



Cross Country Running Coaches Letter

September 4, 2025

Good day,

On behalf of my co-convenors, Craig Burrel (Richardson) and Dan Heron (DOC), welcome to the 2025 cross country running season!

Here is the 2025 LOSSA Cross Country Championship Information:

Date	Wednesday, October 22 nd
Entries close	October 15 th @ 6:00 pm
Meet Code for Trackdatabase.com	8QQY4
Costing	\$10.00/entry , no team max, Cheques payable to Brooklin HS Attention M. Williamson
Location	Pine Ridge SS/ Beverly Morgan Park – 2155 Liverpool Road – Pickering, ON
Schedule	9:30 am Registration
	10:30 am Coaches Meeting
	11:00 am Novice Girls 4K/Para
	11:35 am Novice Boys 4K/Para
	12:15 pm Junior Girls 5 Km
	1:00 pm Junior Boys 5 Km
	1:45 pm Senior Girls 6 km
	2:30 pm Senior Boys 6 km
	3 pm - Awards

The top two teams and top five individuals from each division at LOSSA qualify for OFSAA. OFSAA is on Saturday, November 1st at Heart Lake, Brampton, ON.

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

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

#2 – LOSSA /OFSAA Practice – See page 3 for due dates, instructions, requirements and an example blank spreadsheet

OFSAA Forms: [OFSAA 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 (Trailblazers XC) on September 17th.
- A summary video of what is expected from coaches: [2024 LOSSA and OFSAA XC Entry & Eligibility](#)
- Email me at mark.williamson@ddsb.ca

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

Cheers,

Mark, Craig, Dan

FORM #1 – LOSSA/OFSAA Eligibility

****Use Same form for both LOSSA and OFSAA****

Due Dates:

Tuesday, September 16th – e-mail unsigned soft copy to craig.burrell@ddsb.ca

Weds, October 15 – Hard copy at Fast Cat relays, or e-mail Burrell a signed copy

Friday, October 24– Upload signed copy to the OFSAA Hub.

<p>Go to OFSAA HUB</p> <p>See your Athletic director for your school's login info.</p> <p>Enter one Coed team under "Varsity", rather than making separate entries for each division. It will save both you and I time.</p> <p>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</p>	<p>Exemplar:</p>
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Athletic director for instructions on how to proceed.

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: ofsaas.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

Coch 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 2011) 12 school XC practices before LOSSA, 16 before OFSAA
- 1 non-relay race
- Junior (grade 10s, born 2010) and senior (grade 11, 12, born 2009, 2008) 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	
List # practices entered each week										raced in	
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	1	1	17	y
Skywalker	Luke	3	4	4	4	3	3	1	1	22	y
Calrissein	Lando	3	4	3	1	2	3	1	1	17	y
Organa	Leia	3	5	4	2	3	4	0	1	21	y
Solo	Han	1	2	3	1	4	4	1	1	16	y
Detoo	Arttoo	1	2	2	4	4	4	1	1	14	y
Threepio	Cee	1	2	1	1	1	2	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 22nd – hard copy before you pick up your race package

OFSAA Due Date: Friday, October 24th – Upload to the OFSAA Hub. Ensure documentation that your Novice athletes have increased their practice count to 16 if necessary.

OFSAA FORMS: [Coaches Information/ Hub Registration](#)

Name of Meet	Trailblazers XC	Durham XC Classic	St. Marcellinus XC Series #1
Date of Meet	September 17 th	September 23 rd	September 26 th
Day of Week	Wednesday	Tuesday	Friday
Schedule	10:00 am Registration	10:00 am Registration	See OFSAA Website for Details
	11:00 am Beginner Ladies' 3Km	10:30 am 7/8 boys/girls	
	11:30 am Beginner Men's 3 Km	11:00 am Novice Girls 4K/Para	
	12:00 pm Open Ladies' 5 Km	11:40 am Novice Boys 4K	
	12:30 pm Open Men's 5 Km	12:10 pm Junior Girls 5 Km	
		12:50 pm Junior Boys 5 Km	
		1:30 pm Senior Girls 6 km	
		2:10 pm Senior Boys 6 km	
		2:50 pm Novice 4 x 1 km relay	
		3:30 pm Open 4x1 km relay	
Meet Code	MG342Y	XL6MKSF	QBPVB
Entry Deadline	Sep 15, 2025 @ 06:00 pm	Sep 21, 2025 @ 06:00 pm	
Cost	\$7/runner; no max	\$12/runner; \$15 relay team; \$400 max	
Make cheques to:	Brooklin HS Attention Mark Williamson	Donald A. Wilson – Attention Joe Dionne	
Location	Beverly Morgan Park (behind Pineridge SS, 2155 Liverpool Rd. Pickering, L1X 1V4	Uxbridge – Dagmar Ski Resort	Heart Lake
Contact	Mark Williamson	Pichette	
Contact Email	Mark.williamson@ddsb.ca	mpichette1@cscmonavenir.ca	

Name of Meet	Kevin Dillon Invitational	Fast Cats Relays	LOSSA	OFSAA
Date of Meet	October 1 st	October 15 th	October 22 nd	November 1 st

Day of Week	Wednesday	Wednesday	Wednesday	Saturday
Schedule	10:00 am Registration	12:00 pm Novice Girls and Novice Boys	9:30 am Registration	See OFSAA website for details
	10:30 am 7/8 boys/girls	1:00 pm Open Girls/ Open Coed	10:30 am Coaches Meeting	October 22 nd at LOSSA
	11:00 am Novice Girls 4K/Para	1:45 pm Open Boys	11:00 am Novice Girls 4K/Para	
	11:40 am Novice Boys 4K		11:35 am Novice Boys 4K/Para	
	12:10 pm Junior Girls 5 Km		12:15 pm Junior Girls 5 Km	
	12:50 pm Junior Boys 5 Km		1:00 pm Junior Boys 5 Km	
	1:30 pm Senior Girls 6 km		1:45 pm Senior Girls 6 km	
	2:10 pm Senior Boys 6 km		2:30 pm Senior Boys 6 km	
	2:50 pm Novice 4 x 1 km relay		3 pm - Awards	
	3:30 pm Open 4x1 km relay			
Meet Code	YT81K6	W8GMX	8QQY4	N/A
Entry Deadline	Sep 28, 2025 @ 06:00 pm	Oct 13, 2025 @ 06:00 pm	Oct 20, 2025 @ 06:00 pm	N/A
Cost	\$12/runner; \$15 relay team; \$400 max	\$15.00 per team	\$10.00 per runner No Max	N/A
Make cheques to:	Donald A Wilson – Attention Joe Dionne	Pine Ridge SS Attention: Miles-Berry	Brooklin HS Attention Mark Williamson	N/A
Location	Durham Forest	Beverly Morgan Park (behind Pineridge SS, 2155 Liverpool Rd. Pickering, L1X 1V4	Beverly Morgan Park (behind Pineridge SS, 2155 Liverpool Rd. Pickering, L1X 1V4	Heart Lake/ Brampton
Contact	Pichette	Miles-Berry	Mark Williamson	George Kalaouzis
Contact Email	mpichette1@cscmonavenir.ca	amanda.milesberry@ddsb.ca	Mark.williamson@ddsb.ca	george.kalaouzis@dpcdsb.org