

ECSD Junior High Athletics

2025 Cross Country

ORIENTEERING RACE – Thursday September 18th @ Rundle Park
TRIAL RACE – Thursday September 25th @ Rundle Park
CITY CHAMPIONSHIPS – Thursday October 2nd @ Rundle Park
CITY CHAMPIONSHIPS RAINOUT - Friday., October 3rd @ Rundle Park

Jr. Girls, 2000m - 12:30
Jr. Boys, 2000m - 12:45
Int. Girls, 3000m - 1:00

Int. Boys 3000m – 1:20
Sr. Girls 3000m – 1:35
Sr. Boys 3000m – 1:50

- Please note that all race days start at 12:30 p.m. This allows schools to arrange for bus pick up to return no later than 2:30 - 3:00 p.m.
- **Name tags for all runners will be provided by each school and should be prepared BEFORE each race. Please use the thin 1" tags only You are required to write the full name of the runner, school affiliation and age category (Junior/Intermediate/Senior). Please use a thin sharpie and write First/Last name in capital letters. There is no pre-registration required and schools are welcome to bring as many runners as they wish.**
- Age Groupings:
 - Jr. - Born in 2013 or later
 - Int. - Born in 2012
 - Sr. - Born in 2011 or earlier
- If weather conditions dictate, and to ensure safe race conditions for competitors, an alternate course may be used. This decision will be made at race time and the new course, if necessary, will be well marked and monitored by race marshals.
- Overall aggregate points and Division winners:
 - The system we use is standard practice for the sport of XC. **For example: Division aggregate: only a team of four runners can qualify.** For example, if school A finishes 1, 3, 4 & 25 = 33 points and school B places 2, 5, 7, & 15 = 29 points, then team B would place higher in the category. All other runners are not included after the top four for each team.
 - **In the overall school or gender championships aggregate, school B, if they finished first** would get 10 points and if team A finished second then they would get 8 points, followed by 7, 6, 5, 4, 3, 2 and 1. In our case we have six categories: jr. int. & sr. boys and jr. int. & sr. girls. The highest point total wins the overall aggregate.
- Weather conditions can change quickly. Please make sure your runners are prepared for anything. Also, there is limited shelter on-site. **Washrooms are available.**
- There are no restrictions regarding runner's footwear except shoes must be worn. **Personal music devices are not allowed and may result in disqualification.**
- **Team awards and aggregate trophies, plus individual 1st, 2nd, 3rd place medals and 4th to 6th place ribbons will be awarded on October 2nd. Team points will be tallied after the meet has ended and awards will be given out if time allows. If not, trophies will be delivered to respective schools. Individual awards will be given at the end of each race.**
- Coaches, please record your individual racers time and place at race site. Results will be posted on the ECSD Junior High Athletics Website at www.ecsdjuniorhighathletics.goalline.ca