



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2018 PROVINCIAL CROSS COUNTRY

PROVINCIAL SITE:

Delisle Golf Course

DATE:

Saturday, October 13, 2018

1. ENTRIES:

Senior – 16 and over as of August 31st, 2018

Junior – under 16 as of August 31st, 2018

Midget – under 15 as of August 31st, 2018

Entries are submitted electronically on the forms provided by the SHSAA Office to the District Presidents. Entries to the provincial meet must be sent to the **Provincial Commissioner** (Kirk Schlosser – kirk.schlosser@spiritsd.ca) and the **SHSAA office** (dave@shsaa.ca) before **October 9, 2018**.

Please Note:

Substitutions for original entries are accepted until 4:00pm October 10, 2018 and must be sent to the SHSAA Office and Provincial Commissioner. A scratch meeting will be held one hour prior to the start of the first race on Saturday, for scratches ONLY.

2. ELIGIBILITY:

Student athlete eligibility forms (**Form E-5**) for Cross Country are due on or before **September 19, 2018**. Forms must be completed on-line via the SHSAA website (www.shsaa.ca). Enter the SHSAA ExNet – Login. Your school Principal will have the school's USERNAME and PASSWORD.

3. PROCEDURES:

Please refer to the SHSAA handbook ([Cross Country in Activities section](#)) for competitive details and starting procedure.

4. ACCOMMODATION:

Information, as it becomes available, will be posted at: <http://www.shsaa.ca/page/show/968446-provincial-championship-accommodations>.

5. LOCAL DETAILS:

Information, maps, and virtual tours will be posted at <http://www.shsaa.ca/page/show/992558-cross%20country> as they become available.

COMMISSIONER:

Kirk Schlosser
Delisle Composite School

Phone: 306-493-2433

Email: kirk.schlosser@spiritsd.ca

6. COMPETITION:

Order of races:

Midget Girls	3000 m - 12:00pm
Midget Boys	3000 m - 12:25pm
Junior Girls	4000 m - 12:50pm
Junior Boys	4000 m - 1:15pm
Senior Girls	4000 m - 1:40pm
Senior Boys	5000 m - 2:05pm

NOTE: The midget girls' race starts at 12:00 pm. All other times are approximations.

Athletes registration: 9:00 – 10:00am

Opening Ceremonies: 10:00am

Course familiarization walk: 10:15am

Coaches Meeting: 11:15am

School team champions will be declared in four classifications as per SHSAA classification rules:

- 4A: 501 or more male and female students (gr. 9-11 projections)
- 3A: 201 to 500 male and female students (gr. 9-11 projections)
- 2A: 61 to 200 male and female students (gr. 9-11 projections)
- 1A: 1 to 60 male and female students (gr. 9-11 projections)

All final results will be posted on the SHSAA website after the meet.

Awards Presentation: Presentations will follow the Senior Boys race and tabulation of final results. All teams are requested to be present for the presentations and wearing their district uniforms.

7. INQUIRIES:

Please contact the commissioner or the SHSAA office.