

**Lethbridge Schools'  
Athletic Association**

**Cross-Country  
Handbook**

**Revised June 2022**

**1. Schedule for the Day**

**Nicholas Sheran Cross-Country Meet**

- ❖ Nicholas Sheran Park should be booked through Community Services
- ❖ Meet will start at 9:00 am. Substitutions need to be submitted 15 minutes before race.
- ❖ Races should be completed in approximately 15 minutes.
- ❖ Ribbon presentations are made as soon as results are tabulated.
- ❖ Meet should finish shortly after 11:30 am.
- ❖ Each school is responsible for transportation to and from venue
- ❖ Marshalls need to be at Nicholas Sheran 45 minutes before the start of the first race at 9:00 am. Please check in at the “Train Park” shelter.

**2. Substitution Bookings**

- ❖ Each school is responsible for booking their own substitute teachers and busses.

**3. Course**

- ❖ The course will be set up at Nicholas Sheran Park (S.W section located by the city compound)
- ❖ Course Map (see attached)

**4. Classifications**

- ❖ There will be 8 classifications which will be run in the following order:

- a) Pee Wee Girls      e) Midget Girls
- b) Pee Wee Boys      f) Midget Boys
- c) Bantam Girls      g) Juvenile Girls
- d) Bantam Boys      h) Juvenile Boys

- 4.1 Pee Wee category consists of students aged 11 and under on September 1<sup>st</sup> of the present year.
- 4.2 Bantam category consists of students aged 12 on September 1<sup>st</sup> of the present year.
- 4.3 Midget category consists of students aged 13 on September 1<sup>st</sup> of the present year.
- 4.4 Juvenile category consists of students aged 14 and over on September 1<sup>st</sup> of the present year.

5. **Entries**

- ❖ Each school in the Pee Wee, Bantam and Midget divisions may enter a maximum of 12 competitors in each category.
- ❖ Juvenile Girls and Boys is an open division where teams may enter more than 12 competitors in each category (No Team Aggregate Championship will be awarded in the Juvenile divisions).

6. **Runner Identification**

6.1 **Labels**

- ❖ Each school will have all participants listed on labels which include: name, school, and category.
- ❖ Each school will be a different color, as assigned by the coordinator of Cross Country.
- ❖ A board with 72 spaces will be prepared for each category and labels will be placed in the order that athletes complete the race

7. **Distances**

- ❖ Pee Wee/Bantam/Midget boys and girls will run 2000 meters.
- ❖ Juvenile boys and girls (Grade 9) will run 3000 meters.

8. **Race Times**

Pee Wee Girls 9:15 a.m.	Pee Wee Boys 9:30 a.m.
Bantam Girls 9:45 a.m.	Bantam Boys 10:00 a.m.
Midget Girls 10:15 a.m.	Midget Boys 10:30 a.m.
Juvenile Girls 10:45 a.m.	Juvenile Boys 11:00 a.m.

9. **Awards**

Awards will be presented as follows:

9.1 **Individual**

- ❖ A ribbon will be awarded for the first through seventh place finishers in each race.

9.2 **Team**

- ❖ Awards will be presented just outside the picnic shelter immediately after each age category. (Wilson Staff member will be the announcer)

- ❖ An LSAA Championship Aggregate Ribbon will be awarded to the winners of each divisional race (With the exception of the Juvenile Boys and Girls – See Section 5 - Entries).

### **9.3 Aggregates**

- ❖ Aggregate winners will be announced.

## **10. Scoring**

- ❖ Team championships will be decided in each classification by adding the place points for the best seven runners from each team.
- ❖ The team with the lowest number of place points will be awarded the team championship and will receive 6 team points towards the aggregate championship.
- ❖ The remaining teams will be awarded 5, 4, 3, 2, 1 team points toward the aggregate championship.
- ❖ A team must have seven runners finish in order to qualify for team points
- ❖ In case of a tie in accumulated place points, the team whose seventh runner finishes higher in the race will be declared the winner.
- ❖ Aggregate championship will be decided by adding together the team points accumulated by each school.
- ❖ In case of a tie in aggregate standings a dual championship will be awarded.
- ❖ It is not necessary to score points in all classifications in order to win the aggregate championship.

## **11. Policies**

- ❖ If students run a shortened race, those students will be disqualified unless their numbers are in the majority. If this is the case, those runner's placings will be lowered allowing the students who ran the entire race to take the top positions. A team section award will still be allowed using the preceding format.
- ❖ Teachers/Coaches/Parents may not run the race with students
- ❖ Students should be in appropriate running clothes.

## **11. Equipment**

- ❖ One table for the end of the chute

- ❖ Iron stakes and rope from L.S.D. #51
- ❖ Signs to identify the finish line
- ❖ Course Flags to designate route
- ❖ Orange Pylons/Green Pylons (City of Lethbridge)
- ❖ Starter Pistol and caps
- ❖ Stereo System/Microphone
- ❖ Finish Line Flags

12. **Personnel**

- ❖ Starter (1 staff)
- ❖ Pace Car/Referee (Organizing School – 1 staff)
- ❖ Timer (1 adult)
- ❖ Chute Supervisors (4 staff)
- ❖ Finish Line Judges (2 staff)
- ❖ Course Marshals (2 staff from each participating school)
- ❖ Scorekeeper (1 staff and 3 students)
- ❖ Announcer/Awards Presenter (1-2 staff)

13. **Individual School Duties**

Fairbairn	Event Organizer Pace Car/Referee (1 staff) Starter (1 staff) Finish Line Supervisor (1 staff)
GS Lakie	Finish Line Helper (1staff) Course Marshals (2 staff)
Paterson	Scorekeeper (1 staff and 3 students) Chute Supervisor/Finish Line Judge (1 staff) Course Marshals (2 staff)
Wilson	Awards Presenter (1 staff) Finish Line Judge/Chute Supervisor (1 staff) Course Marshals (1 staff)
St. Francis	Timer (1 staff) Chute Supervisor (1 staff)
ICS	Course Marshals (2 staff)
FLVT	Course Marshals (3 staff)

RI BAKER	Course Marshall (2 staff)
WCHS	Course Marshal (1staff)
LCI	Course Marshal/First Aid (1 staff)
KAHS	Course Marshal/Finish Line judge (1 staff)
CHINOOK	First Aid (1 Staff), Start Line Assistant (1 Staff)
LETHBRIDGE CHRISTIAN	Course Marshal (1 Staff)
ÉCOLE LA VERENDRYE	Course Marshal (1 Staff)

#### 14. **Organizing the Race**

- ❖ Obtain the park permit from the City of Lethbridge. Have the permit at the race.
- ❖ Ribbons need to be ordered. You need sufficient ribbons to hand out to the following placements: 1<sup>st</sup> through to 7<sup>th</sup> in each race.
- ❖ The LSAA will pay for ribbons
- ❖ Pre-race coaches meeting – to go through events and duties as outlined in the handbook.
- ❖ Collect team entries two days prior to the race.
- ❖ Copy enough of appropriate sheets to take to the meet. Bring handbook to meet as a reference.
- ❖ Pick up appropriate equipment from Lethbridge School District. Return when meet has concluded.
- ❖ Course Set-up the day of the event.

#### **Post Race**

- ❖ Send copy of completed results to each school
- ❖ Post-race meeting of LSAA committee.

#### 15. **Job Descriptions**

##### ❖ **Starter**

- Assembles the runners in the starting area
- Ensures that each team has an equal number of runners on the front path.
- Provides the final advice on course markings and end of race procedures.
- Ensures that timekeepers are ready.
- Starts the race with the command “on your marks” then fires the gun.

❖ **Pace Car**

- Drives Conveyance ahead of the lead runners. Guides runners around the course.

❖ **Referee**

- Attends the start of each race.
- Assists the judges at the finish line where necessary
- Receives and rules on all protests regarding the conduct of the race.

❖ **Judge**

- Stand directly on the line to ensure that runners are separated according to the order of finish.

❖ **Timekeeper**

- Attends at the starting line to time correctly
- Moves to the vicinity of the finish line and records times of all runners.

❖ **Chute Supervisor**

- Ensures that runners do not pass illegally after they have crossed the finish line.
- Ensures that runners move quickly into the chute and keep moving to avoid overcrowding near the finish.

❖ **Course Marshal**

- Ensures that all runners run on the prescribed course.
- Provides guidance and direction to runners.
- Reports any infractions to the referee.

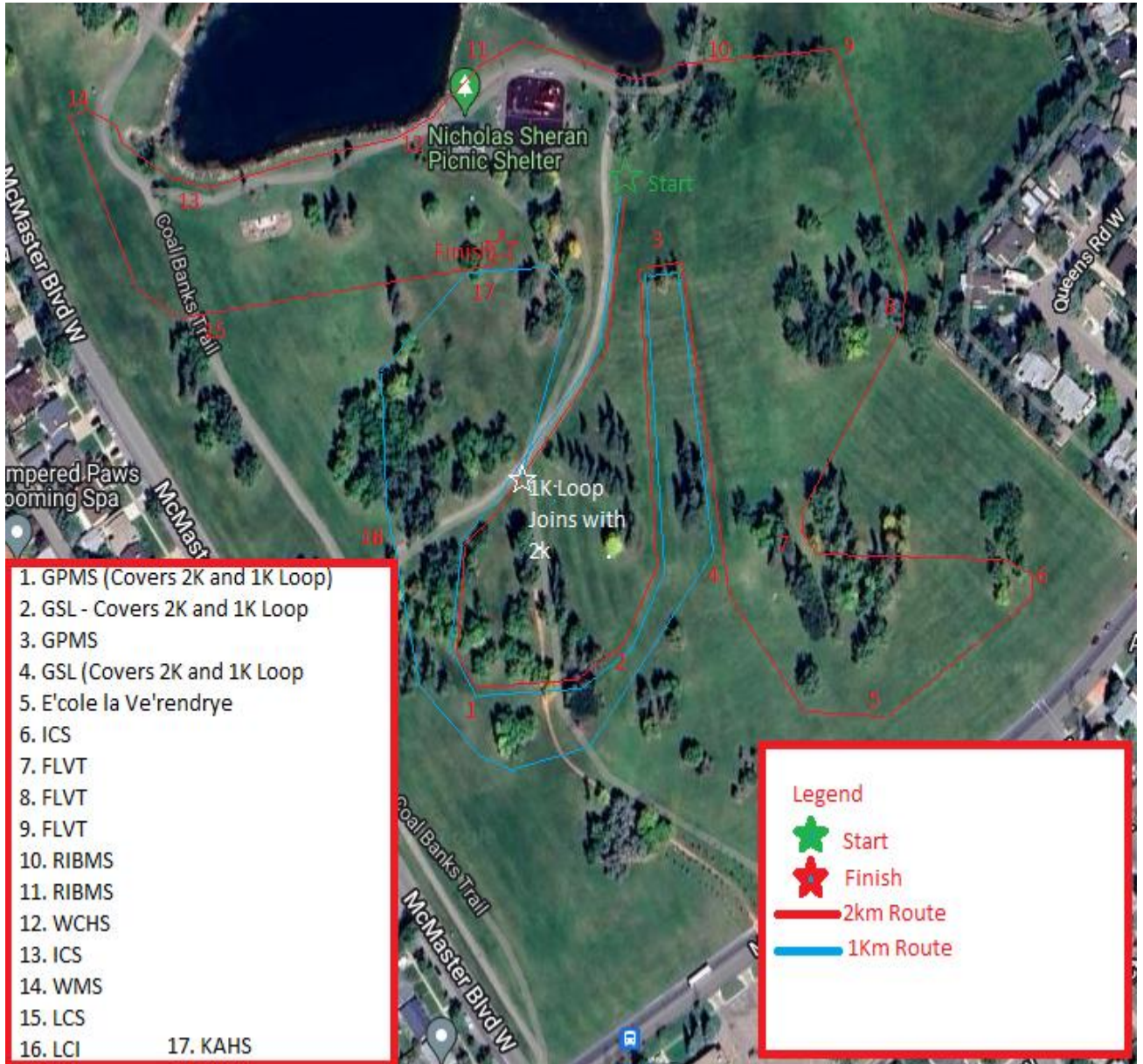
❖ **Scorekeeper**

- Refer to section 9 on scoring
- Will receive from one of the chute supervisors the placement sheet with the runner's labels attached directly after each race.
- Will record the information down on each scoring sheet

❖ **Awards Presenter**

- Will receive the award information from the scorekeeper.
- Will present the individual ribbons (1<sup>st</sup> to 7<sup>th</sup> place ribbons in each race)
- Will present the team award (1<sup>st</sup> place ribbons for each member of the team)

# Nicholas Sheran Route Map













# LSAA CROSS COUNTRY TOP 7 RUNNERS IN EACH CATEGORY

PeeWee Girls		PeeWee Boys	
1 <sup>st</sup>		1 <sup>st</sup>	
2 <sup>nd</sup>		2 <sup>nd</sup>	
3 <sup>rd</sup>		3 <sup>rd</sup>	
4 <sup>th</sup>		4 <sup>th</sup>	
5 <sup>th</sup>		5 <sup>th</sup>	
6 <sup>th</sup>		6 <sup>th</sup>	
7 <sup>th</sup>		7 <sup>th</sup>	

Bantam Girls		Bantam Boys	
1 <sup>st</sup>		1 <sup>st</sup>	
2 <sup>nd</sup>		2 <sup>nd</sup>	
3 <sup>rd</sup>		3 <sup>rd</sup>	
4 <sup>th</sup>		4 <sup>th</sup>	
5 <sup>th</sup>		5 <sup>th</sup>	
6 <sup>th</sup>		6 <sup>th</sup>	
7 <sup>th</sup>		7 <sup>th</sup>	

Midget Girls		Midget Boys	
1 <sup>st</sup>		1 <sup>st</sup>	
2 <sup>nd</sup>		2 <sup>nd</sup>	
3 <sup>rd</sup>		3 <sup>rd</sup>	
4 <sup>th</sup>		4 <sup>th</sup>	
5 <sup>th</sup>		5 <sup>th</sup>	
6 <sup>th</sup>		6 <sup>th</sup>	
7 <sup>th</sup>		7 <sup>th</sup>	

<b>Juvenile Girls</b>		<b>Juvenile Boys</b>	
<b>1<sup>st</sup></b>		<b>1<sup>st</sup></b>	
<b>2<sup>nd</sup></b>		<b>2<sup>nd</sup></b>	
<b>3<sup>rd</sup></b>		<b>3<sup>rd</sup></b>	
<b>4<sup>th</sup></b>		<b>4<sup>th</sup></b>	
<b>5<sup>th</sup></b>		<b>5<sup>th</sup></b>	
<b>6<sup>th</sup></b>		<b>6<sup>th</sup></b>	
<b>7<sup>th</sup></b>		<b>7<sup>th</sup></b>	

**LSAA CROSS COUNTRY  
SCHOOL WINNERS IN EACH CATEGORY**

<b>PEEWEE GIRLS</b>	
<b>PEEWEE BOYS</b>	

<b>BANTAM GIRLS</b>	
<b>BANTAM BOYS</b>	

<b>MIDGET GIRLS</b>	
<b>MIDGET BOYS</b>	

<b>JUVENILE GIRLS</b>	
<b>JUVENILE BOYS</b>	