

Coquitlam District Cross Country Season

(Fall 2019)

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School Coaches

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All coaches are responsible for bringing a roster of their athletes and a guardian's contact information in case you are not there and to have identifiable singlets, so that it is easier for us to locate a lost athlete.

2019 Race Schedule

- Note- The first race will not start at 3:45 pm

Race	Date	Time and Location	Distances of the Races
Training Week (No racing)	Sept 15 th 2021		
Coquitlam Mini Meet #2	Sept 22 nd 2021	3:30 pm Mundy Park, Coquitlam	Jr. Girls = 3.7 km Jr. Boys = 3.7 km Sr. Girls = 4.7 km Sr. Boys = 4.7 km
Triple C Invitational All Coquitlam/Maple Ridge and Burnaby/New West schools (free entry)	Sept 29 th 2021	3:30 pm Mundy Park, Coquitlam	Gr.8's = 3.7 km Jr. Girls = 3.7 km Jr. Boys = 3.7 km Sr. Girls = 4.7 km Sr. Boys = 4.7 km
Coquitlam Mini Meet #3	Oct 6th 2021	3:30 pm Mundy Park, Coquitlam	Gr.8's = 3.7 km Jr. Girls = 3.7 km Jr. Boys = 3.7 km Sr. Girls = 4.7 km Sr. Boys = 4.7 km

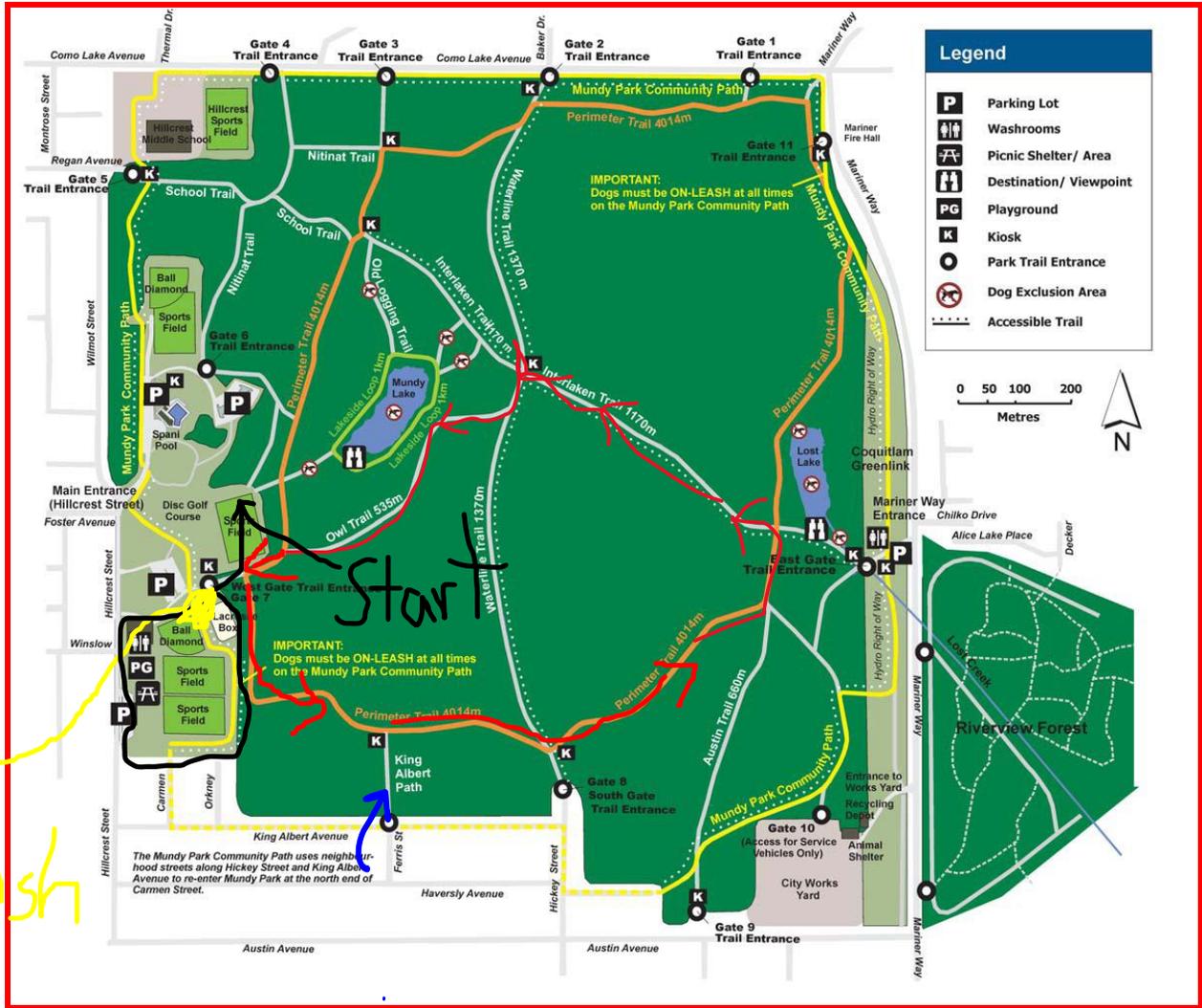
Coquitlam District Championships	Oct 13th 2021	3:30 pm Munday Park, Coquitlam	Jr. Girls = 4 km Jr. Boys = 4 km Sr. Girls = 5 km Sr. Boys = 5 km
Fraser North Zone Championships	Oct 21st 2021	3 pm Mundy Park, Coquitlam	Jr. Girls = 3.7 km Jr. Boys = 3.7 km Sr. Girls = 4.7 km Sr. Boys = 4.7 km
BC Cross Country Championship	November 6th 2021	10 pm Jericho Park, Vancouver	Jr's run 4 km Sr's run 5 km

All races will take place at Mundy Park on Wednesday

3.7 km = 2 small loops and 1 large loop

4.7 km = 1 small loop and 2 large loops

Please note that our route has changed (two loops are now around the Mundy Park soccer fields on the paved walkways. Please let your athletes know in terms of shoes.



Red- Large Loop

Purple- Small Loop

Please make sure that each student has a label that is written **clearly and legible**. **WATERPROOF** your **tags**. Please use smaller label file folder tags throughout the season.

Please format your labels as in the example below.

Name: John Smith	Grade: Gr. 9
School: Riverside	Sex: M or F



Grade 8's will run as Junior's during the Coquitlam Cross Country Season.

Grade 8's must run as juniors at the Fraser East Championships.

League Format

All athletes must run in two mini meets minimum prior to the Fraser East Zone Championships. Please note that the Fraser East Championships will take place a week before the District Championships in order to provide coaches the opportunity to speak with their teams about attending the BC Championships or not. If an athlete is slightly injured and are able to walk/run throughout the race, that is acceptable, as long as you indicate to me of that athlete's intention. Also a doctor's note stating that the athlete is injured is acceptable as well as long as your athlete will be ready to compete at the Districts. That doctor's note comes to me (Philip Barrington or Katherine Chung).

Fraser East Zone Championships Berths

To qualify for the BC's from the zone please be aware of the new berthing system:

Top 4 teams in each division

Top 26 individuals move forward from each division

Duties

Starting and Marshaling- Line up all the athletes at the start line. Count all the athletes on the start line. Explain the route that they will be running on the day. Wait for the timer's signal to you to start the race. Start the race after you have gotten the timer's go ahead.

Timing- Indicate when you are ready to start. Start your stopwatch when the starter has started the race. Write down the number of athletes in the race on the time sheet. One person would record on the time sheet provided to record when an athlete crosses the line. The other person would say the time when the athlete has crossed the line so that the one person recording it can record the time on the

time sheet. Keep time going until all the athletes have crossed the finish line. Be ready with another stop watch because if $\frac{3}{4}$ of the athletes have finished the race, we will start the next race.

Finish Line- Take the stickers of the athletes who have finished the race and put it on the placement sheet that will be provided to you. Write down their name, school, and grade if they have lost their sticker or it is wet. Do not separate by grade or by gender because if you do, we will not be able to figure out when an athlete has crossed the line. Collect the stickers in order of when **all** the athletes have crossed the finish line. Once all the athletes have crossed, give the sheet to the person who is handling awards.

Awards- Figure out the top eight or top ten places for each grade on the placement sheet that is provided for you. Announce and hand out the ribbons once you have determined who is in the top 8 or 10 in each grade.

Making the course- To put large or visible spray paint arrows at the key turns on the course. You may have to do this twice during the meet, weather permitting.

Please make sure that you go over the course with your athletes. Please remind them that if they get lost on the course, to stop and stay where they are. Remind them to stop and stand in that spot until someone comes to bring them back to the finish line. We will send out coaches to run the course and look for the athlete.

All coaches are responsible for bringing a roster of their athletes and a guardian's contact information in case you are not there and to have identifiable singlets, so that it is easier for us to locate a lost athlete.

Ribbons 1-8 will be distributed to boys and girls of each category at the mini meets.

Ribbons 1-10 will be distributed to boys and girls of each category at the Triple C and Districts.

Coquitlam Invitational

Coquitlam will be hosting an invitational meet in late September or early October that will replace mini-meet #4. Due to the request of visiting schools having early dismissals and travel time, the meet will now start at **3:00 pm**. The original schools that were scheduled for meet #4 will remain; in addition Riverside will help to coordinate this meet. Everyone is expected to take on a duty during the meet.

Coquitlam Districts Championships – Wednesday Oct 21th, 2015 – 3:00 pm start time!

- To qualify for districts: All runners must have participated in 2 meets in order to participate in the Fraser East Championships. This will be monitored by coordinator. This has to been in place especially with the new eligibility requirements for the Fraser East Championships.

Team Rules at the Districts

- Athletes can compete as an individual or as a team or both.
- Boys' teams must have a minimum of 3 members. Girls' teams must have a minimum of 3 members. To win a team trophy, a school must have at least 3 members complete the race and score the lowest combined points.
(Example if a team finishes 1st, 3rd and 6th then the total points would be 10 points)
- Athletes can only move up if they are needed to complete a team, otherwise they run with their own age.
- Please note that at the FV's and BC Championships, you will need 4 athletes in the same category to make up a team at these meets.
- All teams are expected to take on a duty during the meets.
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Awards:

Individual ribbons to top 10 boys and top 10 girls in each grade level. Team trophies awarded to each winning boys' team, and each winning girls' team by grade. You must have a team of **four** to qualify as a team. The overall winning school will be awarded with the "John Taylor" trophy. The top senior male and female in the senior race will be awarded the "Gail Sayers" award.

Points would be as follows

Team Points Award System

1st place- 10 pts

2nd place- 8 pts

3rd place- 6 pts

4th place- 5 pts

5th place- 4 pts

6th place- 3 pts

7th place- 2 pts

8th or lower- 1 point

Start time:

3:30 pm: Jr. Boys

3:55 pm: Girls Race

4:15 pm: Sr. Girls

4:45 pm: Sr. Boys

