



South Fraser Track & Field Club

2019 Cross Country Meet

For All Schools and Track Clubs

September 21st, 2019

Bear Creek Park, Surrey, B.C.

Hosted and Organized by the South Fraser Track & Field Club

Sanctioned By: BC Athletics

South Fraser Track & Field Club Cross Country Meet

ENTRY FEES:

- ALL registration entries (ages 6-99) is online via Trackie.
<https://www.trackie.com/online-registration/>
- Fees must be paid before the package is collected. Non BC Athletics members please add \$3 to the fee below
- **Registration Deadline:** Sept. 18th at 11:59 pm. **Late registration deadline:** Sept. 19th at 11:59 pm.
- Email registration concerns to Ionut Aron at ionut.a.aron@gmail.com
- Registration is also available at the track. **Day of meet entries will be accepted.**

Year of Birth	BC Athletics Members	Late fee
2013-2011	\$8.00	\$12.00
2010-2006	\$10.00	\$15.00
2005-2000	\$10.00	\$15.00
Open (1999 & Earlier) 20+ years & Masters 35+ years	\$10.00	\$15.00

REGISTRATION PACKAGES: Make all cheques payable to “South Fraser Track and Field Club.” Clubs and schools must designate a responsible person to pick up, completely pay for the club package and pass out bib numbers to their club members (the meet registration booth will not be able to hand out individual bib numbers).

DIRECTIONS TO BEAR CREEK PARK: exit 50 on Hwy 1; go along 160th, Turn right on 88th Ave. The entry to the park is on the left before King George Hwy.

RACE COURSE: is a combination of Grass, Dirt, Hardtop and Lime Chippings: spikes are NOT recommended.

AWARDS: will be given as follows: Medals 1st to 3rd places; Ribbons 4th to 8th places for 6-19 year old participants. Numbers provided by the registrar must be worn during the race. Altered tags of numbers will result in disqualification.

*Please note that the medals and ribbons will not be mailed. They must be claimed before end of the meet.

ELECTRONIC TIMING: will be used for all running events.

RULES: IAAF Rules will apply.

FIRST AID: Med Tech Emergency Medical Services will be onsite. Surrey Memorial Hospital – 1km distance away.

MARSHALLING: Athletes must check in at event area 20 minutes prior to the start of the event.

COMPETITION BIB NUMBERS: will not be issued until the entry fee is paid. Number pick up starts at 8:00 am Saturday **at the tent next to the concession stand**. Packages must be paid for before any athlete can participate in an event, therefore a club or school representative must be assigned to pick up the numbers and pay for the entries.

SCHEDULE:

Time of Event	Event	Distance
10:00	Course Walk through (Everyone)	All distances
10:30	Open Women/Men 20+ & Masters will run same time and distances	5000m
11:15	2013 Girls/Boys 6 yrs	1000m
11:15	2012 Girls/Boys 7 yrs	1000m
11:15	2011 Girls/Boys 8 yrs	1000m
11:40	2010 Girls/Boys 9 yrs	1500m
11:55	2009 Girls/Boys 10 yrs	2000m
12:10	2008 Girls/Boys 11 yrs	2000m
12:25	2007 Girls/Boys 12 yrs	3000m
12:45	2006 Girls/Boys 13 yrs	3000m
1:10	2005 Girls/Boys 14 yrs	4000m
1:10	2004 Girls/Boys 15 yrs	4000m
1:10	2003-2002 Girls/Boys 16/17 yrs	4000m
1:45	2000-2001 Girls/Boys 18/19 yrs	6000m

All races start on grass and will be clearly marked.

Note: the course will be marked, have spotters and rabbits and turtles on bikes.

1000m: Run around the track and out towards the North-West exit of the track and around a set of cones.

1500m: 1 short loop and finish at the finish line (actual distance 1450m+)

2000m: 1 long loop

3000m: 1 long loop + 1 short loop

4000m: 2 long loops

5000m: 2 long loops and 1 short loop

6000m: 2 long loops and 2 short loops