

2025-26 SOSAA Cross Country Championship

Thursday, October 23, 2025 - Christie Lake Conservation Area (Dundas, Ont.)

Convenor- Michael Smith, Dundas Valley S.S. msmith@hwdsb.on.ca

SOSAA CROSS COUNTRY PLAYING REGULATIONS & COACHES INFORMATION

SOSAA playing regulations can be located at [cross_country.pdf \(sosaa.on.ca\)](https://www.sosaa.on.ca/cross_country.pdf)

To be eligible for competition, all student-athletes must appear on a team eligibility list via the OFSAA Hub (<https://ofsaa.athletesystems.ca/>). A completed eligibility list must be signed by the Principal and the Phys-Ed Head and available in the OFSAA Hub by the date specified in the current year playing regulations.

Qualification for OFSAA is as follows:

Each association shall be permitted to enter two teams and five individuals (who are not a member of one of the representative teams/schools) in each of the three classifications (Novice, Junior, Senior)

A team shall be comprised of no more than six (6) runners in boys' events and six (6) runners in girls' events. Of the potential six (6) runners registered, only five (5) runners may compete on race day. All registered athletes must pay the entry fee even if they do not compete.

A competitor must compete in the same age classification as he/she did at the Association meet. Para athletes must compete at their association meet either in a Para event (if the association has a Para Race) or in one of the other age classification events.

Any suspensions or disciplinary actions in Association play shall be carried forward into OFSAA competitions. The Association convenor shall be responsible for reporting such players and the nature of the disciplinary action on the OFSAA entry form.

1. TEAM ADMINISTRATION

1.1. MEET RESULTS

Complete meet results will be available at www.hwdsb.on.ca/athletics following the competition. They will also be posted at www.sportmadesimple.com.

1.2. FACILITY INFORMATION

The HWIAC cross-country championship will be run at Christie Lake Conservation Area. Please ensure your runners respect the fact that this area is a conservation area and that they should show respect for the environment. <https://conservationhamilton.ca/conservation-areas-2/christie-lake/>

1.3. WASHROOMS

Washrooms will be available on site.

1.4. PARKING & DIRECTIONS

Christie Lake Conservation is located at: 1000 Hwy 5 West in Dundas Ontario. Parking is available on site. Google Maps Link: <https://goo.gl/1hdPMN> or visit: <https://conservationhamilton.ca/conservation-areas-2/christie-lake/> for more information.

2. EVENT INFORMATION

2.1. DATE & LOCATION

Thursday, October 23, 2025 @ Christie Lake Conservation Area, Dundas, Ontario

2.2. ORDER OF EVENTS

Time	Event	Distance
9:45 am	Coaches meeting	
10: 15 am	Novice Girls/Para athletes	Approximately 4KM
10:45 am	Novice Boys /Para athletes	Approximately 4KM
11:15 am	Junior Girls	Approximately 5KM
11:45am	Junior Boys	Approximately 5KM
12:15 pm	Senior Girls	Approximately 6KM
12: 45 pm	Senior Boys	Approximately 6KM

5.1. SCORING

The top 4 runners from each school count for team scoring. The runners' placement is used, and the top 4 scores are added together. The lowest total wins with the 4th runner being used as the tie breaker.

5.2. AWARDS

The top individual will receive a medallion, as will the top team. Individuals and teams placing in the top five will receive ribbons

5.3. UNIFORMS

All team members must have matching school singlets.

5.4. COURSE MAPS

Maps are included at the end of this information package.

5.5. TAGS

Labels for runners will be provided to coaches on race day and are to be worn on the left shoulder. These labels are critical for the tabulation of results. Please ask athletes to use care when attaching the label.

5.6. FIRST AID

An athletic therapist will be located near the finish line.

5.7. OFFICIALS

Each school will be responsible for assisting with marshalling. A list of marshal duties will be provided.

5.8. QUALIFYING TO OFSAA

The first form you will need to ensure is completed and brought to the SOSSA meet is your Athlete Roster sheet. This form confirms that runners representing the school are OFSAA eligible. ALL runners can be placed on one form. You do NOT need to put them on 6 different forms for the age group they are in. That will be sorted by the HUB when you register them.

All coaches are required to submit a signed Supervision form to the Association Convenor. **ONLY** those teacher-coaches whose name appears on the form will be given the event package, which includes bib numbers, maps etc. If Supervision names change between Association meets and OFSAA, that school is to bring a hard copy with the revised information properly signed by the school.

Registration for your athletes who qualify for OFSAA will once again be done using the OFSAA HUB. This will require schools who qualify to register for the event and upload the forms needed. (AD and/or coach)

SEE Below

For Coaches:

	Print and have signed Eligibility Roster Sheet for local meets
	Print and bring signed copies of the Supervision Sheet to the Association meets to hand in to the Association Convenor
	Print, get signed, and upload to the HUB the following forms (no later than midnight, October 31st, 2023)
	• Student – Waiver of understanding (One form per student. All forms should be scanned into one file)
•	• Coach – Confirmation and Release (One form per coach. All forms should be scanned into one file)
•	• OFSAA Para XC Registration Form (Only if you have Para runners)

The SOSSA convener shall be responsible to ensure that the OFSAA entries are registered and that fees are paid and submitted.

6. COURSE MAPS:



HWIAC Novice.pdf



HWIAC Junior.pdf



Senior Map).pdf