



MAC Track

CROSS COUNTRY SERIES 2014

Tuesday, September 9th

Tuesday, September 16th

Tuesday, September 23rd

Glen Allen Rec Centre Park, Sherwood Park

199 Georgian Way (behind Wes Hosford School)

All meets start at 5:00 PM

REGISTRATION:

An Electronic Registration Form can be obtained from Linda Miller at lindam33@shaw.ca

REGISTRATION

Students are registered by their school. Schools may enter as many athletes as they wish. To register students, complete the entry form including all members of your team as well as school information and send to:

lindam33@shaw.ca There will not be on-site registration.

ENTRY FEES

The entry fee this year will be \$5.00 per student per race. All schools will be billed after the last race based on the number of athletes from their school that cross the finish line. An electronic invoice will be sent to the Coach or Billing Person approximately 2 weeks after the last race.

RACE FORMAT

The MAC Track cross-country series consists of three meets for students with races for Grades 3 to 9. Students compete against others in their own grade and of their own gender, thus each meet consists of twelve races. If registration numbers warrant, some races may be combined. The meets make up a series in which students earn points for themselves (in the individual competition), and for their grade and school (in the team competition). Awards are given for the combined results of the three meets. Elementary students must participate in all three meets to be eligible for the individual awards. Gr. 7-9 students must participate in 2 races to be eligible for the individual awards. Race distances will vary from about 1300 m to 3000 m. The first race will start at 5:00 with races beginning approximately every 10 minutes after that.

Race Order: For all meets the race order will be:

- Grade 8/9 boys – 2845m
- Grade 8/9 girls – 1800m
- Grade 7 girls, then Gr. 7 boys – 1800m
- Grade 6 girls, then Gr. 6 boys – 1550m
- Grade 5 girls, then Gr. 5 boys – 1550m
- Grade 4 girls, then Gr. 4 boys – 1200m
- Grade 3 girls, then Gr. 3 boys – 1200m

PARK LOCATIONS

A map to the race site can be found on the **MAC Track website** under the heading of "***Maps and Directions***":
<http://mactrackclub.blogspot.ca/>

Please note: There will be limited parking available, so bussing or carpooling is suggested when possible.

RESULTS

All runners will be provided with their placement for their run. Results (times, places and points earned) will be posted on the MAC Track website as soon as possible following the meet. We aim to have the results posted within 48 hours of the meets.

REGISTRATION LABELS

We will supply registration labels for the athletes to stick to their shirt. Please arrange to send a list of **all possible participants** using the attached spreadsheet to lindam33@shaw.ca the **12:00 NOON THE DAY BEFORE** the race. Late entries will be charged \$2.00 per person extra. By using this spreadsheet, it will allow us to directly import your students into our computer and thus save hours of data entry and the typos that occur with such a task. Labels will be printed for all students and results will also be available much sooner after the meet. Labels will be available to be picked up at the registration area by school coaches. **Please DO NOT bring your own labels.** MAC Track volunteers at the finish line will remove each runner's labels. Please stress to your athletes that they should not remove their name labels until they are at the finish line and are asked to remove them by the MAC Track volunteers. Labels that are missing, crumpled or illegible cause considerable delay at the finish line and may result in inaccurate finishing results.

AWARDS

- 1) **TOP TEN** - Place ribbons will be given to the top ten finishers in each race at each event.
- 2) **INDIVIDUAL SERIES AWARDS** - The meets are organized as a series, with runners earning points for each race. First in each race earns 1 point, 2nd earns 2 points, 3rd earns 3 points etc. T-shirts will be awarded to the **lowest** five accumulative point earners in each category (e.g. grade 4 girls etc.) Elementary runners must compete in **ALL THREE** races to be eligible for these awards. Gr. 7-9 runners must compete in **TWO** races to be eligible for awards.
- 3) **TEAM SERIES AWARDS** – Award plaques are also given to the top combined male/female team in each grade category on an accumulative point basis. ***Schools must have complete teams for each race.*** Teams are made up of the first three men and first three women finishers from each school, and need not be the same individuals for all three races. Runners finishing 7th or greater on their team shall not displace the scores of other teams' runners for the team standings.
- 4) **SCHOOL AWARDS** - Trophies will be awarded to the top elementary and junior high schools based on point totals from both races. Schools will receive 1 point for each athlete who participates. Top three points awarded for individual accomplishments will be added to this total as well.

Cancellation Due To Weather

Cross country races usually run regardless of the weather. However, there are times when the race may have to be cancelled to prevent injury to athletes. All information pertaining to the race will be posted on the MAC Track website - <http://mactrackclub.blogspot.ca/> . If there is a question as to whether or not the race will be on, the MAC Track website will be updated by midnight the night before the race.