

The Edmonton Harriers Cross-Country Series 2026

Sponsored by Running Room

We look forward to seeing you all in 2026! Note the change for the third event.

Please review the following information carefully.

To download a pdf of the below information, please go to

<http://www.ellistiming.ca/HarriersCrossCountry/>

Date

: Wednesday, September 16, 2026

Time: 4:30–6:15 PM (Race starts: 4:45 PM Gr6 girls | 5:00 PM Gr6 Boys | 5:15 PM Gr5 Girls | 5:30 PM Gr5 Boys | 5:45 PM Gr 4 Girls | 6:00 PM Gr4 Boys)

Location: Mill Woods Sports Park (2730 66 St NW)



Date: Wednesday, September 23, 2026

Time: 4:30–6:15 PM (Race starts: 4:45 PM Gr6 girls | 5:00 PM Gr6 Boys | 5:15 PM Gr5 Girls | 5:30 PM Gr5 Boys | 5:45 PM Gr 4 Girls | 6:00 PM Gr4 Boys)

Location: Rundle Park (2909 113 Ave NW)



Course length:
Approximately 2000m

Date: Tuesday, September 29, 2026 (Tuesday is selected to avoid National Day for Truth and Reconciliation on September 30)

Time: 4:30–6:15 PM (Race starts: 4:45 PM Gr6 girls | 5:00 PM Gr6 Boys | 5:15 PM Gr5 Girls | 5:30 PM Gr5 Boys | 5:45 PM Gr 4 Girls | 6:00 PM Gr4 Boys)

Location: Terwillegar Park (10 Rabbit Hill Rd NW)

Click on a section heading to show or hide the associated information.

Race course is being finalized

^ Registration

Please note that registration is done through Ellis Timing. Any registration-related questions should be directed to Ellis Timing.

Students are registered by their schools. If your school is not participating or your child is home-schooled and you wish your child to participate, please follow the same instructions as for the schools.

Step 1: Send a message to vernon@ellistiming.ca to request a registration spreadsheet.

Step 2: Complete all fields in the spreadsheet including **name, grade and gender** for all participants in the school. Be sure to include your contact information (and school) at the top (please do NOT send "Google Docs" links). **You only need to submit an athlete's information once for the whole series** (please do not re-send an athlete's information for the second or third date if the name was sent for the first). If possible, include all athletes who will participate in the series whether or not they intend on participating in all the races. Note that using the spreadsheet allows direct

import of your students into the database and thus saves hours of data entry and the typos that occur with such a task.

Step 3: Wait for entry confirmation. Entry receipt will be acknowledged by return email within 24 hours. If you have not received a response within 48 hours, please request a confirmation of receipt. Note that registration starts at the beginning of September so if you attempt to register earlier than this, expect a delayed response until this time.

We will supply the labels for the athletes to stick to their shirt. Labels will be available for pick-up at the registration table. **Please do not bring your own labels.**

There is very limited on-site registration. 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 two weeks after the last race.

Entry Deadline: Monday noon before each Wednesday race (the Friday before is better, to allow you more time to confirm information).

The entry fee this year will be \$7.00 per child per race. This entry fee covers the cost of insurance, park permits and/or facilities, parking support, ribbons, and awards.

^ Race Format

The Harriers Cross-Country Series is for elementary students Grades 4 to 6. Note that for 2025 we are unable to accept registrations for Grade 3 which varies from previous years.

Students compete against others in their own grade and of their own gender, thus each meet consists of six races.

Race distances may vary from meet to meet, from about 1.0km to 2.0km. These distances will vary based on weather, conditions, and overall registrations. The actual race distance will be measured the day of the race and communicated at the start line.

The first race starts at 4:45 PM. Subsequent races will start every 10-15 minutes. The race order will be:

Grade 6 Girls

Grade 6 Boys

Grade 5 Girls
Grade 5 Boys
Grade 4 Girls
Grade 4 Boys

^ **Park Locations**

Each school is encouraged to bring a bus, as special parking will be provided for buses. There will be limited parking available for cars. Parents are encouraged to car pool. Note that for 2025, the City of Edmonton is engaged to provide parking support services and they have advised they will ticket unlawful parking.

Mill Woods Park

2730 66 St. NW – This park is bordered by 23 Avenue, 28 Avenue, 66 Street, and Mill Woods Road. The races begin near the tennis courts behind Holy Trinity School. There are a number of parking lots in and around Mill Woods Park. Please obey all “No Parking” signs – violators will be ticketed.

Sir Wilfred Laurier Park

13211 Buena Vista Rd. NW – This park is located in the River Valley, near the Edmonton Valley Zoo. There is some parking onsite, and additional parking located at the main entrance (shared by the Zoo).

Rundle Park

2909 113 Ave NW – This park is in the river valley and straddles Edmonton's northeast and southeast. Race details to be determined. There is alternate parking in the residential areas around Rundle Park.

PLEASE NOTE: Parking on the grass at any venue is not permitted. City Bylaw staff will be enforcing and issuing tickets. Our volunteer organization is liable for costs related to damage and our volunteers will also be looking out for non-compliance.

^ **Results**

All runners will be provided with their placement for their run. Results (times, places, and points earned) will be available on the Ellis Timing website. Results are typically posted within 48 hours of the meets. Results

will be in Meet Manager format so that schools can search through the results for their individual school's placing.

The Harriers volunteers at the finish line will receive each athlete's label. Please stress to your athletes that they should not crumple up their name tags and should not remove them until they are at the finish line tables and are asked to remove them by the Harriers volunteers. Labels that are missing, crumpled, or illegible cause considerable delay at the finish line and may result in inaccurate finishing results.

^ Awards

Individual Awards:

Top three finishers receive medals. Place ribbons will be given to the finishers that placed 4th through 10th in each race. Finishers later than 10th will receive a participation ribbon.

The meets are organized in 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. Individual awards are awarded to the lowest three accumulative point earners in each category (e.g. Grade 4 girls). Runners must compete in all three Wednesday races to be eligible for these awards.

Team Awards:

Team Plaques are given to the top three teams in each category on an accumulative point basis. Teams are made up of the top three finishers in each category from each school, and need not be the same three individuals for the three meets. Coaches may choose to have their younger athletes run in an older category race as some schools may need to do this in order to field a team. Coaches can decide which race students compete in, however, students may only run in one race in each meet. They cannot run in the Grade 4 race and then in the Grade 5 race, for example.

Plaques will be awarded to the top 3 teams in each category (1 plaque per team in the school). Schools can then engrave the names of the runners they wish to recognize as being members of that team.

^ Cancellation Due to Weather

Cross-country races usually run regardless of 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 Harriers website (edmontonharriers.ca). If there is a question as to whether or not the race will be on, the Harriers website will be updated by midnight the night before the race.

^ Payment

Please make cheques payable to "Edmonton Harriers Track and Field Club". Please send payment to:

Edmonton Harriers Track and Field Club

PO Box 4638

Station South CRO

Edmonton, Alberta T6E 5G5

If you prefer making the payment electronically, Interac payments can be sent to admin@edmontonharriers.ca -- please ensure you put the name of the school in the comment box.

Please ensure your school's (or school board's) accounts payable system uses the above-noted address. If there are questions or concerns regarding your invoice or payment methods, please direct them to admin@edmontonharriers.ca .

Note that we are unable to accept credit card payment at this time.

