

Alberta Cross Country Champs 2013

Technical Package



Event:	Provincial Cross Country Championships for: Pee Wee, Bantam, Midget, Youth, Junior & Masters
Dates:	Saturday, November 2 nd , 2013
Host:	CALTAF
Partners:	Calgary Track Council, Strides Running Store
Meet Directors:	Jason Lindsay and Ed Moore
Where:	Confederation Park & Rosemont Community Hall, 2807-10 St. N.W., Calgary
Announcer:	Gord Lindsay

Course Descriptions: The courses are on good grass with lightly rolling and rigorous hills. Trails will be marked and there will be marshals on the course. Course maps will be available on race day. In the event of races with more than one loop, the shortest loop will be run first followed by longer loops. Please note that there may be additional obstacles to navigate such as hay bales and creek crossings.

There **will not** be a walk through of the course.

Inquiries: Jason Lindsay at 403-680-2232 or jwlindsa@me.com & Ed Moore at 403-615-3282 or ed.moore@shaw.ca

Registration Chair: Jolene Dressler – momfirst_2000@yahoo.com.

Please submit entries by Sunday, October 27 @ noon.

Results, Scoring & Awards:

Medal ceremonies will be conducted once the final results are completed. Provincial medals will be awarded to registered Athletics Alberta members. Unofficial results will be posted immediately after race. Official results will be posted on web by November 4th, 2013.

- Provincial Championship Medals to top 3 individuals and teams (scoring members).
- Ribbons 4th to 10th individuals in each race.
- Non-Championship medals will be awarded to Non Athletics Alberta Athletes that place in the top 3.
- Individual Winners will receive a commemorative T-shirt.

Team Championships:

- Teams are 6 runners with 4 to score.
- If a club does not designate their team members prior to the start of the race, the first 6 athletes finishing will be considered the team.
- Scoring - 1st place scores 1, 2nd place 2, 3rd 3 etc.
- Lowest total wins.
- Non Athletics Alberta registered athletes are not eligible for Alberta Championship medals.

Provincial Club Championship for Cross Country will be announced at the conclusion of the meet with a special presentation.

Concession: There will be a concession.

Washrooms: The Rosemont Community Centre bathrooms will be open. There are no change rooms on site.

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Entry Fee: \$20.00 per participant.

Athletics Alberta Membership: All competitors must be members of Athletics Alberta or their respective Provincial Athletics Association. If athletes are not members of their provincial association, then they can purchase a day of meet membership, cost \$5.00.

Age Groups:

Peewee – born 2002 or later
 Bantam – born 2000-2001
 Midget – born 1998-1999
 Youth – born 1996-1997
 Junior – born 1994-1995
 Senior – born 1993-1979
 Masters – Born 1978 or earlier

Entry Information should include:

- Club/ School (if applicable)
- First and Last name;
- Gender;
- Date of Birth (mm/dd/yy);
- Athletics Alberta Membership number

Schedule:

Time	Age Group	Distance
11:00 am.	Senior Women (non-Champ) / Masters Women Championship	5000 m.
11:30 am.	Senior Men (non-Champ) / Masters Men Championship	8000 m.
12:15 pm.	Pee Wee Girls Championship	2000 m.
12:30 pm.	Pee Wee Boys Championship	2000 m.
12:45 pm.	Bantam Girls Championship	2000 m.
1:00 pm.	Bantam Boys Championship	2000 m.
1:15 pm.	Midget Girls Championship	3000 m.
1:40 pm.	Midget Boys Championship	4000 m.
2:00 pm.	Youth Girls Championship	4000 m.
2:20 pm.	Youth Boys Championship	6000 m.
2:50 pm.	Junior Women Championship	5000 m.
3:20 pm.	Junior Men Championship	8000 m.

- Please note that in the event of combined races, the results will be separated out at the conclusion of the event.
- To maintain the above schedule, subsequent races may start before all runners have finished the previous race.

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Athletics Alberta
Cross Country Championships 2013

Entry Form

Name of Team, Club or School: _____

Last Name	First Name	Date of Birth (mm, dd, yy)	Gender (M/F)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

_____ # of Athletes x \$20.00 = \$ _____

Entries due: Sunday, October 27, 2013

Email: Jolene Dressler at momfirst_2000@yahoo.com