

Cross Country 2017

IMPORTANT

- A) To comply with the occupancy capacity (fire safety standard), the Community Hall will be reserved for accreditation, handing out chips, use of the bathrooms and as dining area.
- B) No school will be allowed to install its "headquarters" or gather together in the community hall. Some tents will be installed outside; we encourage you to still have your own equipment.
- C) Accreditation (price envelopes / bib) will be held in the community hall.
- D) The coaches meeting will be held in the Coaches Tent near the starting line.
- E) There will be no recognition of the course. It is forbidden to go on the trails in the morning before the races. A virtual recognition (video) of the course is available via the website outaouais.rseq.ca.
- F) There will be **two races** reserved for coaches (**elementary & high school**) and the registration is the same as for your students. No registrations will be made on site for the race coaches. **A minimum of registration is necessary so that the race takes place.**
- G) Colibri is a non-competitive category.
- H) In case of rain or storm, the championship WILL take place. If there is lightning, the races will be temporarily suspended and will be resumed immediately after the storm. In case of force majeure, a decision will be taken on site by the RSEQ and the organizing committee.

44th REGIONAL SCHOOL CHAMPIONSHIP CROSS COUNTRY

LOUIS-JOSEPH HIGH SCHOOL PAPINEAU

OCTOBER 6th, 2017

1. Recreational component: The number of athletes is unlimited. The student will not be selected to participate in the provincial championship and should not be affiliated to the Athletics Federation in 2017.
2. Competitive component: The school may send a maximum of **15 participants per category by gender** (eg: 15 moustique guys, 15 moustique girls, 15 benjamin girls, 15 benjamin boys, etc). These may be selected to represent the Outaouais region at the Provincial Championship.
3. Registrations :
Because of the large number of participants registered for the event, all registrations must be completed electronically through the S1 platform. The S1 user guide is available on outaouais.rseq.ca in the Cross Country section. You must have completed all registrations before the deadline. Registration fee is \$ 13.00 per athlete for members. A 30% fee will be charged for any late registration or modification.

For individual registration, you have to sign a disclaimer of responsibility before the deadline. See our website (outaouais.rseq.ca).
4. Registration deadline: **Thursday, September 21st, 2017 at 16h00**. Schools will receive an invoice for the number of registered athletes and not for the number of participating athletes. **No additional registration will be accepted in Competitive component the day of event.**
5. Accreditation: Community Hall
 - Elementary schools (Colibri and Moustique) 8:00 to 8:45.
 - High Schools (Benjamin, Cadet and Juvenile) 11:30 to 12:00. For reasons of safety and operation, no high schools will be accepted on site before 11:30.

6. Results

- Results will be available on the S1 platform and on our website outaouais.rseq.ca at the end of the competition. No results will be given to coaches on site.

7. Medals & banners

For all categories, the medals will be given immediately after the competition. A PDF diploma will be available on our website.

Schools that are going to have won banners will have to come pick them up at the RSEQ office. (499 Labrosse Boulevard, office 203, Gatineau, QC, J8P 4R1)

8. Specific regulation & Recognition of the course

- They are available at outaouais.rseq.ca. There will be no recognition of the course. We invite you to consult the video link on our website: http://www.arseo.qc.ca/primaire_cross-country.php

9. First aid

- The organizing committee of this competition assumes no responsibility for accidents. A first-aid service will be offered.
- It is strongly recommended that each student has his health insurance card.
- **It is important that the asthmatic athletes keep their pump any time on them during the event.**

10. Protest Committee

- Committee consists of: Hélène Boucher, Frédéric Ménard and Eric Lefrancois.

11. Canteen health

- A healthy canteen will be held on site

12. Provincial Championship

- 20-21 October 2017 in Saguenay Lac St-Jean. Additional information should be given at registration.

13. Preliminary schedule

Time (approx.)	Distance	Category
8:00 to 8:45		Colibri and moustique accreditation (Community Hall)
9:15		Coaches meeting (At the coaches tent near the starting line)
9:30	1600 m	Colibri recreational female
	1600 m	Colibri recreational male
	2000 m	Moustique recreational female
	2000 m	Moustique competitive female
	2000 m	Coaches Run (Elementary)
11:30 to 12:00		Benjamin, Cadet and Juvenile Accreditation (Community Hall)
	2000 m	Moustique recreational male
	2000 m	Moustique competitive male
	2000 m	Coaches Run (High school) (New!)
12: 30	3000 m	Benjamin female
	3000 m	Benjamin male
	4000 m	Cadet female and Cadet male
	5000 m	Juvenile female
	6000 m	Juvenile male

IMPORTANT: Some categories may be subdivided or paired according to the number of registered athletes in a race. For security reasons, from 400 participants and over, there will be two waves for the same category. A final schedule will be sent the week of October 2nd, 2017.

14. Additional information

Kim Pellerin- Coordonnatrice aux sports primaires et saines habitudes de vie RSEQ Outaouais – kim.pellerin@outaouais.rseq.ca – 819-643-6663 poste 208 – Cell. 819-918-5466

Hélène Boucher – Directrice générale RSEQ Outaouais – helene.boucher@outaouais.rseq.ca – 819-643-6663 poste 205 – Cell. 819-360-6836

In case of an emergency on the day of the competition, please call us on our cellphones