

Hanover School Division Cross-Country Run – 2018

Race #1

Date: Friday, Sept. 21

Location: Abe's Hill (LA Barkman Park) and the soccer park, Steinbach. Our suggestion is to park at the soccer park and walk to the start area by Abe's hill. At the end of the day the buses are close to the finish lines for easy pick up.

Age Groups: Grade 5-8

Supervision: Each school is asked to bring 3 teachers or parents who can stand at various locations on the course to assist with supervision.

Entries: Schools will be charged a fee for each student that covers the cost of supplying a beverage at the second run. These entry fees will be added to other costs and schools will then be billed after the event. Coaches do not need to bring money to the event itself.

Qualifying: All participants are expected to be part of a school team or running club. Schools are expected to ensure that their students have trained for this event.

*note- this is no longer a "mass participation" event as each school is expected to provide their student body with a different opportunity (ie. Terry Fox Run).

Awards: Medals will be awarded to the top four finishers in each age and gender group. Team banners will be awarded to the top teams in all of the categories! Team points are calculated by adding the place results of a school's first four finishers. The school with the lowest point total is the winner (1st place = 1 point, 2nd place = 2 points, and so on).

**medals and banners are awarded after the second race and are based on accumulated results from both races.

***if runners are tied after two races, the order of finish in the second race will determine places

Race Format:

- 1) 1:00pm- All schools should have arrived and a coaches/ supervisors meeting will be held.
- 2) Students should have a sticker with their given name, surname and school LEGIBLY written on it. Preferably, this would be done in advance.
- 3) Coaches should review the course map with their students.
- 4) 1:15- The grade 5 girls' race will begin.
- 5) 1:25- The grade 5 boys' race will begin.
- 6) 1:35- The grade 6 girls' race will begin.
- 7) 1:45- The grade 6 boys' race will begin.
- 8) 1:55- The grade 7 girls' race will begin.
- 9) 2:05- The grade 7 boys' race will begin.
- 10) 2:15- The grade 8 girls' race will begin.
- 11) 2:25- The grade 8 boys' race will begin.
- 12) 2:40- clean up grounds and load buses

**We may run slightly ahead of schedule, make sure students know that

Finish Line Particulars 1) Runners will be handed a place card at the finish line.

2) Runners should hand their place card and their identification sticker to the scorer's table immediately after finishing the race. Results will be recorded.

**please make sure that each runner has a sticker with first name, surname and school NEATLY printed on it

General Information: - results will be sent out to the schools a week or two after the event

- washroom facilities are available
- please place all trash in the available trash cans and help clean the grounds before you leave
- please leave all stakes and markers in place to prevent confusion for the next runners
- if you have any questions please call Al Thiessen at 326-6481 (SMS) or Deryk Tufford at 320-9488 (MMS)

Race #2

Date Friday, Sept. 28

Location AD Penner Park, Steinbach

Race Time Table

- 1) 12:45 Schools arrive and warm up. Coaches meeting.
- 2) 1:00 Grade 5 girls' race.
- 3) 1:10 Grade 5 boys' race.
- 4) 1:20 Grade 6 girls' race.
- 5) 1:30 Grade 6 boys' race.
- 6) 1:40 Grade 7 girls' race.
- 7) 1:50 Grade 7 boys' race.
- 8) 2:00 Grade 8 girls' race.
- 9) 2:10 Grade 8 boys' race.
- 10) 2:25 clean up grounds
- 11) 2:30 Awards Ceremony
- 12) 2:45 Return to schools

Awards Medals and banners will be awarded based on cumulative points from both races.

All other procedures will be identical to the first race.

Race #3

There is a provincial x-country challenge taking place at Harbour View Park in Winnipeg on Wednesday, Sept. 26. Unfortunately, this places it in between our two races. The race does not award individual winners as it is a team competition. Our runners have really enjoyed this race over the years. It's shorter but tougher than our own races. You can find more information on the Athletics Manitoba website.

