



G M A A

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### Virtual Cross-Country Race

**Date:** Anytime the Week of October 4<sup>th</sup> & October 11<sup>th</sup>! Schools can run their virtual races anytime throughout the day.

**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 1<sup>st</sup> 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:

Grades 1-4	1 km
Grades 5-6	2 km

**Eligibility** – Students may be registered in an older category.

**Team and Player Registrations** are now due through a program called S1, please refer to the S1 user guide on our website. The deadline for registration is Thursday, September 30<sup>th</sup> at midnight. Race maps must be sent to the office along with your registration.

**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, September 30<sup>th</sup> at midnight. Race maps must be sent to the office along with your registration.

**Cost:** \$30.00

#### **Each School will receive a race package including:**

Official Results Form

Ribbons (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>) for each race

The Complete league results will be compiled and presented by the GMAA