

CROSS COUNTRY (18.5)

Athletics Canada Rules will be used unless special rules are put forth by SSNB. In this case the SSNB rules will take precedence over any other rules.

Registration:

There are **four** categories (Sr. Boys, Jr. Boys, Sr. Girls & Jr. Girls) of competition and four Provincial Championship banners are presented. Medals will be awarded to each championship team and for 1st, 2nd and 3rd place in each category.

Special Provisions:

1. Team - A cross country team shall consist of **4 and a maximum of 7 runners**. The top 4 to count in the team's scoring. Individual runners are eligible to compete - 3 or less. SSNB Junior registered athletes must compete as Juniors and cannot compete in the Senior category, unless they register with SSNB as a Senior.
Paralympic athletes may compete according to their category and distance as set out below in number 3, separate results will be provided.
2. Scoring – Scoring shall be as shown in the following table:

	1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place	6 th Place	
Points	1	2	3	4	5	6	Etc.

All competitors who finish the race shall be ranked and tallied in accordance with the above table. The team score shall then be determined by totalling the points scored by the First Four finishers of each team. The team which scores the smallest number of points is the winner.

In the event of a tie, it shall be resolved in favour of the team whose last scoring member finished nearer the first place.

While the fifth, sixth and seventh finishers of a team do not score points toward their team's total, their place if better than those of any of the first four of an opposing team, result in an increased score for that team.

3. Categories and Distances:

Boys	Girls
<i>Para/SO.....1,000m</i>	<i>Para/SO.....1,000m</i>
Senior 5,000 m.	Senior5,000 m.
Junior4,000 m.	Junior4,000 m.

4. Athletes will be required to participate in two (2) SSNB meets prior to Regionals.

5. **Regional/Provincials Regulations:**

The top five (5) runners from the top four (4) teams, plus individual runners up to 32 total runners from each category (Sr. Boys, Jr. Boys, Sr. Girls & Jr. Girls) per region will qualify for the Provincial Championships. A total of 32 runners (teams plus individuals) in each category per region will advance. All athletes must compete in the Regionals to advance to the SSNB Provincial Championships.

N-E Teams:	Sr. Boys	Jr. Boys	Sr. Girls	Jr. Girls
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4
N-E Individuals:	Sr. Boys	Jr. Boys	Sr. Girls	Jr. Girls
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4
S-W Teams:	Sr. Boys	Jr. Boys	Sr. Girls	Jr. Girls
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4
S-W Individuals:	Sr. Boys	Jr. Boys	Sr. Girls	Jr. Girls
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4

7. SSNB Championships will be held on the second Friday after Thanksgiving.
8. A school identified uniform/jersey is required when competing.
9. No iPods or other electronic devices may be worn by competitors during the race. Hats are prohibited during competition except for the wearing of winter caps due to cold weather.
Competitors shall not wear jewelry during competition. The following are exceptions: medical-alert medals, religious medals and a watch.
10. A course walk must be held at the Regional and Provincial events. The course walk will be at 10:30 A.M., followed by the coaches meeting and the first Race at 12:00 P.M. (recommended - 90 minutes between the course walk and first race).
11. The SSNB online registration list as of the Saturday before the SSNB Regionals is the official school entry. **NO CHANGES CAN BE MADE AFTER THIS DAY.**