

## SOSSA Cross Country 2009

### OFSAA Qualifier

Thursday, October 29

#### Burgoyne Woods, St. Catharines, ON

Coaches Meeting		10:30am
Midget Girls	2.93 K	11:00am
Junior Girls	4.02 K	11:30am
Senior Girls	5.04 K	12:15am
Midget Boys	5.04 K	1:00pm
Junior Boys	5.95 K	1:40pm
Senior Boys	7K	2:30pm

Registration package pick up at pavilion.

**Coaches:** Print out and complete/sign the following forms from the OFSAA Cross Country website, bring all forms to SOSSA Cross Country, hand in to registration once your OFSAA qualifiers are determined:

1. OFSAA XC Eligibility Form 2009
2. OFSAA XC Supervision Form 2009
3. OFSAA XC Practice Form 2009
4. OFSAA XC Behaviour Form 2009
5. OFSAA Release of Liability Form 2009
6. OFSAA Photo Policy Release Form 2009

<http://www.ofsaa.on.ca/crosscountry/> click on Forms

**Every school is required to provide a worker to assist with marshalling.**

SOSSA course maps available on the DSBN website.

<http://www.dsbn.edu.on.ca/Athletic/NRHSSA/#cross>

**It is the coaches' and athletes' responsibility to know the course. Please feel free to visit Burgoyne Woods before Thursday October 29 or arrive early on race day to familiarize yourself with each age group distance.**

DIRECTIONS TO BURGOYNE WOODS, ST CATHARINES

<http://tinyurl.com/burgoynewoods>

From Hamilton, QEW Niagara bound, take the exit to the 406, Westchester exit, right onto Westchester Crescent, onto Glenridge Avenue, left onto Edgedale Road, Edgedale Road takes you into the park. Parking lot is next to swimming pool. Walk to back of park.

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

OFSSA Cross Country 2009 is Saturday November 7 at Boyd Conservation Area, Woodbridge, ON

## 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 19<sup>th</sup> birthday by January 1<sup>st</sup> 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 15<sup>th</sup> birthday by January 1<sup>st</sup> 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 14<sup>th</sup> birthday by January 1<sup>st</sup> 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.