

# SSAF CROSS COUNTRY CHAMPIONSHIPS

**DATE:** FRIDAY OCTOBER 14<sup>TH</sup>, 2011

**VENUE:** SUNNYBROOK PARK  
1132 LESLIE STREET  
TORONTO, ONTARIO

**ENTRIES AND INQUIRIES:** Sherri Brenzel

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Lisa Newton

**Phone:** 416 391 1441

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**CONVENORS:** Sherri Brenzel  
Lisa Newton

**Parking:** The parking lot closest to the start line is designated as the **bus drop off only**. A sign will be used to identify the drop off lot. (parking lot \*A). Athletic Directors are asked to direct their coaches and spectators to park in the lot across the street, adjacent to the soccer field. It will be identified as parking lot \*B. Two volunteers will direct you to the correct lot...please adhere to this policy for the safety of our athletes.

## **SCHEDULE:**

10:00am to 10:30am	Registration for U8-U12 Schools pick-up race numbers
10:30am-	COACHES MEETING <i>2 volunteers from each school must be available at this time to be placed strategically around the course for supervision.</i>
10:45am to 11:00am	Registration for U14-U20 Schools pick-up race numbers
11:00am	U8 BOYS
11:20	U8 GIRLS
11:40	U10 BOYS
12:00	U10 GIRLS
12:20	U12 BOYS
12:40	U12 GIRLS
1:00pm	U14 BOYS/ELEMENTARY
1:20	U14 GIRLS/ELEMENTARY
1:40	U16 BOYS & GIRLS IF NUMBERS WARRANT & U20 BOYS/GIRLS <i>Note: This group will run together but place in their respective gender and age divisions.</i>
2:00	SSAF BANNERS AND MEDALS CEREMONY
2:30-2:45pm	Bus Pick-up

**UNIFORMS:** Runners of a school must compete in identical tops.

**COURSE:** The course is primarily run on grass with the occasional stretch of gravel or mud. It skirts the soccer field and has 2 road crossings, where volunteers in brightly colored t-shirts will maintain a safe passage for the

athletes. U14 and up will be directed into the wooded path for a small stretch. Again, volunteers will be placed throughout for safety and supervision. Two bicycles will escort each race throughout the day. One as the rabbit, and one as the sweeper.

**MAPS:** Course maps will be available through email high lighting the route and the distances for the different age groups.

**THERE WILL BE NO WALK THROUGH PRIOR TO RACE TIME. IF YOU WISH TO WALK THE COURSE WITH YOUR TEAM, I ASK YOU NOT TO DISTURB ANY MARKINGS ALONG THE COURSE.**

**ENTIRES:** Forward your eligibility lists to [lisa.netwon@crestwood.on.ca](mailto:lisa.netwon@crestwood.on.ca) Date to be determined.  
Forward your VOLUNTEER NAMES (2/SCHOOL) to [sheri.brenzel@crestwood.on.ca](mailto:sheri.brenzel@crestwood.on.ca)

**ATHLETES:** We all know it is a long day for our athletes. When not competing, football, soccer and frisbee games should be kept to a minimum. **Wooded areas are off limits to all athletes**, especially the wooded area adjacent to the finish line shoot, which is also connected to private homes and therefore deemed OFF LIMITS!

**START LINE:** With the large number of athletes on the start line, each school will occupy a space blocked off along the start line. A maximum of 5 runners/school will be on the line; the remainder of your school will stand behind.

**BATHROOMS:** The pavilion will be open for us to use the washroom facilities. Please make sure athletes are respectful of the surroundings. If necessary a volunteer will be placed in the pavilion.

**Food:** Garbage bags will be handed out to all schools. Make sure your area is clean upon leaving the site.

**Tents:** Sunnybrook Park has asked us not to stake our tents into the ground. Make sure you bring something to secure your tent if the winds pick up.

**First Aid:** Will be on site for the duration of the day.

**AWARDS:** Top 10 in each division receive placement ribbons upon the completion of each race.  
Top 3 in each division receive medals in addition to the ribbons during the ceremony.  
Banners will be given out based on the top 3 runners from your school. For each division and gender. In order for a banner to be distributed there must be a minimum of 4 eligible schools participating in that race.