

SPORT. EDUCATION. PRIDE.



G M A A

Greater Montreal Athletic Association – 5925 Monkland Ave, Suite 101, H4A 1G7
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High School Virtual Cross-Country Race

Date: Schools can run their virtual races anytime throughout the week of October 12th.

Location: Wherever you are! The convenience of the virtual race is that each school gets to choose their own location. If going to a local park, please make sure to follow the park's health and safety guidelines.

Race Route: Each school gets to design their own race routes. All maps must be submitted to the GMAA office by Thursday, October 1st for approval.

Maps requirements: Maps to be logged using a trusted mapping application. Examples include but are not limited to: Strava, Fitbit, Apple, Map My Run, etc.

Maps must clearly indicate the total distance of the route

Each route must meet the distance for each category:

Bantam Girls	3 km
Bantam Boys	3 km
Midget Girls	4 km
Midget Boys	4 km
Juvenile Girls	5 km
Juvenile Boys	5 km

Eligibility: Students may be registered in an older category. If the school would like to facilitate class bubbles, it is possible to incorporate the races into physed classes.

Officials: In registering a team, coaches are agreeing to act as officials for the day, ensure that all results are valid, and that the race day requirements are followed.

Each school needs:

Starter

Official Timer

Result Recorder (Official results form supplied by the GMAA)

Optional officials:

Course marshal

Finishing judge

Spotters

Team and Player Registrations are due through S1 by Thursday, October 1st at midnight. Race maps must be sent to the office along with your registration.

Cost: 65\$ per school

Each School will receive a race package including:

Bibs for each runner (if requested)

Official Results Form to be resubmitted to the GMAA by Wednesday, October 21st

Ribbons (1st, 2nd & 3rd) for each category (or for each race)

Complete Race results will be compiled and presented by the GMAA