
The University of Alberta Bears & Panda's XC and Track & Field Programs are please to host:

2015 STEWART MEMORIAL CROSS COUNTRY CUP

In Conjunction with the 2015 Athletics Alberta Senior XC Championships

Saturday, October 31st 2015

LOCATION:

William Hawrelak Park, Edmonton. Plenty of parking on site for cars/vans/busses.

COURSE:

Hawrelak Park is primarily a grass park with flat sections and some rolling hills. In addition, the connected trail system will be used as part of the course; this consists of packed dirt & gravel with rolling hills, some significant in steepness. Strips of Mondo track surface will be utilized when crossing paved paths/roadways. Teams should be prepared for the navigation of hay bails on the competition course during race day.

A course map will be available the day prior to competition.

AGE CATEGORY	YEAR OF BIRTH	RACE DISTANCE	RACE START TIME
University/ Open Women	1996 & Earlier	6,000m	12:00pm
Senior Women	1996 & Earlier	6,000m	12:00pm
University/ Open Men	1995 & Earlier	10,000m	12:45pm
Senior Men	1996 & Earlier	10,000m	12:45pm

ENTRY FEES:

University Team Entries: Per Can West Regulations [Maximum of \$100 per school].

Non University/Provincial Championship Entries: \$15.00 + processing fee

Non University/Provincial Championship Late Entry: \$30.00 + processing fee

All Entries submitted through Trackie.ca via the following link;

<http://www.trackie.com/online-registration/event.php?id=2348>

Entry Deadline: Monday October 26th, 2015 - midnight

Late Entry Deadline: Thursday October 29th, 2015 - midnight

Entry Contact:

Wes Moerman – Associate Director, Athletic Programming

Email: wes.moerman@ualberta.ca

Telephone: 780-492-5097

ATHLETICS ALBERTA/ATHLETICS CANADA MEMBERSHIP:

All competitors must be members of Athletics Alberta or their respective provincial branch. If athletes are not members of their provincial associations, they can purchase a day of meet membership at the cost of \$5.

Entry Information:

- Club/ School
- First & Last Name
- Gender
- Date of Birth
- Athletics Alberta Membership Number

AWARDS:

STEWART CUP MEMORIAL (University & Alumni Teams):

- Top 5 runners score per team
- Stewart Cup awarded to best overall team result between University of Alberta and University of Calgary
- Scoring : 1st place scores 1 point, 2nd place scores 2 points, etc. Lowest total wins.

ATHLETICS ALBERTA SENIOR XC PROVINCIAL CHAMPIONSHIPS:

- Provincial Championship medals to top 3 individuals & teams
- Non Athletics Alberta registered athletes are not eligible for Alberta Championship medals
- Athletics Alberta Team Championships: Teams are 6 runners with top 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 point, 2nd place scores 2 points, etc. Lowest total wins.

RESULTS:

Unofficial results will be posted immediately after the race within the Pavilion building. Official results will be posted on the Internet & emailed to Head Coaches of teams in attendance by November 2nd 2015.

MEDICAL:

University of Alberta Athletic Therapy will be on site.