



CROSS COUNTRY RUNNING

1. DATE
 - 1.1 The date shall be set at least one week prior to the W.O.S.S.A.A. championship.
2. LOCATION
 - 2.1 The location shall be determined by the convenor.
3. EVENTS
 - 3.1 The following events shall be held:

Midget Girls 3000m +/- 400m	Midget Boys 5000m +/- 400m
Junior Girls 4000m +/- 400m	Junior Boys 6000m +/- 400m
Senior Girls 5000m +/- 400m	Senior Boys 7000m +/- 400m
 - 3.2 Race lengths are subject to change to correspond to WOSSAA and OFSAA competitive distances
4. ENTRY AND ENTRY FEES
 - 4.1 Unlimited entries will be allowed to each school in each division with the first 4 runners in each division to count towards the team total.
 - 4.2 Entry fees will be established by the convenor to cover known costs of the meet. Profit from the meet must be forwarded to the Executive Director.
5. W.O.S.S.A.A. ENTRY
 - 5.1 Advancement to WOSSAA from the Conference Championship meets will be:
The top 3 teams in each age class in Huron-Perth plus any athlete that finishes in the top 20. There will be no overall team qualifications.
1. SCORING
 - 6.1 Team scoring shall be based on the order of finish of each individual in the race.
 - 6.2 The team totals shall be the cumulative of the first four members in the race.
 - 6.3 In the event of a tie when determining the order of teams for each race, it shall be resolved in favour of the team whose fourth runner finishes nearer to first place.
 - 6.4 Overall boys and girls teams scoring shall be based on the order of finish of the teams. If a tie occurs, the team with the fewest total points shall be declared the winner.

2. AWARDS

- 2.1 Conference Pennants For Overall Boys and Overall Girls divisions. As well as Conference Pennants for each divisional (midget, junior, senior) winner in both boys and girls.
- 2.2 Medals for 1st place and 2nd place individuals. Ribbons for 3rd - 10th place individuals in each race.
- 2.3 Medals to a maximum of five, to the 1st and 2nd place teams in each race. Ribbons to a maximum of five, to the 3rd place teams in each race.
- 2.4 The Doug Ludwig Award shall be awarded to the team with the lowest point total in four divisions.

8. CONVENORSHIP

- 8.1 The Convenorship will rotate on a yearly basis from:

2013-14	St. Marys DCVI
2014-15	FE Madill SS
2015-16	Stratford Central SS
2016-17	Goderich DCI
2017-18	Listowel DSS
2018-19	Central Huron SS
2019-20	St. Michael CSS
2020-21	South Huron DHS
2021-22	Mitchell DHS
2022-23	Stratford Northwestern SS
2023-24	St. Anne's CSS