



## 32<sup>nd</sup> Annual PIRATES INVITATIONAL CROSS COUNTRY MEET



<http://www.piratesrun.ca>

Dear Coach,

We invite you to join us at Memorial Park in Brockville for the 32<sup>nd</sup> Annual Pirates Invitational Cross Country Meet on **Friday September 23, 2016**. The course at Memorial Park is challenging, mostly rolling grasslands with one large steep hill. It is an excellent preparation course for your upcoming championships. You will find the course to be spectator friendly. The meet is OFSAA sanctioned. Please note there will be grade 7 and 8 races, see the information below.

### Order of events :

*12:00 noon - Senior Boys (19 years and under)\*\* 7.0 km.*

*12:40 p.m. - Senior Girls (19 years and under)\*\* 5.0 km.*

*1:15 p.m. - Midget Boys (14 years and under)\*\* 5.0 km.*

*1:50 p.m. - Junior Girls (15 years and under)\*\* 4.0 km.*

*2:20 p.m. - Junior Boys (15 years and under)\*\* 6.0 km.*

*3:00 p.m. - Midget Girls (14 years and under)\*\* 3.4 km.*

*(\*\* all ages are as of January 1, 2016)*

### Location - Memorial Park, North of St. Lawrence College Campus:

**From the east**, take 401 to Exit #698, North Augusta Rd. At the traffic light turn left onto Parkedale Ave., then proceed about 2 kilometers west on Parkedale Ave., turn right onto Millwood Rd. (Canadian Tire is on your right), go one short block and turn right again onto Magedoma Dr.

**From the west**, take 401 to Exit #696, Highway 29. At the stoplight at the end of the ramp, turn left and go north to Parkedale Ave., turn right and proceed 1 kilometer east to Millwood Rd.. Turn left and go one short block and turn right onto Magedoma Dr.

### Please note:

- Course maps will be available when you register at the meet.
- Runners should arrive dressed ready to run
- The arena and St. Lawrence College will be out of bounds for runners before, during, or after the meet. Coaches, please be diligent in supervising your runners.
- There are outdoor access washrooms located at the North-end of the arena as well as several portable toilets around the grounds.

### Awards

**Medals to the first 3 individuals in each race. T-shirts to the top 5 runners on the winning team in each race. Place ribbons 4th through 10th individuals, plus 2nd through 6th teams (5 runners) in each race. The top overall school will receive a keeper plaque.**

Individual awards will be given out in the finish chute. Team t-shirts, team ribbons and the overall plaque will be given out at the registration table as soon as results are posted.

## **Registration:**

Meet package, including course maps will be distributed at registration beginning at 9:00 a.m.  
Overall Scoring - Team points awarded for each race:

1st - 10 pts.; 2nd - 7 pts., 3rd - 5 pts., 4th - 3 pts.; 5th - 2 pts.; 6th - 1 pt.

The school accumulating the most overall team points will be declared the overall school champion. Ties will be broken by the most firsts, then most seconds, etc.

You may enter an unlimited number of runners in each race, however only one race per runner.

**Entries** - All student-athletes and schools participating in this OFSAA sanctioned meet must be OFSAA eligible under all rules and regulations of the OFSAA constitution. Students who have been deemed ineligible for OFSAA competition are ineligible for this event.

**Entry Fees** - High School - \$5.00/runner, team maximum of \$175 - late entries \$10.00/runner

If paying by cheque please make payable to "Thousand Islands Secondary School"

**Entries will only be accepted by email and questions can be directed via email to [karen.kennedy@ucdsb.on.ca](mailto:karen.kennedy@ucdsb.on.ca)**

*Entry forms are available at our new website:*

<http://www.piratesrun.ca>

**The entry deadline is Monday, September 19<sup>th</sup> at 4:00 p.m. We would greatly appreciate earlier entries if possible. Once entries are processed the entry fee will apply.**

Entry fees must be paid at the Registration Desk, beginning at 9:00 a.m., on the day of the meet when you pick up your team package. Late entries must be made by 11:00 am on meet day.

Runners must wear their numbers on the front.

## **Results**

Full meet results will be available immediately after the meet at our team web site:

<http://www.piratesrun.ca>

**NOTE: If you are interested in the grade 7 and 8 races, please contact [randy.givogue@ucdsb.on.ca](mailto:randy.givogue@ucdsb.on.ca) for complete meet information.**

*10:20 a.m. - Grade 7 Girls \*\*3.0 km*

*10:45a.m. - Grade 7 Boys \*\*3.0 km*

*11:10 a.m. - Grade 8 Girls \*\*3.0 km*

*11:35 a.m. - Grade 8 Boys \*\*3.0 km*