



CANADA WEST CROSS COUNTRY CHAMPIONSHIP BULLETIN

University of Calgary
October 26, 2019

1. ORGANIZING COMMITTEE

University of Calgary Dinos
2500 University Drive NW
Calgary, AB T2N 1N4

Position	Name	Phone	Email
Athletic Director	Jason Kerswill	403-220-3409	jason.kerswill@ucalgary.ca
Convener	Mike Boyles	403-220-4413	mboyles@ucalgary.ca
Athletic Therapy	Bonnie Sutter	403-220-7975	bsutter@ucalgary.ca
Communications	Ben Matchett	403-220-8143	ben.matchett@ucalgary.ca
Events	Craig Lennon	403-210-7010	lennonc@ucalgary.ca
Marketing/Promo	Cait Finley	403-220-7408	caitlin.finley1@ucalgary.ca
Social/Digital	Lance Doucet	403-220-5082	ldoucet@ucalgary.ca
Dinos Head Coach	Doug Lamont	403-220-2479	lamont@ucalgary.ca

2. SCHEDULE OF EVENTS

All times local (MT)

Friday, October 25		
6 p.m.	Technical & Coaches Meetings	University of Calgary
Saturday, October 26		
10:30 a.m.	Community Race (4,000 m)	Canmore Park
11:30 a.m.	Women's Race (8,000 m)	Canmore Park
12:30 p.m.	Men's Race (10,000 m)	Canmore Park
1:45 p.m.	Awards	Canmore Park

3. COURSE INFORMATION & MAP

Course location:

Canmore Park

2020 Chicoutimi Drive NW

Calgary, AB

Map: <https://goo.gl/maps/4xsq41A1wGSW36gh7>

[City of Calgary website](#)

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The course is a 2 km loop. Female athletes will complete four (4) loops of the course, while male athletes will complete five (5) loops of the course.



PARKING

There is limited parking available on-site. Street parking is available on 19 St NW and Canmore Road NW.

WASHROOMS

Portable toilets will be available on site.

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WATER

There will be a water buggy on site for participant use. Participants are required to bring their own water bottles.

TENTS

Teams will be provided space for one 10x10 tent per institution. It is expected that teams driving to the championships will provide their own tents; the host will provide tents for teams travelling to the championships by air, upon request.

Please confirm intent to use tent space (ground) and/or need for tent (air) by Friday, October 11 via email to Craig Lennon: lennonc@ucalgary.ca.

4. ENTRIES

TEAM COMPOSITION

- A team shall have not less than five (5) and not more than fourteen (14) runners to start
- The top five (5) runners from each team shall score toward the team total
- The top seven (7) finishers from each team shall count as displacers

ENTRY FORM

Please submit all entries online [HERE](#).

ENTRY DEADLINE: MONDAY, OCTOBER 21, 2019

TIMING

Athletics Alberta Timing Services will be the official timer for the 2019 Canada West Championships.

5. HOST HOTELS

[ALOFT CALGARY UNIVERSITY](#) & [BEST WESTERN PLUS VILLAGE PARK INN](#)

Contact: Sara Bibi Colborne

403-202-4405

dosm@fourpoints-calgary.ca

6. AWARDS

The following awards will be presented following the men's race:

- Gold, silver, and bronze medals to top 3 individual finishers
- Student-Athlete Community Service Awards (male and female) – winners to be decided at the coaches meeting

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- Coach of the Year (men's and women's) – one vote per institution for each of the men's and women's events. Ballots are due to the awards tent immediately following the completion of the men's event.
- Rookie of the Year (male and female) – to the top finisher under age 21 in their first year of eligibility in each event
- Athlete of the Year (male and female) – to the gold medallists in each event
- Team Championship Trophies

Additionally, the top seven finishers in each event will be honoured as first team Canada West All-Stars, while finishers 8-14 will be honoured as second team Canada West all-stars. The host will send all-star certificates to participating institutions following the event.

7. MEETINGS

TECHNICAL & COACHES MEETING

Friday, October 25, 6:00 pm
University of Calgary, Room TBC

Please send agenda items to Jason Kerswill (jason.kerswill@ucalgary.ca) by Friday, October 19.

8. ATHLETIC THERAPY

Further information on Athletic Therapy services will be provided closer to the event.

9. COMMUNICATIONS / SPORTS INFORMATION

ENTRIES

The host requires SID rosters for each participating team, including full names of all student-athletes and head coaches. **Deadline: Monday, October 21**

RESULTS

Results will be communicated to participating SIDs and the CW office as soon as possible following the completion of the event.

PHOTOGRAPHY

A photographer will be on-site for both the women's and men's races, with action photos provided to participating teams following the conclusion of the event.

BROADCAST

There will be no live broadcast of the 2019 CW Championships.

For further information, please contact Ben Matchett: ben.matchett@ucalgary.ca.