

SUPERIOR SECONDARY SCHOOLS ATHLETIC ASSOCIATION
CROSS COUNTRY
PLAYING REGULATIONS
(updated September 2025)

1. Season Format

The schedule will consist of four (4) regular season meets which will make up the SSSAA season. The normal starting time for all SSSAA meets is 3pm.

2. Location

The location of the cross country meets will be in a suitable area (parkland, golf course, conservation area) subject to approval of the meet director and the coaches. The course should include a wide variety of terrain ensuring sufficient challenge to the student-athletes within reasonable limits of safety. The meet should avoid the use of roads to qualify as true cross country running.

3. Meet Structure

The approximate distances to be covered by each runner in each classification are as follows (+/- 400m):

Novice Girls - 4000m
Novice Boys - 4000m
Junior Girls - 5000m
Junior Boys - 5000m
Senior Girls - 6000m
Senior Boys - 6000m

4. Roster & Eligibility

Each school is permitted to enter an unlimited number of runners in each age category.

Student-athletes must compete in one trial meet in order to qualify for the NWOSSAA Championship.

Eligibility must be completed online using the OFSAA HUB by the Monday prior to the first meet. Additional student-athletes may be added throughout the season by using the OFSAA HUB and a copy of the new registration info (including, name, bib number and division) must be presented to the scoring crew prior to the meet.

Teams should be entered as one team and not by category. The gender and birth date of each student will classify students in their proper category.

5. Uniforms & Numbers

The uniform consists of a minimum of a shirt/singlet and shorts which are appropriate to the event. Competitors must be wearing colours representative of their school. Runners must wear their assigned number when racing. The number must be displayed on the front of the jersey, pinned in all four corners, and should be visible throughout the entire race.

6. Scoring

a. Within each Category

The scoring for the team title in each of the six divisions will be determined by adding up the points of all the finishers in each of the four (4) SSSAA races to determine the score for each school. The team with the highest point total shall be declared the winner of that division. Ties in the category will stand.

b. Overall Team

The overall score determined by adding all the category totals in each of the four (4) SSSAA races will determine the team title.

The following points system will be used to determine points in both the category and overall team titles.

1st place = 40 points	14th place = 12 points
2nd place = 36 points	15th place = 11 points
3rd place = 32 points	16th place = 10 points
4th place = 29 points	17th place = 9 points
5th place = 26 points	18th place = 8 points
6th place = 24 points	19th place = 7 points
7th place = 22 points	20th place = 6 points
8th place = 20 points	21st place = 5 points
9th place = 18 points	22nd place = 4 points
10th place = 16 points	23rd place = 3 points
11th place = 15 points	24th place = 2 points
12th place = 14 points	25th place = 1 point
13th place = 13 points	

c. Individual Titles

The best 3 of 4 race results will count toward individual category titles. Ties for individual titles will be broken by using the cumulative time for all races that are counted (i.e. 3 races).

7. Awards

The SSSAA Championship plaques will be awarded to the winning teams for the following: Overall Team, Novice Girls, Novice Boys, Junior Girls, Junior Boys, Senior Girls, Senior Boys.

Awards will be given out at a designated area, ten (10) minutes after each race is completed.

8. Volunteers

In order to facilitate the administration of the cross country meets each school will be given officials duties to be carried out by the school or a volunteer designate found by the coach. The following duties will be assigned at the coaches meeting to be carried out throughout the cross-country season: starter, course set-up, safety, finish line officials, race scoring, and course marshals.

9. Race Procedures

- a. There will be a ten (10) and a three (3) minute call prior to the start. All athletes must be checked in with the start line marshal prior to the last call.
- b. Athletes will line up according to schools.
- c. The chief starter will give instructions three (3) minutes prior to each race.
- d. Athletes must follow ground markings for each of their designated race courses. Barricade ribbons will define running areas in some places.
- e. Coaches should take their athletes through a practice or warm-up around the venue prior to the first time trial.
- f. Numbers must clearly be seen at the finish line so marshals can record the athletes position/time correctly.
- g. Athletes will clear the finish area immediately after race completion.
- h. Only coaches are allowed to approach the finish line marshals or the designated computer specialists recording positions and times.