

# **KASSAA CROSS COUNTRY CHAMPIONSHIPS**

**LOCATION:** Lemoine Point, Kingston, Ontario

**DATE:** Friday October 21, 2011

**EVENTS:** 9:00 – 10:45am Registration

11:00am	Midget Girls
11:25am	Midget Boys
12:00pm	Junior Girls
12:25pm	Junior Boys
1:15pm	Senior Girls
1:45pm	Senior Boys

**COURSE:** The course will follow the same routes as last year. We will again start and finish the races in the lower field near the water. Please refer to the map for race routes.

## **ENTRY INFORMATION:**

Entry fee is \$7.00 per runner. Cheques may be made payable to “Holy Cross X-Country”. Use the attached form to send entry information. Entries are to be sent via email to Shannon Niemi at [niemis@limestone.on.ca](mailto:niemis@limestone.on.ca) Please send entries by 4:00pm Monday October 17. Entries will not be accepted after this date. No additions will be allowed on the day of the meet.

## **SCORING:**

The top 4 runners per team score by adding their finishing position in the race. A tie is broken with the 4<sup>th</sup> place runner’s position. The 5<sup>th</sup> place runner also receives an award if the team places top 6 over all.

In each event the top 6 teams will receive points as follows towards the overall Championship trophy.

1 <sup>st</sup> – 12 points	2 <sup>nd</sup> – 8 points
3 <sup>rd</sup> – 6 points	4 <sup>th</sup> – 4 points
5 <sup>th</sup> – 2 points	6 <sup>th</sup> – 1 point

**AWARDS:**

Individual and team awards will be presented at 2:30 at the start/finish area. Medals will be presented to the 1<sup>st</sup> place individual and the first place team (max. 5 runners) in each race. Ribbons will be presented to 2<sup>nd</sup> and 3<sup>rd</sup> place individuals and 2<sup>nd</sup> - 6<sup>th</sup> place teams (max. 5 runners).

**RESULTS:**

Results will be posted on the following website:

[www.kassaa.ca](http://www.kassaa.ca)

**GOOD LUCK TO ALL ATHLETES!**