

C.A.H.P.E.R. CROSS COUNTRY RACE MEET
HAWRELAK PARK, EDMONTON
SATURDAY, OCTOBER 15, 2011

Dear Physical Educator,

You are invited to make this information and entry form available to all Physical Education teachers and the students of your school. Please note the following points:

1. These cross country races are offered as a professional service to the youth of the Edmonton area, to acquaint them with a worthwhile form of physical activity and to improve their physical fitness.

2. Teachers are urged to include instruction and practise in distance running in the fitness portion of their regular physical education programs.

3. Races will be run in age sections as determined by the year of birth.

*** Coaches are responsible for ensuring that all runners compete in the correct age section.

4. Runners will run for themselves and for their school team.

5. AWARDS AND TEAM SCORING:

INDIVIDUAL: The first three finishers in each race receive a CAHPER medallion. Fourth through tenth places receive ribbons. Each runner completing the race will receive a CAHPER Participation Pin.

TEAM: A team winner will be declared in each race. Three runners will constitute a team. Each member of the team will receive a ribbon.

SCHOOL: A trophy will be awarded to the elementary, junior high and senior high school that accumulates the most points on a 10 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1 basis.

6. Cancellation due to inclement weather will be announced on the following radio stations: CFRN, CHED, The Bounce 91.7 and up! 99.3.

7. ENTRY FEE: A fee of \$6.00 per runner must be forwarded with the entry form. Cheques should be made payable to **C.A.H.P.E.R. Cross Country Meet**. The post entry fee will be \$7.00. Entries sent by fax or email can be paid for at the registration table.

8. Registration tags for each runner can be picked up at Hawrelak Park on race day, after 11:00 at the Skating Pavilion.

COACHES must pick up their team's tags before their runners compete. Additional individual post entries will be accepted at this time, but **PLEASE DO NOT BRING ENTIRE TEAMS TO BE POST ENTERED!!** We do not have sufficient staff to perform this function.

9. All teams and/or individual runners should be accompanied by a coach or other responsible adult. Coaches are **STRONGLY ADVISED** to select a meeting spot for their runners and to display a School Banner if available.

10. Teachers and Parents Fun Run is open to all teachers of participating schools as well as all parents and legal guardians of students attending these schools. Team awards will be given to the top three finishers from one school, provided that the team consists of both men and women. Team points will not be added to the school totals.

11. Coaches will note that the final two age groups have been combined in the 1997 and earlier races but individual and team awards will be presented for both junior and senior high students.

12. Souvenir shirts will be on sale near the Skating Pavilion for \$16.00.

13. **HAWRELAK PARK IS LARGE. COACHES SHOULD ARRANGE A MEETING PLACE FOR THEIR TEAM.**

Best wishes for a successful meet,

Irv Barros, Meet Director

**49 th ANNUAL
C.A.H.P.E.R. CROSS COUNTRY RACES**

12:00 P.M. SATURDAY, OCTOBER 15, 2011

12:00 P.M.	GIRLS	BORN IN 2003 OR LATER	1200 M
12:15 P.M.	BOYS	BORN IN 2003 OR LATER	1200 M
12:30 P.M.	GIRLS	BORN IN 2002	2000 M
12:45 P.M.	BOYS	BORN IN 2002	2000 M
1:00 P.M.	GIRLS	BORN IN 2001	2000 M
1:15 P.M.	BOYS	BORN IN 2001	2000 M
1:30 P.M.	GIRLS	BORN IN 2000	2000 M
1:45 P.M.	BOYS	BORN IN 2000	2000 M
2:00 P.M.	GIRLS	BORN IN 1999	2000 M
2:15 P.M.	BOYS	BORN IN 1999	2000 M
2:30 P.M.	TEACHER/PARENT FUN RUN		2000 M
2:40 P.M.	GIRLS	BORN IN 1998	2000 M
2:45 P.M.	BOYS	BORN IN 1998	3200 M
2:55 P.M.	GIRLS	BORN IN 1997 or earlier	2000 M
3:00 P.M.	BOYS	BORN IN 1997 or earlier	4000 M

Coaches please note that this year we have combined the 1997 runners with the senior high runners. Individual and team awards will still be awarded for both junior and senior high students.

Teachers and Parents Fun Run is open to all teachers at competing schools and to all parents or legal guardians of students attending that school. Please either pre-enter or purchase a name tag at the registration table.

All runners should be at the park one hour before the scheduled start of their race. Name tags will be available for all those who have pre-registered.

Age categories are determined by year of birth.

Good luck to all runners.

Thank you to: The Edmonton Journal, The Running Room, Lansdowne School, Athletics Alberta and Xerox Canada for their support and assistance.

IMPORTANT NOTICE TO COACHES REGARDING PARKING AT HAWRELAK PARK

Coaches please be aware that the parking areas at Hawrelak Park become very congested from 11:30 until 2:30 on CAHPER Cross Country day. In the past, frustrated drivers parked on the grass and were ticketed for doing so. There is a good chance that the gates to the park will have to be closed for a period of time during this three hour period but there will be a free ***Park and Ride*** service available from the Windsor Parkade located on the U of A campus near the top of the Emily Murphy Hill. Coaches, you can help this situation. Please bus runners and their parents to the Park **or** facilitate 'car pooling' **or** have your drivers drop off the runners inside the entrance to the Park and then proceed up to the Windsor Parkade and ride back to the Park in the free shuttle bus. There will be a charge to park in the Windsor Parkade. The entrance to the Windsor Parkade is off 116th Street near 92nd Avenue.

Please do what you can to decrease the number of vehicles that will be attempting to park in Hawrelak Park on October 15. Thank you.

Irv Barros