

## **SDSSAA Cross Country Running 2009 Meet # 1 and preseason meeting**

**Thursday Sept 10 Lockerby Composite School**

**Meet: All girls 3km and all boys 5km at 3:45pm**

**Pre season meeting: room 115 at 5:15pm (season schedule, responsibilities, rules)**

Athlete registration: coaches must email their entries to [abolsk@rainbowschools.ca](mailto:abolsk@rainbowschools.ca) by 4:00 Tuesday September 7<sup>th</sup>. Athletes not registered via email or fax on Tuesday September 7th cannot participate. There is no penalty if an athlete is registered but does not participate. Use the accompanying form to register athletes please. Inquiries can also be sent to the above contact.

Courses: Both events start and finish in the south end zone of the Lockerby Composite school field. All runners will exit the field through a gate onto the sidewalk and turn right [S]. Runners follow Ramsey View to Walford rd and then turn right [W] and proceed to Regent st and turn right [N]. Girls turn right [E] off of Regent back onto Ramsey view and follow it back to Lockerby Composite School. Girls will repeat the same loop a second time before proceeding through the field gate to the start/finish area. The girls route map is available at the following link :

[http://maps.google.ca/maps?f=d&source=s\\_d&saddr=Ramsey+View+Ct&daddr=Walford+Rd+to:Regent+St+to:Ramsey+View+Ct&geocode=FYIBxQIdF\\_sr-w%3BFbr8xAIdDugr-w%3BFWENxQIdK\\_Er-w%3BFfMBxQId7fsr-w&hl=en&mra=cc&dirflg=w&sll=46.466803,-81.00327&sspn=0.006961,0.019248&ie=UTF8&z=16](http://maps.google.ca/maps?f=d&source=s_d&saddr=Ramsey+View+Ct&daddr=Walford+Rd+to:Regent+St+to:Ramsey+View+Ct&geocode=FYIBxQIdF_sr-w%3BFbr8xAIdDugr-w%3BFWENxQIdK_Er-w%3BFfMBxQId7fsr-w&hl=en&mra=cc&dirflg=w&sll=46.466803,-81.00327&sspn=0.006961,0.019248&ie=UTF8&z=16)

Essentially the girls route involves turning right at every intersection.

When the girls turn off Regent st onto Ramsey view the boys continue straight along Regent st all the way to York St where they turn Right [E] and follow York all the way to Paris St. Male runners turn right [S] onto Paris and follow it all the way to Centennial, where they turn right [W] and follow Centennial which leads onto Ramsey view and back to Lockerby Composite School. View map at the following link.

[http://maps.google.ca/maps?f=d&source=s\\_d&saddr=Ramsey+View+Ct&daddr=Walford+Rd+to:Regent+St+to:Paris+St+to:Paris+St+to:Ramsey+View+Ct&geocode=FTQBxQIdw\\_or-w%3BFZz8xAIdYOgr-w%3BFW4oxQIdGe4r-w%3BFYwrXQIdHCEs-w%3BFQIJxQIdFg4s-w%3BFtACxQIde\\_wr-w&hl=en&mra=cc&dirflg=w&sll=46.470202,-81.003399&sspn=0.013921,0.038495&ie=UTF8&z=15](http://maps.google.ca/maps?f=d&source=s_d&saddr=Ramsey+View+Ct&daddr=Walford+Rd+to:Regent+St+to:Paris+St+to:Paris+St+to:Ramsey+View+Ct&geocode=FTQBxQIdw_or-w%3BFZz8xAIdYOgr-w%3BFW4oxQIdGe4r-w%3BFYwrXQIdHCEs-w%3BFQIJxQIdFg4s-w%3BFtACxQIde_wr-w&hl=en&mra=cc&dirflg=w&sll=46.470202,-81.003399&sspn=0.013921,0.038495&ie=UTF8&z=15)

Essentially the boys route turns right at every intersection with traffic lights.

The girls race is two laps of 1.5km, while the boys race is one loop of 5km. Because of the construction along Paris St. the boys race may be changed to three laps of the girls race.

Competitor #: Coach packages will be available at Lockerby composite school in the main entrance at 3:15 pm. The packages will contain competitor #'s and a list of registered athletes. Coaches must provide each athlete with the correct designated number, which they must wear on the front of their running uniform.

