

# **BHNCDSB Haldimand Norfolk Cross Country Meet**

**Date:** Wednesday October 23<sup>rd</sup> (Cancellation Date: Friday October 25<sup>th</sup>)

Please email Alyssa Niblock the name (first and last) and the **race** that the runner will be participating in. Please submit all names **no later** than **Thursday October 17<sup>th</sup>, 2024**, to [aniblock@bhncdsb.ca](mailto:aniblock@bhncdsb.ca)

**Venue:** Waterford Train Station

**Time:** Full Day Event from 10:00am to 2:00pm

**Divisions:** Grade 4, Grade 5 and 6, and Grade 7 and 8

Please be at **Waterford Train Station** by **10:00 a.m.**

**Pre-Race Assembly:** approx. 10:30 a.m.

## **Time of each race: Approximate starting times**

Gr 4 Girls - 10:45 a.m.

Gr 4 Boys -11:15 a.m.

Jr Girls -11:45 a.m.

Jr Boys -12:15 p.m.

Sr Girls -12:45 p.m.

Sr Boys -1:15 p.m.

Awards to follow- estimated time to leave the park 1:45-2:00

## **Distances**

Grade 4 - 1.3 km	Grade 5/6 – 2km	Grade 7/8 – 2.6km (with a loop)
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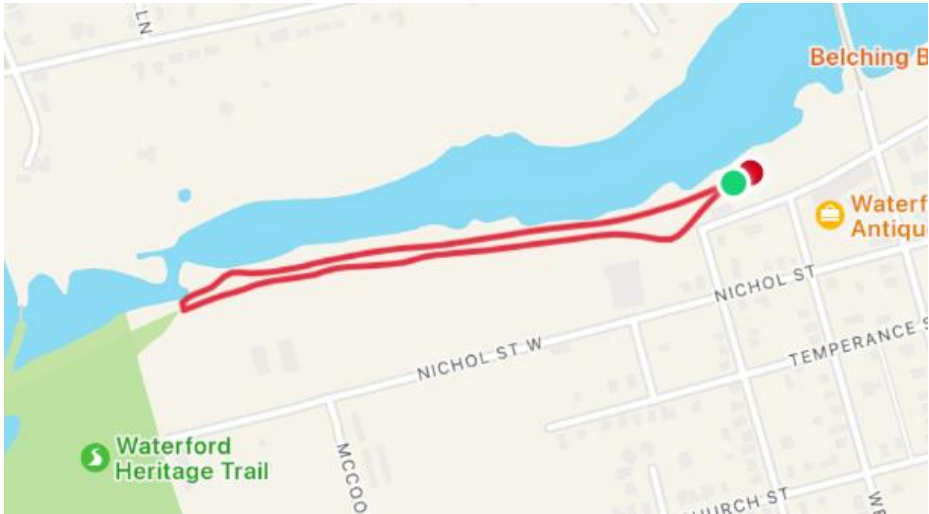
**Individual Awards** – Individual awards will be given to the top 3 runners (gold, silver, bronze) in each division (gr. 4 boy, gr. 4 girl, junior boy, junior girl, senior boy, senior girl)

**Team Awards** – teams this year will consist of 6 runners – top senior boy, top senior girl, top junior boy and top junior girl, top gr. 4 boy, top grade 4 girl. The top 3 teams will be determined by the combined fastest times. A banner will be given to each of the top 3 teams this year.

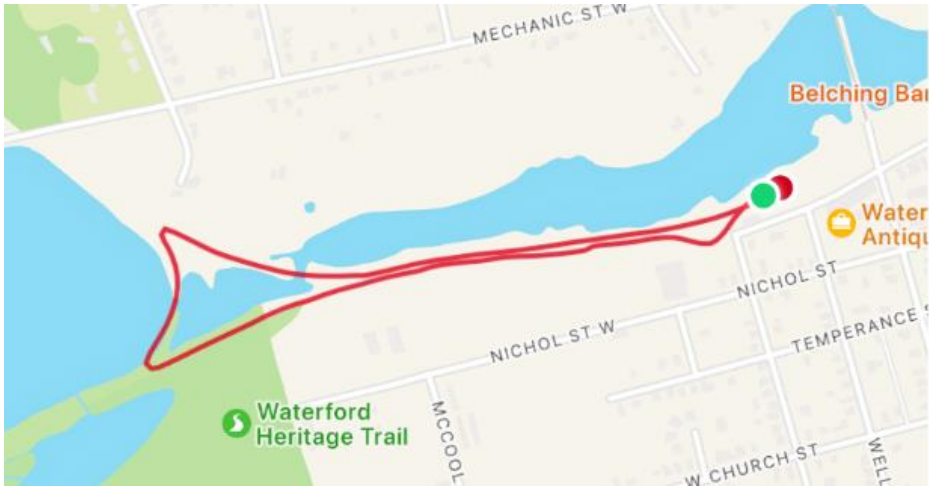
## **Rules and Registration:**

- 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 competitors must be registered prior to race day using the process by BHN Athletic Department and Chip Time Results
- **Coaches will receive a basket numbered bibs and chips for their runners. Please meet us at the timing truck upon arrival.**
- 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.
- To qualify for a team championship, a school must have at least one competitor registered in each of the races.

**Grade 4 Race (1.3 km)**



**Grade 5/6 Race (2 km)**



**Grade 7/8 Race (2.6 km)**

