

NRHSAA Zone 3 & 4 Cross Country 2009

Thursday, October 22

Burgoyne Woods, St. Catharines, ON

Coaches Meeting		10:00am
Midget Girls	2.93 K	10:30am
Junior Girls	4.02 K	10:55am
Senior Girls	5.04 K	11:30am
Midget Boys	5.04 K	12:10pm
Junior Boys	5.95 K	12:50pm
Senior Boys	7K	1:30pm

Zone 3 & Zone 4 races will be combined but scored separately.

Please send entries via email to barbaraphelan@cogeco.ca or fax to 905-684-2505

Entry & Eligibility form deadline: No later than **5:00pm Friday, October 16**

Cost \$2.00 per athlete entered. Entries are to be paid electronically through Don Fretz only.

Registration package pick up at pavilion. Hand in **original copy of eligibility** form to pick up registration package.

Every school is required to provide a worker to assist with marshalling, finish line, results, etc.

Results and SOSSA qualifiers will be posted on the NRHSSA website.

SOSSA Cross Country 2009 is Thursday, October 29 at Burgoyne Woods, St. Catharines.

*edit Course times for SOSSA are approximately 30 minutes later than above.

Course maps available on the DSBN website.

It is the coaches' and athletes' responsibility to know the course. Please feel free to visit Burgoyne Woods before Thursday October 22 or arrive early on race day to familiarize yourself with each age group distance.

OFSAA Age Classifications for the 2009-10 School Year

OFSAA By-Law 5, Eligibility for Competition, Section 4 - Individuals, subsection (iii), states: “meet the following age requirements”

- Senior** The individual’s birth certificate indicates that he/she has not yet reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.
- Junior** The individual’s birth certificate indicates that he/she has not yet reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.
- Midget** the individual’s birth certificate indicates that he/she has not yet reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in Grade 9.”

For the **2009-2010 school year**, a Midget will be born in 1995 or later and may only compete at OFSAA in the Midget category for one year in Grade 9. A Junior will be born in 1994 or 1995, and a Senior will be born in 1990 or later.

1989 or earlier	Ineligible
1990	Senior
1991	Senior
1992	Senior
1993	Senior
1994/1995	Junior
1995	Midget
<i>How old was the student as of January 1, 2009?</i>	

Years of Eligibility

Coaches and students are reminded that students are eligible to compete for no more than five consecutive years from date of entry into Grade 9. There is no appeal to this rule.

Eligibility Lists

Must be emailed to barbaraphelan@cogeco.ca with entries or faxed to Sir Winston Churchill Secondary School 905-684-2505. **Original copy must be brought to the zone meet.**

Athletes will not be permitted to compete if eligibility forms are not submitted by entry deadline of Friday, October 16.

Generate Eligibility form by:

1. Email using the fillable PDF form with digital signature available on the main page of the NRHSSA website.
2. Print form from Trillium (instructions below)
3. Use form provided on NRHSSA website

SOSSA player eligibility lists for DSBN (Trillium) schools

Submit your team list to school attendance secretary. The secretary will create a group list on the school system and then a SOSSA ELIGIBILITY LIST through “Crystal Reports”.

- Access on the Board Internet
- Go to Internal Website
- Go to Trillium
- Select Secondary Reports
- Select SOSSA player eligibility listing
- Select school
- Select group
- Print report