

SPORT. EDUCATION. PRIDE.



G M A A

Greater Montreal Athletic Association – 5925 Monkland Ave, Suite 101, H4A 1G7
Phone: 514-482-8555 Fax: 514-487-0121 Email: gmaa@gmaa.ca Website: www.gmaa.ca

GMAA CROSS COUNTRY RUN – GENERAL INFORMATION

Race date: Thursday, October 5th, 2023.

Location: Mount Royal Park, directly behind the Beaver Lake Pavilion

Cost: \$300 per school plus \$8-10 per runner for electronic timing.

Team and Player Registrations are due by Monday, September 25th at 11:59pm. A team may enter any number of athletes per category. To be eligible to compete for the team banner, a Bantam or Midget team must have 5 runners and a Juvenile team must have 4 runners.

ELECTRONIC TIMING: All registrations must be completed through S1 prior to the race. With the use of electronic timing no additions or substitutions can be accepted on the day of the race. All scratches will be charged the per student registration fee of \$8-10.

CHECK IN: Coaches must check in at the GMAA tent upon arrival. They will be given their race packages including pre-programmed bibs for all their students. Do not switch students, runners must wear the bib number assigned to them.

Walk Around: 11:30 am – Race maps will be posted on the Cross-Country Site.

A representative will lead the group around the route and another person will be stationed midway to give instructions to those who are near the back of the group.

Race times and Distances:

12:15pm	Inclusive Race	1km
12:30pm	Bantam Girls	3 km
12:40pm	Bantam Boys	3 km
12:55pm	Midget Girls	4 km
1:05pm	Midget Boys	4 km
1:20pm	Juvenile Girls	5 km
1:20pm	Juvenile Boys	5 km

Officials – All coaches will be assigned a duty the week before the competition. If you would like to volunteer for a specific duty, please contact the office ASAP.

Starter – Finish Judges – Awards – Head Marshall – Finishing marshal - Spotters

Handbook Guidelines

Staff Member – For a school to compete, a staff member must be with the team and remain with the team for the entire time the school is competing.

Eligibility – Students may be registered in an older category but can only compete in one category. Provincial selections will be made from those athletes who competed in that category.

Uniform – School shirt must be worn as the outer layer with the race numbers pinned to the front. Please bring your own pins for the numbers.



G M A A

Greater Montreal Athletic Association – 5925 Monkland Ave, Suite 101, H4A 1G7
Phone: 514-482-8555 Fax: 514-487-0121 Email: gmaa@gmaa.ca Website: www.gmaa.ca

Athlete Sanctions: Please be sure that your athletes that are playing on a team this fall are not serving a suspension from that sport. If so, they are not permitted to participate in any GMAA activities until their suspension is served in that sport.

First Aid Policy – GMAA will supply 2 Athletic Therapists for the championships.

Awards: Medals will be awarded to the top 3 runners in each category and ribbons to 4th-10th place in each category. A championship banner will be awarded to the winning team in each category and the top 6 runners on each team will receive medals. The individual awards will be given at the race, banners and team medals will be sent to the schools after the results are compiled at the office.

RSEQ Cross Country Provincials – October 20th and 21st 2023 at École Secondaire Serge-Bouchard in Baie-Comeau. A bus will leave Montreal on Friday for drop-off at the event and will return following the races on Saturday, October 21st. Kyle Verboomen from WWHS has volunteered to attend as one of the coaches. **We need a female chaperone.**

Entraîneur/accompagnateur: Minimum de 1 pour 15 élèves-athlètes

Entraîneur/Accompagnateur : Maximum de 6