17s, each time girls, then boys. Note the ever-increasing distances, ending with 2 km for everyone (the U17 boys no longer will run a longer distance).

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

Dress appropriately for **all** weather. In the event of extreme weather conditions, we will assess and make the call by noon on the day of the competition, and we will make all attempts to reschedule a missed race.

### 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:

U13: **PINK/RED**

U14: **GREEN**

U17: **BLUE**

First and Last Name  
School  
Age category

U13  
Joe Schmo  
Calgary Academy

Please use the following labels—they come in red, green and blue. It makes recording results much easier. If you can't get these, you can colour blank file folder labels with a felt marker.



### **Race Locations**

Race 1: Calgary Waldorf—515 – Cougar Ridge Drive SW  
Race 2: Calgary Academy—1677 – 93 Street SW  
Race 3: Tanbridge Academy—178003 – 112 Street S.W. (race is at Lloyd Park just south of Tanbridge)

### **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.

### **XC Scoring Guidelines:**

*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 Awards**

Races 1 and 2: ribbons awarded for 1<sup>st</sup> to 10<sup>th</sup>.  
Race 3: medals awarded for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and ribbons for 4<sup>th</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)

Please come to each race with at least a couple of willing volunteers, and check in with the hosts as to what you can help with—and thanks.

### **Costs**

At the end of the series, we will be communicating with each participating school regarding money owed. The collected fees cover park permits, medals/ribbons, and any other miscellaneous costs.

Cost per race, per student : \$3.00