**North Central Zone High School X- Country Championship 2019**

**Date:** Saturday, October 19th 2018

**Time**: 9:30am – first race

Coaches Meeting at finish line at 8:45am

**Place**: Bear Mountain Nordic Ski Trails

**Directions from Prince George:**

Travel east from Prince George on Highway 97 turn at the Dangerous Goods Road and go south

 Go for 2 miles and leave the paved Dangerous Goods Road taking that junction to your right , continuing west on the gravel road for one more mile. You will see a sign pointing to the Bear Mountain Recreation area and the ski trails. At that point, turn left (south) on Road 223.

 Follow the road south, then veering south-east up a hill for 5.9 km. You will come to a parking lot on the right and a brown gate on the left. There is a large sign at the far end of the parking lot.

Also see map (see the attachment).

* There will be 3 designated parking spots for Buses only.

**Entries due:** By Friday, Oct. 12th at 8 PM (20:00). Via Trackie.com

<https://www.trackie.com/online-registration/>

No refunds for scratches.

If you need more information please contact: Eric Wolf at 250-782-5585 or via email [ewolf@sd59.bc.ca](mailto:ewolf@sd59.bc.ca)

Registration information:

1. Students must be registered with BC School Sports to participate. Bring a PDF copy of your roster Or send via email by Registration date. (You can get one from your Athletic Director) to verify students are registered.
2. Athletes **MUST** complete one league/local race to participate in Zone Championships as set out in the BCXC guidelines. Zone Rep will require verification via email upon entry showing which race each athlete competed in.
   1. EX.

|  |  |  |  |
| --- | --- | --- | --- |
| School name | Athlete | Race | Place |
| DCSS | John Smith | Dawson Sneak | 4th |

**Cost:** $25/athlete; payable to: DCSS Please bring school cheque to race when picking up race #’s If you forget the cheque, go to the bank machine in Dawson Creek..

**DISTANCES**:

**Long Course:** Provincial qualifier – 5.3km Sr. Boys and Sr. Girls ( 2 large loops)

**Short course:** Provincial qualifier - 4.3km Bantam, Juvenile, Junior; all Boys and Girls ( 1 large loop & 1 small loop)

**COURSE**: The course is entirely on packed grass & dirt trails with some hills and no pavement. White/Red arrows on ground/posts show direction. See attachments.

**RACE PACKAGE PICK-UP**:

At the race site in the Hut, starting at 8:00 AM on race day. Pre-registered t-shirts will be handed out to coaches. Race packages and t-shirts may be dropped off at hotel on Friday night.

There will be a coach’s meeting at the finish line at 8:45 AM. Each runner will be given tags and race # to be pinned to the front of their singlet. This will be used to identify the athlete for place and time as they cross the finish line. The runner will also collect a number stick as they cross the line.

**START TIME**:

**Race # 1:** : Jr. Girls 4.3 km at 9:30am **Race #2**: Jr. Boys 4.3 km at 10:00am

**Race #3**: Sr Girls 5.3 km at 10:30am **Race #4** Sr. Boys 5.3 km at 11:15am

**FACILITIES**: Washrooms are outhouses located at registration hut and by shop.

**WALK THROUGH**: People can walk through on Friday, gate will be open until 6pm. The route is marked with white arrows on ground and arrows located along the course at main intersections. Please see attachment for course map.

**POST RACE:** Starting at 1:00 pm. Post race meal, prizes and awards will take place at Dawson Creek Sec. South Peace Campus – 10808-15th St. Dawson Creek in concession and North Court. Change rooms will be available for use. Students are required to wear school Singlets for awards.

**DIVISIONS**:

1. Team Divisions: For Sr. Teams (grade 11 and 12) you need 4 runners no mixed genders
2. Team Divisions: For Jr. Teams (grade 8 to 10) you need 4 runners no mixed genders
3. Note: a Jr runner – say a grade 10 – can run the Sr. race and be on the Sr. team if needed to make a team. Just make sure that the student is registered as a Sr. runner not a Jr. runner. That runner has to run the Sr. race.

d) Individual Divisions: Born in the year:

1. Bantam (Gr. 8) 2006 2. Juvenile (Gr. 9) 2005 3. Junior (Gr. 10) 2004 4. Senior (Gr. 11 & 12) 2003, 2002, 2001

**SCORING:** The first five finishers, for Sr. and the first four finishers for Jr., from each school (Girls & Boys) will count toward the team score. The lowest score wins.

For Provincials, up to 7 runners for Sr. and 6 runners for Jr. can be listed on the team entry form. For zones, any number of runners may be registered. A school can only enter **one team** in each gender and each category. You can enter as many runners from one school as you want.

**AWARDS:** Team Ribbons for top 3 Girls and Boys teams (1st 2nd 3rd).

Individual Medals (1st 2nd 3rd) and ribbons (4th through 8th) for Bantam Boys & Girls, Juvenile Boys & Girls, Junior Boys & Girls, and Senior Boys & Girls.

Awards will be presented when all races are completed. Overall team banners and individual banners/trophies will be awarded.

The top two high school Teams Sr. & Jr. (both boys and girls) and the top 20 high school Individuals (including Teams) in each race (Girls/Boys) qualify for provincials. All team members must attend the same school (Grades 8 — 12). Elementary feeder school entries will not be accepted.

**ACCOMMODATION In Dawson Creek**:

**Super 8 by Wyndham (250) 782-8899. Contact Pat.**

Generally, we have all zone qualifiers go on a Provincial Bus (the bus has 46 seats). Cost $340.00 per student – coaches go free

If you have athletes that qualify for the Provincial Championships in Abbotsford on Nov. 2ndrd and you want to go on the bus as a coach, please contact Eric Wolf at 250-782-5585 or at home 250-782-6611. Eric will hand out more info and speak to everyone at Zones about the Provincial Championships.

Map to trails.



