

SPORT. EDUCATION. PRIDE.



G M A A

Greater Montreal Athletic Association – 5925 Monkland Ave, Suite 101, H4A 1G7  
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## GMAA CROSS COUNTRY RUN – GENERAL INFORMATION

**Race date:** Thursday, October 9th, 2025.

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

**Cost:** \$375 per school plus approximately 10\$ per runner for electronic timing.

**Team and Player Registrations** are due by Tuesday, September 23<sup>rd</sup> 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 Cadet 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 approximately 10\$. Any student added after the deadline for Cross Country Entries will be charged an additional \$25 for registration.

**CHECK IN:** Coaches must check in at the RSEQ 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: 11:30am** – Race maps will be posted on the Cross-Country Site. An RSEQ GMAA representative will lead the group around the route.

### Race times and Distances:

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

**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.

Pacing – Pacing by a coach or anyone not participating in the race is prohibited in all RSEQ GMAA races. A coach may apply to run as a guide for an athlete with cognitive or physical limitations but is not permitted to place the athlete in the race.

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



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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.

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 RSEQ GMAA activities until their suspension is served in that sport.

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

Awards: Medals will be awarded to the top 3 runners in each category and ribbons to 4<sup>th</sup>-10<sup>th</sup> 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** – Hosted by RSEQ Outaouais in Papineauville.

**Dates**: The RSEQ GMAA team will depart by bus on Friday, October 17<sup>th</sup>, stay overnight in the accommodations provided, and return after the races on Saturday, October 18<sup>th</sup>.

**Deadline**: Deadline for entries is Friday, October 10<sup>th</sup> at 4pm. **This is the day after the RSEQ GMAA races**, so please ensure Provincial Entry Forms are sent into the office on time.

**Information**: Coaches (and top finishing students) will receive provincial information at the RSEQ GMAA races.

**Staff requirements**: We need at least one staff member to attend as the Head of Delegation. The team also needs at least one male and one female chaperone. The ratio is 1 chaperone per 15 students with a maximum of 6 chaperones for the region.