

Haldimand Norfolk Cross Country Meet

Registration Time/Walk Through: 10:00-11:00

Pre-Race Assembly: approx. 11:00

Race Times: 11:10 (Jr. Girls and boys Gr. 4) 11:30 (Jr. Girls Gr. 5-6) 12:00 (Jr. Boys Gr. 5/6)
12:30 (Sr. Girls) 1:00 (Sr. Boys)

Award Times: 1:45-2:00

Race Categories

Junior Girls Race (Gr. 4)

Junior Boys Race (Gr. 4)

Junior Girls Race (Grade 5-6)

Junior Boys Race (Grades 5-6)

Senior Girls Race (Grades 7-8)

Senior Boys Race (Grades 7-8)

Awards:

Overall Champion (banner and Cross Country Cup) determined by the time of the top junior boy (Gr. 4), junior boy (Gr. 5/6), junior girl (Gr. 4), junior girl (5/6) senior boy(Gr7/8) and senior girl (Gr. 7/8) of each team. A second and third place banner will be awarded to the next two top teams. The team with the lowest average time of the 6 runners is the overall Haldimand Norfolk champion.

Rules and Registration

All junior division athletes are defined as any runner in grade 4, 5, or 6. We will have Medals for the top 3 in Gr 4, and Gr. 5/6.

All senior division athletes are defined as any runner in grade 7 or 8. We will have medals for the top 3 in Gr. 7/8.

Junior race distances are approximately 1.9K. Senior race distances are approximately 3K.

All runners must follow the marked course. Any deviations will mean immediate disqualification.

Any “unsportsmanlike” behaviour during the competition both as a “participant” or “spectator” is unacceptable and could mean a disqualification from the meet.

All entries must be completed by Wednesday, October 18, 2023.

All entries must be completed using the registration process supplied by the BHN Athletic Department and Chip Time Results, the official timing company for this meet.

All competitors must be registered prior to race day.

Coaches will receive a basket with bracelets for their runners. Please meet us at the timing truck upon arrival.

All registered runners will receive an ankle bracelet on race day that will include a timing chip. It is the responsibility of the coach to ensure that all runners have their bracelets on prior to their race. Runners who do not race with a bracelet will not have an official time recorded and will not be eligible for final standings.

No runner may compete in more than one race (example: junior age runner competing in junior and senior race). Schools are not permitted to run an athlete in an age category other than their own.

To qualify for a team championship, a school must have at least one competitor registered in each of the four races.

Overall Team championships are determined by the following method:

Top junior girl (Gr. 4) time from your school
Top junior boy (Gr. 4) time from your school
Top junior girl (Gr. 5/6) time from your school
Top junior boy (Gr. 5/6) time from your school
Top senior girl time from your school
Top senior boy time from your school
Combined time of these runners from your school
Ranking of combined times from all schools
Team with lowest overall average time will win.