

2025 Cross-Country Running Championships General Information

CONVENORS: Please distribute the following to all Coaches.

- Date:** Tuesday Oct. 21, 2025 – Pre-Race Registration and Walk Through
Wednesday Oct. 22, 2025 – Race Day
- Host:** Central Algoma Secondary School
- Convenor:** Nigel Good
Phone (Cell): 705-542-7684
Email: goodn@adsb.on.ca
Prefer Text or Email for correspondence.
- Location:** Mountainview XC Ski Trails and Walking Trails
3670 5th line (Hwy 548) , Jocelyn Township, St. Joseph Island
- Schedule:** Tuesday Oct 22nd
3:30-6:30 - Early Registration and Course Walk
- Wednesday Oct 23rd
9:15am – 10:30am Registration and Course Walk (Bib pick-up)
10:30am - 10:45am Coaches meeting (in new shelter building near the finish line)
- 11:00 am Senior Girls Race
11:45 pm Senior Boys Race
12:15 pm Junior Girls Race
12:45 pm Junior Boys Race
1:15 pm Novice Girls Race
1:25pm Para Race
1:45 pm Novice Boys Race
2:30 pm – 3:00 pm Banner Presentation and Final OFSAA Confirmation
- Courses:** Course maps and info are included on the NOSSA website. The course is very hilly and challenging. Runners are encouraged to walk or jog the trails to become familiar with the race routes. There are disc golf paths integrated as well, which can be confusing. Race routes will be marked with flag tape and spray paint. Volunteers will also be posted at turn points.
- Entries:** \$13/athlete and payable at registration. Cheques made out to CASS Athletics. We ask that each regional association presents one cheque for their region. Entry fees must be presented in order to receive your registration package. Each convenor is responsible to submit their district's list of entries using the excel file that has been linked to the xc home page on the NOSSA website. **Registration deadline is Saturday October 18th at 6pm.**

Registration: Early registration will take place on site from 3:30-6:00pm on Tuesday Oct. 21st. The course will be open at that time for course walks. Volunteers will be available on the course for guiding. The Chip Timing bibs will be distributed Wednesday morning during registration from 9:15am-10:30am.

Para Athlete Registration:

Athletes competing in the Para category are to be registered online and coaches are asked to submit the OFSAA XC PARA AND GUIDE INFORMATION FORM to the convenor via e-mail prior to the registration deadline. Coaches of athletes moving on to OFSAA must complete and submit a hard copy of this information form for their para athletes. The OFSAA XC PARA AND GUIDE INFORMATION FORM is available here:

<http://www.ofsaa.on.ca/cross-country-running/coaches/registration>

Facilities: There are outhouses and portable potties available on site. There is no potable water available, please plan accordingly. Food and drinks will be available for sale on-site.

Clothing: NOSSA shirts will be available at the race site on race day. **More information will be posted on the NOSSA Website later.**

Awards: NOSSA medals will be given to the 1st seven finishers on the 1st place team in each category, as well as to the 1st place individual in each category. The 1st seven finishers on the 2nd and 3rd place teams, as well as the 2nd through 6th individuals in each category will receive ribbons. Banners will be presented to Girls' Aggregate, Boys' Aggregate, and Overall Aggregate.

Uniforms: Runners must compete in their school uniforms. No music player devices may be worn (no cell phones). Failure to abide by these rules will result in disqualification. Spikes are recommended.

OFSAA Entries: The athletes must meet OFSAA age and eligibility requirements as stated in the constitution. The top two teams as well as the best five individuals not on those teams shall qualify for the OFSAA Championships. Entries of teams and individuals must be made through the NOSSA Convenor on Wednesday October 22nd before you leave the site. ****Coaches must submit all the necessary forms, and signatures on the new OFSAA Hub, your Athletic Directors will have access to this. OFSAA Fees will be submitted to CASS. Coaches, make sure your eligibility lists have been submitted on the HUB as well prior to NOSSA**

OFSAA Fees: OFSAA charges a participant fee of \$3 per athlete entered, OFSAA cross country charges a race fee of \$15 per athlete entered. That's \$18 per athlete for OFSAA payable to CASS Athletics at NOSSA. Please have a school cheque with you in the event you have qualifiers.

OFSAA Forms: **ALL FORMS WILL BE SUBMITTED ON OFSAA HUB.** The Coach and/or Supervisor of your teams and/or individual runners must be authorized by your Principal. You are reminded that OFSAA requires authorized supervision by individuals of the same sex as that of all competitors that you take. Copies of this form and OFSAA eligibility forms are available on the OFSAA website:

<https://www.ofsaa.on.ca/championship/cross-country-running/for-coaches/registration-fees/>

Finish Timing: Chip Timing will be provided by 'The Shoe Fits' from Sault Ste. Marie. The electronic chips will be located on the athlete bib #s. **ATHLETES MUST KEEP AWAY FROM THE FINISH LINE AT ALL TIMES WHEN WEARING THEIR BIB # PRIOR TO THEIR RACE!** Bibs are to be pinned onto the front of the athlete. Coaches are to hand out the bibs according to the sheet provided in their kit. Finishing athletes will receive a numbered tag that indicates their position in the race. Coaches of full teams entered in the race are asked to collect these from their athletes and tabulate their team totals in the envelopes provided and submit them to the Registration area. These will be used as backups for the electronic timing and tracking system.

Suggested Accommodations: There are limited motel spaces in the North Shore area. Hotel accommodations in Sault Ste. Marie are recommended.

Parking: Bus parking will be not be available on site. We ask that buses pull into the first driveway on the left, there will be a sign that says 'Disc Golf Course'. Buses will be able to pull through and drop off teams. Parking for buses is available at three locations on the Island. See the map below.

Passenger vehicle parking will also be extremely limited. Only coaches and team vans we be permitted to park on site. All other spectators will have to park on the road or car pool and park at one of the off-site parking locations. Please let any parents know.

