

RULES AND INFORMATION (2018)

Time: 11:00 a.m.

Place: Dundas Valley Conservation Area

A. Information About the Day (for coaches and runners)

1. Only the top 10 runners will be timed

2. Arrive at the course at least one hour before race time so we will have time to show you the course and answer all questions.
3. The best shoe to wear will be a flat running shoe. Rubber soccer cleats are allowed. Metal spikes are not allowed.
4. The course is mainly through wooded dirt paths, with several good sized hills. Please train accordingly.
5. There are no change rooms, but there are washrooms facilities. Come dressed to run.
6. There will be a concession booth offering coffee, hot chocolate, and different food options. This is not lunch, so you might still want to bring one.
7. A \$30.00 entry fee will be charged per school (covers all awards), as well a **\$3.50 per student** participation fee (covers entrance into park). Please pay this amount when you register.
8. Running etiquette – all runners should show respect for each other on the course and in the finish chute. The start of the race can be crowded - please make sure your runners do not shove, trip, or push other runners. Any runner impeding another athlete's ability for forward progress may be disqualified. Once the finish line has been crossed, all runners should stay in line and in order – no passing or pushing in the chute.

B. Race Information

1. The junior girls will run the first race. This course is 2.2 km.
2. The junior boys' race will be 15 minutes after the last junior girl has finished. 2.2 km course.
3. The senior girls' race will start 15 minutes after the last junior boy has finished.
The course is 2.7 km.
4. The senior boys' race will start 15 minutes after the last senior girl has finished. 2.7 km course.
5. The junior races will be for boys and girls who are **under** 12 years old as of December 31st of the current year.
6. The senior races will be for boys and girls who are 12 years old (or older) as of December 31st of the current year.
7. At the coach's discretion, a junior may run on the senior team. However, a senior may not run on a junior team.
9. A participant may run in only one race.
10. Each team is allowed to enter 6 runners for each race. You must enter **a minimum of 4 runners** and **a maximum of 6 runners** on each team to qualify for the team trophy.

C. Scoring and Recognition

1. The scoring is as follows:
The positions of the first 4 finishers of each team are added up. The lowest score wins.
Your 5th and 6th finishers act as "pushers", which might possibly place an opponent's runner down a few places. Example. Your team placed runners 1st, 5th, 6th, 20th, 21st and 23rd. Your total score would be 32. Another team places runners 2nd, 3rd, 4th, 24th, 25th and 26th. Their score would be 33. You would have won because of the lower score. (In the event of a tie, the 5th place finisher will

be counted.)

2. Each race is scored separately. There will be team ribbons for each race for the top 4 teams. (i.e. 24 ribbons for junior boys race, 24 ribbons for junior girls race, and so forth.)
3. The traveling trophy will be won by the school which has the lowest combined total of points for all four races.
4. The first three individuals in each race will also receive an award.