



CROSS COUNTRY MEET

MEET PACKAGE

Dates: October 3 – 6, 2011
(October 11 is reserved for a Cancellation Day)

Time: 10:00 a.m. to 1:00 p.m. (approximately)

Location: Regina Mundi College,
5250 Wellington Road, London, Ontario

Presented by: The Phys-Ed Department

Important Deadlines:

- **September 16, 2011** – Application to participate (including choice of dates, approximate number of participants, coaches names, etc.) are due. Schools not responding by this date will be assigned a day.
- **September 23, 2011** – Registration forms with final numbers are due.

REMINDERS:

1. Please visit the Recreation Services web-site for Cross Country Tips and the OPHEA Safety Guidelines for cross-country safe practices. Enter the following info to access the OPHEA Safety Guidelines page: login: ldscb and password: safeb2n.
2. Busing arrangements are the responsibility of the individual school. Every effort is to be made to have students transported out of prime time as a cost saving measure.
3. Parents are welcome to attend but must view the event from designated areas.
4. Please mail, email or fax the registration forms to Graham Gress at 519-663-9250.

PHILOSOPHY:

The Department of Physical Education organizes and operates this event under the philosophy of Maximum Participation. It is assumed that any school wishing to enter this activity will make great efforts to encourage as many children as possible to participate. Running can be a boring activity or it can be structured to be an invigorating and enjoyable experience, but this depends on interested, knowledgeable and innovative teachers. Motivation can be derived from a system of individual recording charts that let the child see how much he/she has improved on a standard course, a 50 mile club where individuals or teams run over a measured course and chart their progress daily (should be a minimum – 1.6 km uninterrupted length), a jogging club that runs over prescribed courses marked out on the school grounds and/or various cross country runs, scheduled team competitions perhaps weekly or bi-weekly and/or calisthenic club that includes a variety of activities such as pace work, speed work, group work, competitive experience, etc....

A judicious mixture of various methods will comprise the whole, for your Cross Country Activity and will probably best tone up all the biological functions necessary for running. Remember that endurance is a prime factor for the Cross Country Runner and so all the pre-event experience should consider development of this factor along with other important dimensions of the child, such as personality.

OPHEA Guidelines – Cross-Country Meet

EQUIPMENT	CLOTHING/ FOOTWEAR	FACILITIES	SPECIAL RULES/ INSTRUCTIONS	SUPERVISION
<p>First-aid kit and phone must be accessible.</p> <p>A working communication device (e.g. cell phone) must be accessible.</p> <p>Determine that all equipment is safe for use.</p>	<p>No bare feet.</p> <p>No spikes/cleats of any kind.</p> <p>Appropriate clothing and footwear must be worn.</p> <p>No hanging jewelry.</p> <p>No audio devices (e.g. MP3 players)</p>	<p>Determine that all facilities are safe for use.</p> <p>Prior to initial use of cross-country route or orienteering course, teachers must do a safety check “walk through” in order to identify potential hazards.</p> <p>If the cross country route/orienteering course is on grass and/or in a wooded area, teachers/instructors must do a safety check “walk through” after a substantial rainfall and/or windstorm, in order to identify potential hazards.</p> <p>Teachers must familiarize students with the route or course before initial attempt (e.g. notice of areas to approach with caution).</p> <p>If route is using sidewalks around school determine that students are not crossing intersections unless directly supervised.</p>	<p>Parents must be notified when students will be running off the school property and where applicable, the means of transportation to get to the site.</p> <p>Parents and students must be informed of importance of sun protection and insect repellent. (see Appendix A).</p> <p>Length and difficulty of route must be appropriate to the age and ability level of the participants (e.g. primary students must not be out of sight for long periods of time).</p> <p>Students must receive instruction on safety procedures related to severe weather conditions (e.g. lightning, funnel clouds, severe winds, tornadoes)</p> <p>A proper warm-up and cool-down must be included.</p> <p>Be aware of athletes whose medical condition (e.g. asthma, anaphylaxis, casts, orthopaedic device) may affect participation. (See Generic Section. with history of asthma and other respiratory problems.</p> <p>Students must be instructed in basic road safety.</p> <p>Attention must be given to:</p> <ul style="list-style-type: none"> ● Temperature ● Previous training ● Length of time students 	<p>In-the-area supervision.</p> <p><u>Off-site orienteering ratios:</u></p> <p>Primary 1:10</p> <p>Jr./Int. 1:20</p>

			<p>will be vigorously active.</p> <p>Students must be made aware of ways to protect themselves from:</p> <ul style="list-style-type: none">• UV rays (e.g. use of sunglasses, sunscreen)• Insects (e.g. repellent) <p>Students are to run in pairs or groups (use the buddy system.)</p> <p>Adequate liquid replacement must be accessible.</p> <p>No audio devices (e.g. MP3 players)</p>	
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GENERAL MEET INFORMATION

1. **LOCATION:**

The faculty of Regina Mundi College has graciously offered their outdoor facilities for our Cross Country Meet. However, there are a few instructions that must be understood and accepted.

- a. Buses will be directed to unload and load students behind RMC. Please ask your bus driver to follow the direction of the Commissionaire.
- b. The Opening Ceremony is scheduled to begin at 10:00 a.m. We are starting a little later this year so that schools can (hopefully) book school buses for non-prime usage. We are estimating a 1:00 p.m. finishing time.
- c. Seating areas are not assigned. Schools will be able to find their own space on the football field at RMC. Please keep in mind that all announcements will be made over the loud speakers located near the field shed. You may be unable to hear announcements if your group is too far away.
- d. Please keep the track clear for any students in wheelchairs participating in the Fitness Walk.
- e. Please ask students to bring a blanket, garbage bag or any other moisture barrier to sit on in the infield. The grass is usually wet in the morning.
- f. Regina Mundi building is **OUT OF BOUNDS**. Portable washroom facilities are located on the Track near the announcer's table. Hand-wash stations with foam hand sanitizer are mounted on the fence beside the porta potties.
- i. Schools will be given a garbage bag to ensure ALL garbage is collected. Encourage students to take their recyclables with them to recycle at home.

2. **SCHOOL PARTICIPATION SCHEDULE**

- a schedule will be made available after the pre-registration deadline.

3. **MEET SCHEDULE**

- a. Please ask students to listen carefully to all announcements so they won't miss their race. There will be approximately 15 minutes between races. Make students aware of the following race order:
 - Junior Girls 11 years old
 - Junior Boys 11 years old
 - Junior Girls 10 years old
 - Junior Boys 10 years old
 - Junior Girls 9 years old and under
 - Junior Boys 9 years old and under
 - Intermediate Girls 13 years old and over
 - Intermediate Boys 13 years old and over
 - Intermediate Girls 12 years old
 - Intermediate Boys 12 years old
- b. The Fitness Walk will take place at approximately 11:00 A.M.

4. THE CROSS COUNTRY COURSE

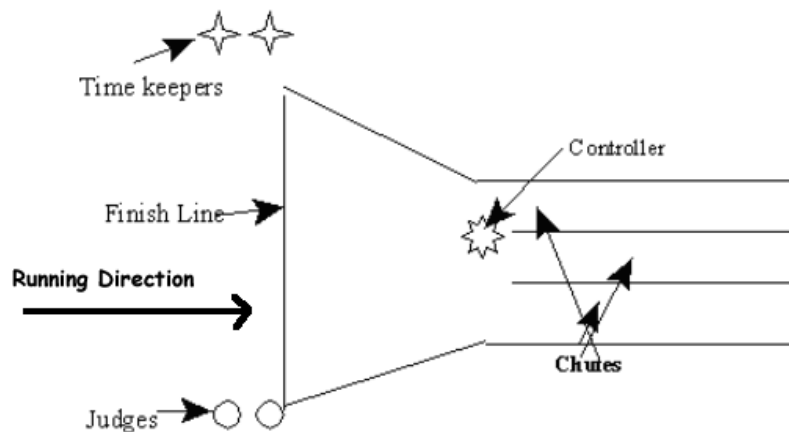
The distance for each division will be:

JUNIOR: (Boys & Girls 9 and under, 10 & 11 years)	1.8 km
INTERMEDIATE: (Boys & Girls ages 12 & 13+ years)	2.2 km
FITNESS WALK: (all ages)	1.0 km

The course will have great variety: rough terrain, open field, uphill, downhill, and various obstacles will be included. The trail is marked using pylons. Monitors will be distributed along the trail in order to maintain safety and to check the runners as they pass.

The race will start by an official using a starter's gun. Lines of children will begin at the starting line.

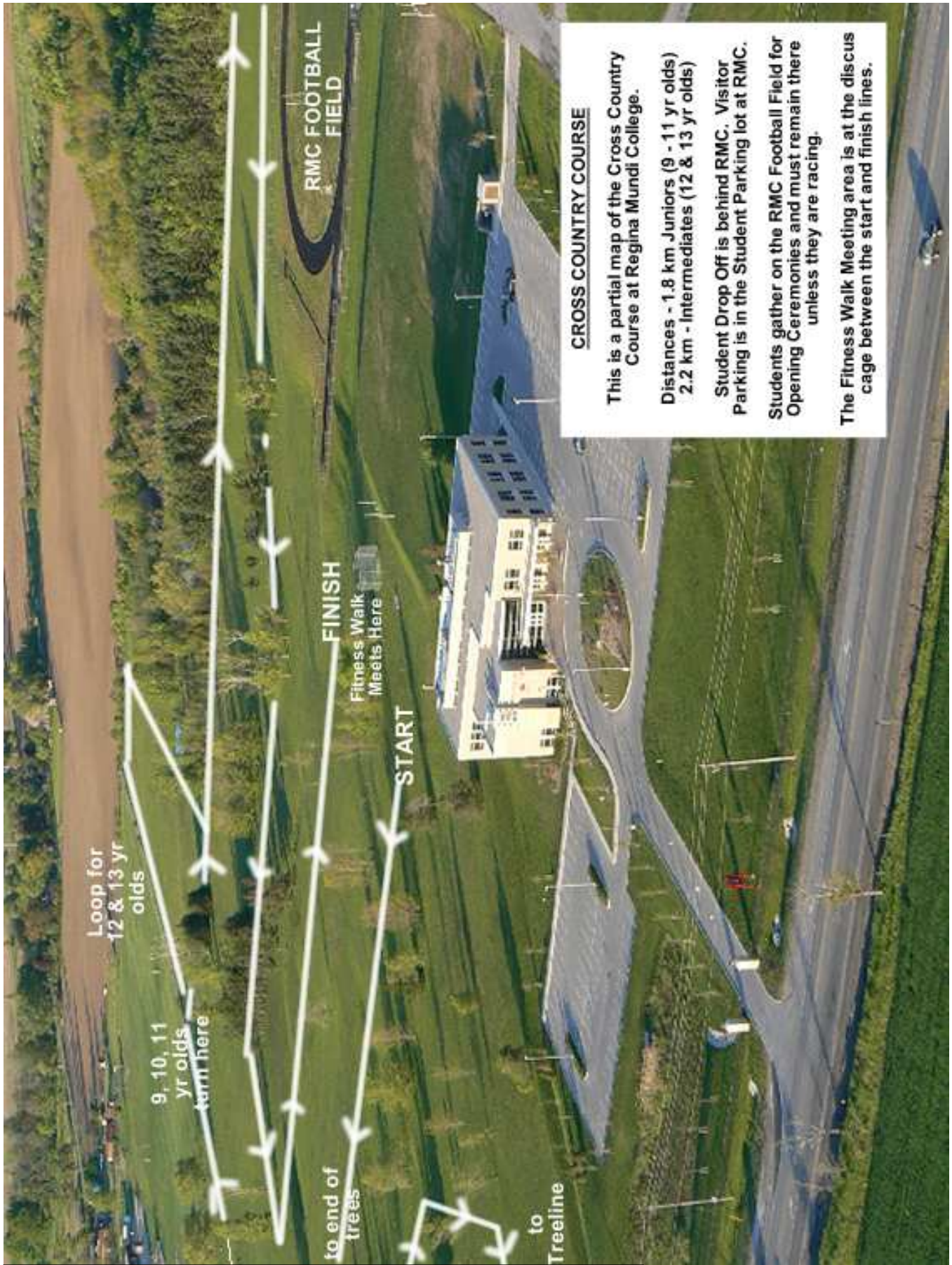
The finish line will incorporate a "funnel" and "chute" as in previous years. However, participants must be aware of the basic principle in this procedure. See the following diagram:



Children should be instructed to **run** over the Finish Line BUT should **walk** into the chute and wait there until they have received a 'placement number' to indicate their place of finish. A controller will be centered above the chutes to direct the children; three chutes may be necessary if large numbers participate.

Students then take their placement numbers to their teacher/coach at the scoring table in the football infield who records the results on a score sheet.

IF CHILDREN UNDERSTAND THIS PROCEDURE BEFOREHAND, CONFUSION SHOULD BE MINIMAL AT THE FINISH LINE.



CROSS COUNTRY COURSE

This is a partial map of the Cross Country Course at Regina Mundi College.

Distances - 1.8 km Juniors (9 - 11 yr olds)
2.2 km - Intermediates (12 & 13 yr olds)

Student Drop Off is behind RMC. Visitor Parking is in the Student Parking lot at RMC.

Students gather on the RMC Football Field for Opening Ceremonies and must remain there unless they are racing.

The Fitness Walk Meeting area is at the discuss cage between the start and finish lines.

Photo Credit: Denise Simoes, 2008

5. THE FITNESS WALK

Students unable to participate in the traditional Cross Country Run can participate in the Fitness Walk. This 1 km course covers gently rolling terrain. Students meet at the discuss cage near the Cross Country Course Finish Line. Students unable to navigate the terrain of the fitness walk course are invited to use the track (2.5 laps = 1km). Teachers **MUST** ensure that students are adequately trained by participating in a pre-meet training program adapted to the individual's ability level. Students unable to run the majority of the Cross Country Course may be more suited for the Fitness Walk.

6. AWARDS

In order to make every child feel like a worthy participant, a system has been devised whereby every child's place of finish will be recognized. We have recorded previous race-times and will use this information as a basis for scoring each year.

Three time-standards have been established for each division, based upon performance of previous years. A child who attains the top standard for his/her division will receive a **GOLD** award. Achievement of the middle standard will receive a **SILVER** award. Achievement at the low standard qualifies the runner for a **BRONZE** award.

TIME AND DISTANCE STANDARDS BASED UPON PERFORMANCES OF PREVIOUS YEARS ARE AS FOLLOWS:

STANDARD	JUNIOR BOYS Ages 9, 10 & 11 1.8 KM	JUNIOR GIRLS Ages 9, 10 & 11 1.8 KM	INT. BOYS Ages 12 & 13+ 2.2 KM	INT. GIRLS Ages 12 & 13+ 2.2 KM
GOLD	10:30 minutes or less	12:30 minutes or less	12:00 minutes or less	15:00 minutes or less
SILVER	10:31- 13:00 minutes	12:31- 15:00 minutes	12:01- 15:00 minutes	15:01- 18:00 minutes
BRONZE	13:01 minutes or longer	15:31 minutes or longer	15:01 minutes or longer	18:01 minutes or longer

As the runner crosses the finish line, he/she will receive a placement number and a ribbon, which is to be submitted to the school's scoring table to be recorded.

Obviously, the awards should not be the reason for participating in this event, but should rather simply serve as recognition of achievement. The aim is to award achievement at the level of the child's ability rather than to recognize winners only. Therefore the following system will be used:

- a. **PARTICIPATION CERTIFICATES** – To every 'worthy' participant.
- b. **INDIVIDUAL AWARDS** — All runners crossing the finish line will receive an individual award seal that will reflect a **GOLD**, **SILVER** or **BRONZE** standing. The award seal is to be affixed to the participation certificate.
- c. **PLACEMENT RIBBONS** - Runners finishing in the top 4 will receive a placement ribbon. The remaining runners in the Top 10 will receive a Top 10 finishing ribbon.
- d. **100% PARTICIPATION PLAQUES** – To every 'worthy' participating school.

7. SUPERVISION

- a) All students must be adequately supervised at all times by a teacher or parent volunteer. Please do not allow students to leave the RMC football field area needlessly.
- b) Silence must be observed during all public announcements in order for all to hear the race announcements.
- c) RMC is "OUT OF BOUNDS" to all meet participants.
- d) Students from Regina Mundi College will be available to provide on-course direction and assistance to the runners
- e) Students are NOT to bring balls, Frisbees, footballs, etc. to the Cross Country Meet. They are encouraged to bring games, cards etc. that DO NOT involve running about.

8. IN YOUR LETTERS TO PARENTS....

Please remind them of the following:

- Please ask them to use the driveway and the parking lot at RMC, not at the Catholic Education Centre. The parking spaces at the CEC are reserved for staff and guests attending workshops.
- Parents are encouraged to attend and may only view from the designated areas.
- Remind them about the importance of sun protection
- Recommend labelling clothing and personal property so it can be returned if found at the end of the meet.

9. LUNCHESES

- a) Students are responsible for bringing their own lunches. There is no official lunch break; therefore, students are encouraged to eat their lunches whenever they have a chance.
- b) Due to the overabundance of bees and the possibility of bee stings, schools are asked to share the following information with staff, students and parents:
 - No canned pop or juice boxes. Bottled water is acceptable and encouraged.
 - No perfume or after-shave should be worn
 - Each school arriving will be given garbage bags to collect all garbage throughout the day. We will not be using garbage drums as they attract bees.
- c) As part of our effort to grow strong, healthy students, there will be no canteen service. Bottled water will be available for purchase for \$1.00.

10. PROPER DRESS

Students are asked to dress in suitable attire for running. Layering clothing is an ideal way to adjust to the changing temperatures throughout the day. Students are to be reminded to leave their valuables at home. The Department of Physical Education and Regina Mundi College will not be responsible for any losses.

11. FIRST-AID

The Medic 4 Mobile Unit will be available for emergency treatment. If you have other medical concerns, i.e. asthma, etc. please report to the announcer's table before the child participates. Please make sure all children who need inhalers have them with them at all times.

12. CONTINGENCY PLANS

Please note that a delay in bussing due to fog, won't necessarily cancel the day's events. If the majority of the schools are unaffected, the meet will continue as planned. Schools affected by a fog delay may arrive late (and their runners will be slotted into races with other age groups) or they may attend another day.

In the case that inclement weather forces a cancellation or a schedule adjustment, all information will be aired on **RADIO-98 and Q97.5** on the morning of the Cross Country Meet. If possible, an email will be sent to the Principals and Secretaries through the First Class email system.

13. REGISTRATION:

a. APPLICATION TO PARTICIPATE

This form will indicate how many schools are entering the race, and will give an "approximate" number of entries.

b. FINAL REGISTRATION OF PARTICIPANTS

This form will give us an accurate number of participants in order to help us prepare the materials needed.

14. ADDITIONAL INFORMATION

Further specifics will be sent to all applicants.

No supply teachers are provided by the Department of Physical Education; this is the responsibility of the school.

Inquiries may be made by phoning the DEPARTMENT OF PHYSICAL EDUCATION.



CROSS COUNTRY MEET

APPLICATION TO PARTICIPATE

Please fill out this Application to Participate with your top 3 choices of days and an approximate number of participants. Accommodations will be made on a first come first serve basis. **Please respond by September 16, 2011.** Teams not responding by September 18 will be assigned a day.

_____ Monday, October 3, 2011

_____ Tuesday, October 4, 2011

_____ Wednesday, October 5, 2011

_____ Thursday, October 6, 2011

Tuesday, October 11, 2011 is reserved for a Cancellation Day

SCHOOL: _____

APPROXIMATE NUMBER OF PARTICIPANTS (including FIT WALK): _____

PRINCIPAL'S SIGNATURE: _____

FAX COMPLETED FORM TO THE PHYS-ED DEPT. AT 519-663-9250.

LONDON DISTRICT CATHOLIC SCHOOL BOARD



CROSS COUNTRY MEET

FINAL REGISTRATION OF PARTICIPANTS

Name of School: _____ Principal: _____

Please indicate the number you expect in each age category.
(Age as of September 1 of the current school year)

GIRLS

9 years & under

10 years & under

11 years and under

12 years and under

13 years and over

BOYS

9 years & under

10 years & under

11 years and under

12 years and under

13 years and over

Fitness Walk

Do these numbers represent 100% participation by your school? YES

NO

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