

XC Para Division

The following expectations must be met for an athlete to be eligible to compete in the Para division at their **ASSOCIATION Championships**:

- (a) A Para athlete is an individual that due to a physical and/or intellectual disability is at a disadvantage to compete in an able bodied race.
- (b) All Para athletes must attend team practices. The same minimum standard as for able bodied athletes must be met (16).
- (c) Para athletes wishing to compete at their Association Championships need to be able to finish the 3km race course in a timely manner. An approximate time of 21 – 25 minutes fits logistically with the race schedule and ensures the safety of these athletes.
- (d) Awards will be given to the top three (3) male and top three (3) female athletes in the ID, Amb., and VI divisions.
- (e) Coaches **MUST** register Para athletes into the Para race using the **on-line registration**.
- (f) All Para athletes must be included on the team eligibility list.

The following expectations must be met for an athlete to be eligible to compete in the Para division at **OFSAA Championships**:

- (a) All Para athletes must attend team practices. The same minimum standard as for able bodied athletes must be met (16).
- (b) At Association Championships where a Para race is offered, Para athletes are expected to compete.
- (c) Para athletes wishing to compete at OFSAA Championships should be able to finish a 3km course in a timely manner. An approximate time of 21 – 25 minutes fits logistically with the race schedule and ensures the safety of these athletes.
- (d) Coaches **MUST** submit the **OFSAA Para X-C Registration Form** for all athletes wishing to compete at OFSAA. This form is to be handed in with all other paperwork during Association Championship registration.
- (e) Coaches **MUST** put the name(s) of their Para athletes on all other applicable OFSAA paperwork.
- (f) Athletic Convenors **MUST** register Para athletes into the Para race using the **on-line registration**.
- (g) Awards will be given to the top three (3) male and top three (3) female athletes in the ID, Amb., and VI divisions.