

SSSAA X-COUNTRY INFORMATION SHEET

Registering Runners

Coaches are to register their student-athletes using the AELS system provided by OFSAA. The link to the system can be found on the SSSAA homepage. Please see your Co-Curricular Coordinator/Athletic Director for your username and password. Please enter the bib number of each student-athlete under "uniform number" and enter the division (ie. MG, MB, JG, JB, SG, SB) under "position".

The number ranges for each school are given out at the coaches meeting. These bib numbers will correspond with the student-athletes name once it is submitted, therefore, each student-athlete must maintain the same bib number for all SSSAA and NWOSSAA sanctioned races.

Course Map & Distances

The same courses are run for the SSSAA season along with the NWOSSAA Championship. Loop A is 1.5k, loop B is 2.5k and loop C is 3.5k.

Race Times

Races times will remain the same for all SSSAA races. **The NWOSSAA Championship will follow the same order but will begin at 1pm.** The following times will be standard:

Midget Girls' - 3:00PM; Midget Boys' - 3:20PM; Junior Girls' - 3:40PM; Junior Boys' - 4:00PM; Senior Girls' - 4:20PM; Senior Boys' - 4:40PM

Kamview Amenities

Kamview Nordic Centre is gracious enough to host our races each year. We ask that student-athletes and spectators observe all chalet rules, especially with regards to removal of footwear during inclement weather. There will be limited food and drink for sale throughout the race days at the canteen.

Return Buses

Return buses are available at the conclusion of all races for those student-athletes requiring transportation. One bus is designated for the south ward and one for the north ward. These buses will depart 15 minutes after the conclusion of the senior boys' race.

Regional Participants

Teams from outside of Thunder Bay are welcome to compete in our local races, however, because the four race series is all part of the SSSAA Championship, we do not assign bib numbers or finishing places to those competing from the region. It is also the responsibility of the teams coming in to Thunder Bay to confirm that the races are taking place as scheduled and that no cancellations have been ordered due to weather.