

Hamilton Schools 45th Annual



**Adventure Running
Challenge**

Wednesday April 26th 2023

Curriculum Connections:

Geography • Physical Education • Science • Environmental

For information contact:

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Organized and run by Bernie Custis S.S. Staff/Students, with assistance from Dontgetlost Adventure Running

45th Annual Hamilton Adventure Running Schools Challenge

**Hosted by Bernie Custis SS & Dontgetlost Adventure Running
Wednesday April 26th, 2023**

Location: Christie Conservation Area (1000 Hwy #5 West, RR #2, Dundas, ON. L9H 5E2)

Registration: from 09:30 am

Coaches meeting/Announcements: 10:30 am

Start: All courses at 11:00 am
Course closes at 1:30 pm

Marshalling will begin at 10:45 am
Awards: Conclusion of the event

Eligibility: Open to all students registered in an Ontario elementary (Grade 6 and higher) or secondary school or invited guests from other jurisdictions. All entrants must be accompanied by an adult supervisor approved by the school or the school board represented.

Course Lengths (approximate) and Categories: based on **Birth Year**

Bantam (2 km) 2011 & 2010

Junior (3 km) 2007 or later

Novice (2.2 km) 2009 & 2008 or later

Senior (4 km) 2006 – 2004 or later

Fees: \$10.00 per student.

Donation: This year a portion of each entry fee will be donated to **Ronald McDonald House**. Ronald McDonald House provides a “home-away-from-home” for the families of seriously ill children who are receiving treatment at McMaster University Hospital. Ronald McDonald Houses operate in 51 countries around the world while the Hamilton house was opened in 1993.

Volunteers: Each school must provide at least 1 volunteer to assist race organizers.

Entry Deadline: Organizers will preprint courses and package maps for entries received by **Tuesday April 18th**

**** Registration will be limited to a maximum of 70 starts per school ****

Format: Entrants will be started at one minute intervals on each course.

Map: Christie Lake. Scale 1:7,500 (1 cm on map to 75 m on ground)

Facilities: Washrooms, bus/car parking, covered areas.

Rules:

1. All participants must carry an emergency safety whistle. **The emergency signal is 3 whistle blasts – repeated.**
2. Participate alone or in pairs as per entry. Pairs will be classed in the category of the older partner and / or the male partner in the case of mixed pairs. Triples accepted.
3. In the true spirit of Orienteering, participants are expected to make their own decisions regarding route choice. It is considered poor etiquette to follow others.
4. **No student** is allowed on the course before or after participating.

For orienteering availability in your area – www.orienteeringontario.ca

For orienteering in the Hamilton area – www.dontgetlost.org

Registration Process

Registration Form:

Registration will be done electronically. The registration form can be found by visiting the Dontgetlost Adventure Running website: <https://www.dontgetlost.org/schoolsrace>.

Save the registration form with an appropriate name and delete unwanted categories and insert rows as required. Note: Schools will not require all categories.

WEBSITE: www.dontgetlost.org

Select **Youth Programs** (from top menu)

- **Schools Challenge** (from drop down menu)
- Under **Registration Process**, click “registration spreadsheet”

Submitting Registration Form:

After completing and saving your registration form, please E-mail the form to Laura Schmidt (lschmidt@hwdsb.on.ca). Registration form must be received by **Tuesday April 18th, 2023**.

A confirmation E-mail will be sent, usually the same day. If you haven't received a confirmation by the following day, please contact Laura.

Payment Information:

If paying by cheque, please make payable to Bernie Custis Secondary School. Entry payment can be made on the day of the event at registration.

Note: Every school will be expected to pay for the number of participants registered.

* Registration will be limited to a maximum of 70 starts per school *

Changes:

Minor changes, at no cost, will be allowed up to Thursday April 20th. **Changes cannot result in added start times.**

Sportident:

Sportident (SI) system will be used to record the runners' time and accuracy. For more information about the SI system please visit www.sportident.com

SI cards are expensive.

SI cards not returned will be subject to a \$75 replacement fee.

Please ensure that parents/guardians and students, by signing the Trip Permission/Excursion or Athletic form, are agreeing to reimburse the organizers in the event the card is not returned.