

**SOSSA Cross Country 2011**  
**OFSAA Qualifier**  
**Thursday, October 27**

**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 Supervision Form 2011
2. OFSAA XC Behaviour Form 2011
3. OFSAA Photo Policy Release Form 2011
4. OFSAA XC Practice Form 2011

<http://www.ofsaa.on.ca/cross-country-running/coaches/registration> 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/NRHSA/#cross>

**It is the coaches' and athletes' responsibility to know the course. Please feel free to visit Burgoyne Woods before Thursday October 27 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 2011 is Saturday November 5 at Hornet's Nest, Ottawa, ON

## OFSAA Age Classifications for the 2011-12 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 **2011-2012 school year**, a Midget will be born in 1997 or later and may only compete at OFSAA in the Midget category for one year in Grade 9. A Junior will be born in 1996 or 1997, and a Senior will be born in 1992 or later.

1991 or earlier	Ineligible
1992	Senior
1993	Senior
1994	Senior
1995	Senior
1996/1997	Junior
1997	Midget
<i>How old was the student as of January 1, 2011?</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.