

NEASAA
Cross Country Run
Championship 2023



Wednesday, October 11th

Muriel Lake MD Park
Bonnyville, AB

Registration Deadline: October 5th at 4PM

Registrations: Registration process will be emailed at a later date as we are waiting on ASAA and MileSplit. Please email Kelly if you need more information
Kelly.Eagles@nlsd.ab.ca

Please make sure all of your athletes are registered on the ASAA (SRS) website by October 5th.

Location: Muriel Lake MD Park Campground, Bonnyville, AB

Check-In			9:00am
Walk Through			9:30am
Coaches Meeting:			10:15 am Sharp!
First Race:			10:40am
	PARA	2 km	10:40
	Int. Men	5km	11:10
	Int. Women	5km	11:55
	Sr. Women	5km	12:45
	Jr. Women	4km	1:20
	Jr. Men	4km	1:50
	Sr. Boys	6km	2:25

Awards & Banner Presentations 3:00 pm

Cost: \$3 per athlete. Cheques made out to NEASAA.

Concession: No concession on site.

Facilities: There will be portable outhouses available to all visitors to the park.

Course: The course has a good mix of hilly and flat areas. The course is wide enough to handle two runners side by side. The surface where we will be running will include: dirt trail, grass and gravel roads. **Spikes can be worn but are not necessary!**

Bus Parking: Designated parking area will be identified upon arrival to park.

Supervision:

Each school is responsible for the supervision of their athletes.

Students must wear proper running attire and school singlets.

Please ensure that your athletes use the garage and recycle bins provided and keep the area clean.

Provincial Registration:

Monday October 16th

Host: Trochu Golf Course, Trochu AB hosted by Strathmore High School

Date: Saturday October 21st

There will be a couple marshals on the course to make sure competitors are staying on the course and to let us know if there are any problems or injuries.

NEASAA AWARDS:

Cross Country: Event winners receive Gold, Silver, and Bronze Medals and 4th through 15th place ribbons.

Banners: 1A, 2A, 3A, 4A Team Championships

Section XVII – Cross Country

1. The second Wednesday of October will be the date of the NEASAA cross-country running championship. Note: if the second Wednesday is only a couple of days prior to the ASAA championship, the NEASAA championship will be that first Wednesday in October.
2. The exact location of the zone competition will be communicated to all zones schools by September 15. A description of the surface of the Cross-Country course and course map with hills clearly marked will also be sent out by September 15.
3. Events:

There shall be three race classifications for both girls and boys:

 - A. Junior – under 16 on September 1 of that school year
 - B. Intermediate – under 17 on September 1 of that school year
 - C. Senior - on September 1 of that school year
4. Distances:

Junior Boys – 4000M
Junior Girls – 4000M

Intermediate Boys – 5000M
Intermediate Girls – 5000M
Senior Boys – 6000M
Senior Girls – 5000M

5. Rules:

The meet shall be run in accordance with the track and field rules as published by the IAAF.
6. Teams

In each event a school may have unlimited entries.
7. The zone banner is awarded to each A,2A,3A, and 4A school accumulating the largest number of team points. Team points will be awarded to the following point system:
 - A. Schools cannot enter more than 15 runners in each event
 - B. All competitors will score points on the following criteria:
 - i. 1st place will receive 120 points and each competitor after that will get a fraction of 120 points based upon the number of competitors in the event.
 - C. In case of tie, the championship will be awarded to both schools.
8. Those zone teams that do not comply with Section I, 3 (a) of the Policy will not be permitted to participate. (Interpretation: Individual schools or athletes, or teams not accompanied by an approved supervisor will not be permitted to register.
9. Grade 9 runners may NOT compete in Zone cross country.
10. Gold, Silver, Bronze medallions will be presented.
11. The hosting of cross country shall be awarded on a number rotation by district. Each district would use their district number 1 – 5.