



LSAA Cross Country Race 2025

Date: - Thursday, October 2nd

Information Package

9:00: Bus drop off at Peace Park (Cold Lake Provincial Park) - Volunteers direct traffic

Coaches Meeting: 9:40am (Distribution of Race Bibs)

Start time: Walk through 9:55 am

5 races starting with Senior Runners followed by Tyro, Novice, Junior and Intermediate

2:15 pick up/garbage clean up

2:30-3:00 Park Exit

Ward Assignments:

East Ward: Track layout, Distance calculations, Track color identification, Track supervision, First-Aid, Starting line, Parking, Equipment setup.

Central and West Ward: Finish Line, Timer and ribbons table.

HOW TO REGISTER

All runners must be registered on the [TrakieReg Website](#) with their name, category and school name/code.

All links and instructions are available on the LSAA website.

<http://lsaa.ca/sports-and-tournaments.php>

If you are not registered by the registration deadline, your school could be disqualified.

Registration Deadline :
Friday, September 27th,
2024 @ 10:00pm

Race 1: Sr Boys

Race 2: Sr Girls

Race 3: Tyro Boys

Race 4: Tyro Girls

Race 5: Novice Boys

Race 6: Novice girls

Race 7: Junior Boys

Race 8: Junior Girls

Race 9: Intermediate Boys

Race 10: Intermediate Girls

Map: Emailed to school Reps

POLICY FOUR

CROSS-COUNTRY RUN.

1 Age categories for competition shall be as follows:

BOYS/GIRLS

Tyro 2015
Novice 2014
Junior 2013
Intermediate 2012
Senior 2011/2010

*Age eligibility will be determined as of ARTICLE 13.2 in the
CONSTITUTION. **2** Distances for age categories will be as follows:

Tyro 1500 meters
Novice 1500 meters
Junior 2000 meters
Intermediate 2500 meters
Senior 3000 meters

Cross-Country: All runners will receive a RACE BIB NUMBER from race coordinators. RACE BIB must be pinned to the front of T-Shirt or race pinnies by using 4 safety pines supplied. Please do not insert safety pins in the Tear Off section.



3 For the District competition, there will be no maximum number of participants in any age category. The top five finishers from each School's group will have points that count towards the overall Category award. The points will be awarded as follows:

First Place Finishers - receive 1 point each
Second Place Finishers - receive 2 points each
Third Place Finishers - receive 3 points each
Fourth Place Finishers - receive 4 points each
Fifth Place Finishers - receive 5 points each
And so on....

Athletes finishing the top 10 in each category will receive ribbons. First place finishers will receive medals as well. A Category Group Plaque will be awarded to the school with the lowest point total for the first 5 qualified runners from their school in that category.

4 The District competition in Cross-Country will be held as per **ARTICLE SEVENTEEN** of the Constitution.

5. Registration fee: See Article 3

5. Runners are not allowed to listen to music (iPod or similar device) while competing. This is for safety reasons, as athletes need to be aware of their surroundings at all times during the race. Runners will be disqualified if using electronic devices.

7. Cross Country Run start time is 10:20 am