



GO Athletics is pleased to host the

2019 Alberta Cross-Country Running Championships
Saturday, November 2, 2019
Sanctioned by Athletics Alberta



LOCATION:

Peace Hills Park, Wetaskiwin, Alberta: Township Road 464 west of Highway 2A -- go past the golf course, over the hill, and turn north at the bottom of the hill. See <https://goo.gl/maps/wEehagEvDbD2>.

COURSE:

Peace Hills Park has a wide start area, varied terrain, trails, open areas, no pavement, challenging hills, room to pass in numerous places, and a clear run to finish.

ON-SITE:

- Concession -- Tickets can be purchased in advance on the TrackieReg page. (Unused tickets will be refunded.)
- First Aid
- Registration Tent
- Portable toilets
- Parking: Please respect "No Parking" signs on Range Road 243.
- **No change facilities nor shelter**

Events (Times to be updated if needed no later than October 28):

| Age Category | Year of Birth | Women | Men | Start Time |
|----------------|----------------------------------|-------|-------|------------|
| Open Women | 1984-1999 | 8000m | | 11:30 a.m. |
| Under-20 Women | 2000-2001 | 6000m | | 11:30 a.m. |
| Masters Women | Born November 2, 1984 or earlier | 8000m | | 11:30 a.m. |
| Open Men | 1984-1999 | | 8000m | 12:10 p.m. |
| Under-20 Men | 2000-2001 | | 8000m | 12:10 p.m. |
| Masters Men | Born November 2, 1984 or earlier | | 8000m | 12:10 p.m. |
| Under-10 Girls | 2010 or later | 1000m | | 1:15 p.m. |
| Under-10 Boys | 2010 or later | | 1000m | 1:25 p.m. |
| Under-12 Girls | 2008-2009 | 1200m | | 1:40 p.m. |
| Under-12 Boys | 2008-2009 | | 1200m | 1:55 p.m. |
| Under-14 Girls | 2006-2007 | 2000m | | 2:10 p.m. |
| Under-14 Boys | 2006-2007 | | 2000m | 2:25 p.m. |
| Under-16 Women | 2004-2005 | 3000m | | 2:40 p.m. |
| Under-16 Men | 2004-2005 | | 4000m | 3:00 p.m. |
| Under-18 Women | 2002-2003 | 4000m | | 3:25 p.m. |
| Under-18 Men | 2002-2003 | | 6000m | 3:45 p.m. |

To maintain the above schedule, a race may start before all runners have finished the previous race.

Walk-through for Under-20, Senior, and Masters age groups will be offered at 10:45 a.m.; at 12:45 p.m. for all other age groups. (Please see course map later in this technical package.)

Athletics Alberta Membership: All competitors must be members of Athletics Alberta (or attend an Athletics Alberta member school) or their respective Provincial Athletics Association. No exceptions -- please see <https://www.athleticsalberta.com/aa-membership/> . (Note: "Day of Meet" memberships are **no longer available**. Membership must be registered before the meet entry deadline of October 28, 2019. (Proof of out-of-province Association registration will be required.))

Only Athletics Alberta full members can receive Alberta Championship medals.

ENTRIES: **Due: 6:00 p.m. on Monday, October 28, 2019**
Please submit all entries using TrackieReg (<https://www.trackie.com/online-registration/>) . For seed time, please indicate the estimated time for the athlete (which will allow the organizers to determine if schedule adjustments will be required).

ENTRY FEES: **\$30.00** per participant (includes Alberta Championship fee).
Cheques payable to "GO Athletics ".

CONTACTS: Meet Director: Pete Wright (peterwright5@hotmail.com)
Meet Co-Director Rebekah Rekken (bekahoogendoorn@gmail.com)
Entries/Results: competitions@athleticsalberta.com

AWARDS

- Provincial Championship Medals to **top 3 Individuals and teams** (scoring members).
- **Non-Championship** medals will be awarded to non-Alberta athletes who place in the top 3.
- Ribbons will be awarded to U10, U12, U14 places fourth(4th) to tenth(10th) Individuals.

Athletics Alberta Team Championships:

- Teams are 6 runners with 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: First place scores 1, second place 2, third 3, etc. Lowest total wins.
- Teams having non-Alberta registered athletes are not eligible for Athletics Alberta Team Championship.

In accordance with Athletics Alberta policy, for runners to be considered for the end-of-year recognition as cross-country runner of the year in the Under-10 through Under-18 divisions, they must compete in their appropriate age group in this championship.

RESULTS

Unofficial results will be posted on-site shortly after each race. Official results will be posted later by Athletics Alberta (<https://athleticsalberta.com/event/xc-provincials-2019/>).

PROVINCIAL CLUB CROSS-COUNTRY CHAMPIONSHIPS

A point system will be used to determine the winner of the 2019 Alberta Provincial Club Cross Country Championships. The trophy presentation will be do at the Athletics Alberta Awards Banquet.



Course Map

Senior Women 8000m
U-20 Women 6000m
Masters Women 8000m
Senior Men 8000m
U-20 Men 8000m
Masters Men 8000m

Tyke Girls 1000m
Tyke Boys 1000m
Peewee Girls 1200m
Peewee Boys 1200m
Bantam Girls 2000m
Bantam Boys 2000m
Midget Women 3000m
Midget Men 4000m
U-18 Women 4000m
U-18 Men 6000m