

 LOSSA Lake Ontario Secondary School Athletics	<p align="center"><u>CROSS COUNTRY RUNNING</u> <u>COACHES LETTER</u></p> <p align="center">September 6, 2024</p>
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Hello all,

On behalf of my co-convenors, Craig Burrell (Richardson), and Dan Heron (DOC), welcome to the 2024 Cross Country running season. Here is the 2024 LOSSA CROSS COUNTRY CHAMPIONSHIP INFO:

Date	Weds, October 23	
Entries Close	Oct 16, 2023 @ 05:00 pm \$10/entry, no team max, cheques payable to Notre Dame CSS	
Meet code	www.trackdatabase.com - use the code: 2EAKH	
Location	Pine Ridge SS / Beverly Morgan Park – 2155 Liverpool Road - Pickering, ON	
Schedule	930-1030am	Registration
	1045am	Coaches Meeting
	11am	Novice & Para Girls 4k
	1135am	Novice & Para Boys 4k
	1210pm	Junior Girls 5k
	1255pm	Junior Boys 5k
	140pm	Senior Girls 6k
	230pm	Senior Boys 6k
	315pm	Awards

The top two teams and top five individuals from each division at LOSSA qualify for OFSAA. OFSAA is on Monday, November 4, 2024, in Ottawa. *Regarding OFSAA XC, from Tim Larry: "... in keeping with an established OFSAA Board policy regarding faith-based celebrations, the OFSAA XC date was shifted to MONDAY, November 4th. Divali is celebrated Nov.1 and this was going to present issues with travel for those who participate in that faith."*

There are two forms required for LOSSA and several more for OFSAA if you have qualifiers.

#1 – LOSSA/OFSAA Eligibility – see pg. 2 for due dates, instructions and an example. Blank form attached.

#2 – LOSSA/OFSAA Practice – see pg. 3 for due dates, instructions, requirements and an example. Blank spreadsheet that will automatically add practices for you is attached.

OFSAA FORMS: <https://www.ofsaa.on.ca/championship/cross-country-running/for-coaches/coaches-information/>

If you are new or need a refresher on how to do everything, we have several options to assist you:

- Talk to us at the first meet (Cougar Storm XC) on September 18.
- A summary video of what is expected from coaches: <https://youtu.be/DkbDud5kHPU>
- E-mail: Nicholas.kolodzie@dcdsb.ca

Also enclosed is a summary of all the key dates for the season.

Cheers,

Nick, Craig, Dan

FORM #1 – LOSSA/OFSAA Eligibility***Use Same form for both LOSSA and OFSAA***

Due Dates:

Tuesday, September 17 – e-mail unsigned soft copy to craig.burrell@ddsbc.ca

Weds, October 16 – Hard copy at Fast Cat relays, or e-mail Burrell a signed copy

Friday, October 25 – Upload signed copy to the OFSAA Hub.

Go to <https://ofsaa.athletesystems.ca/login.php>

See your Athletic director for your school's login info.

Enter one Coed team under "Varsity", rather than making separate entries for each division. It will save both you and I time.

Any transfer students must get a transfer number from the LOSSA executive prior to competing in their first race of the season. Double check with all your athletes as to which school they attended last year. If a transfer number is required, see your Athletic director for instructions on how to proceed.

EXEMPLAR**2021-22 - Cross Country Running - Senior / Varsity - Coed****School Information****School Name:** OFSAA**Association:** NOSSA**Address:** 305 Milner Ave.

Toronto Ontario M1B 3V4

Canada

Phone: (416) 426-7440**Fax:** ofsaa.on.ca**Website:** **Team Information****Team:** 2021-22 - Cross Country Running - Senior / Varsity - Coed**Classification:** A**Primary Uniform Colour:****Alternate Uniform****Colour:****Team Coaches**

Full Name	Type	Head coach
Hanks, Tom	Staff Member	Head Coach

Team Roster**Legend:** Pos = Position # = Uniform number Alt# = Alternate uniform number

Name	Pos	#	Alt#	Height	Grade	Elig	Transfer	Notes
Altmeyer, Evan					Junior	N/A		High School
Aya Sanchez, Melany					Junior	N/A		High School
Battersby, Megan					Junior	N/A		High School
Flintstone, Fred					Senior	N/A		High School

Coach Signature:

Athletic Director /

Phys. ED Head Signature:**Principal Signature:****Association****Convenor Signature:**

FORM #2 – LOSSA/OFSAA Practice Form****Use the Same form for both LOSSA and OFSAA****

Athletes must meet certain practice and race quotas prior to competing

- Novice (grade 9s, born 2010)
 - 12 school XC practices before LOSSA, 16 before OFSAA
 - 1 non-relay race
- Junior (grade 10s, born 2009) and senior (grade 11, 12, born 2008, 2007, 2006)
 - 16 school XC practices before LOSSA
 - 2 races, one of which can be a relay

EXEMPLAR

OFSAA PRACTICE FORM for OFSAA CROSS COUNTRY 2022											
Association: LOSSA						Date: Oct 25, 2022					
School Name: Notre Dame						Check off which meets each raced in					
		List # practices entered each week									
Last name	First name	wk1 (Sep 6-9)	wk2 (Sep 12-16)	wk3 (Sep 19-23)	wk4 (Sep 26-30)	wk5 (Oct 3-7)	wk6 (Oct 10-14)	wk7 (Oct 17-21)	wk8 (Oct 24-28)	TOTAL	Grade 9?
Vader	Darth	1	4	4	2	3	3	0		17	y
Skywalker	Luke	3	4	4	4	3	3	1		22	y
Calrissein	Lando	3	4	3	1	2	3	1		17	y
Organa	Leia	3	5	4	2	3	4	0		21	y
Solo	Han	1	2	3	1	4	4	1		16	y
Detoo	Artoo	1	2	2	4	4	1			14	y
Threepio	Cee	1	2	1	1	1	2	2		10	gr9
										0	

Any athlete participating in an OFSAA Championship or an OFSAA qualifying event must have participated as a member of a bona fide high school program during the school season (September to November), in a minimum number of practices (sixteen (16)), at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the high school principal.

Coaches Signature & Date	Principal Signature & Date
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LOSSA Due date: Wednesday, October 23rd – hard copy before you pick up your race package

OFSAA Due Date: Friday, October 25th – Upload to the OFSAA Hub. Ensure documentation that your Novice athletes have increased their practice count to 16 if necessary.

OFSAA FORMS: <https://www.ofsaa.on.ca/championship/cross-country-running/for-coaches/coaches-information/>

2024 XC MEET DATES:

Date of Meet	9/18/2024	9/24/2024	9/27/2024	10/2/2024
Day of Week	Wednesday	Tuesday	Friday	Wednesday
Name	Cougar Storm XC	Durham Classic XC	Gryphon Open (OFSAA preview)	Trail Blazers XC
Events	10am - Registration	10am - Registration	See	930am - Registration opens
	11am - Beginner girls 3k	1030am - 7/8 boys/girls	www.ofsaa.on.ca	1030am - Grade 7/8 3k
	1130am - Beginner boys 3k	11am - NG 4k / Para		11am - Para/NG 4k
	12pm - Open girls 5k	1140am - NB 4k		1135am - Para/NB 4k
	1230pm - Open boys 5k	1210pm - JG 5k		1215pm - JG 5k
		1250pm - JB 5k		1pm - JB 5k
		130pm - SG 6k		145pm - SG 6k
		210pm - SB 6k		230pm - SB 6k
		250pm - Novice 4x1k relay		
		330pm - Open 4x1k relay		
Trackdb code	CPLZR	FSQ9R	n/a	TGKMPMK
Entry Deadline	9/16/2024 - 4pm	9/20/2024 - 6pm	9/21/2024	9/31/2024 - 4pm
Cost	\$7/runner; no max	\$12/runner; \$15 relay team; \$400 max	\$10/runner	\$10/runner; no max
Make cheques to:	Notre Dame CSS	Donald A. Wilson - attn Joe Dionne	see above website	Brooklin HS
Location	Pickering - Pine Ridge SS	Uxbridge - Dagmar Ski Resort	Ottawa - Mooney's Bay	Oshawa - Lakeview Park East
	2155 Liverpool Rd, Pickering, ON L1X 1V4			
Contact	Kolodzie	Pichette	Dillabaugh	Williamson
Contact e- mail	nicholas.kolodzie@dcdsb.ca	mpichette1@cscmonavenir.ca	kirk.dillabaugh@ocdsb.ca	mark.williamson@ddsbc.ca

Date of Meet	10/8/2024	10/16/2024	10/23/2024	11/4/2024
Day of Week	Tuesday	Wednesday	Wednesday	Monday
Name	Kevin Dillon XC	Fast Cat Relays XC	LOSSA XC	OFSAA XC
Schedule	10am - Registration	3k relays	930am - Registration opens	see
	1030am - 7/8 boys/girls	12pm - NG/NB 2x2.9k relay	1030am - Coaches meeting	www.ofsaa.on.ca
	11am - NG 4k / Para	1pm - OG 2x2.9k relay	11am - Para/NG 4k	
	1140am - NB 4k	145pm - OB 2x2.9k relay	1135am - Para/NB 4k	
	1210pm - JG 5k	145pm - Open mixed 2x2.9k relay	1215pm - JG 5k	
	1250pm - JB 5k		1pm - JB 5k	
	130pm - SG 6k		145pm - SG 6k	
	210pm - SB 6k		230pm - SB 6k	
	250pm - Novice 4x1k relay		3pm - Awards	
	330pm - Open 4x1k relay			
Code	MJQ2M	TAYWL9	2EAKH	n/a
Entry Deadline	10/04/2024 - 6pm	10/14/2024 - 4pm	10/16/2024 - 4pm	23/10/2024 @ LOSSA
Cost	\$12/runner; \$15 relay team; \$400 max	\$15 / team	\$10/runner; no max	n/a
Make cheques to:	Donald A Wilson - attn Joe Dionne	Pine Ridge SS	Notre Dame CSS	n/a
Location	Uxbridge - Durham Forest	Pickering - Pine Ridge SS	Pickering - Pine Ridge SS	Ottawa - Mooney's Bay
Contact	Pichette	Miles-Berry	Kolodzie	Dillabaugh
Contact e-mail	mpichette1@cscmonavenir.ca	amanda.milesberry@ddsbc.ca	nicholas.kolodzie@dcdsb.ca	kirk.dillabaugh@ocdsb.ca