Calgary Track Council is pleased to host the
2020 Alberta Cross-Country Running Championships
Saturday, November 7, 2020
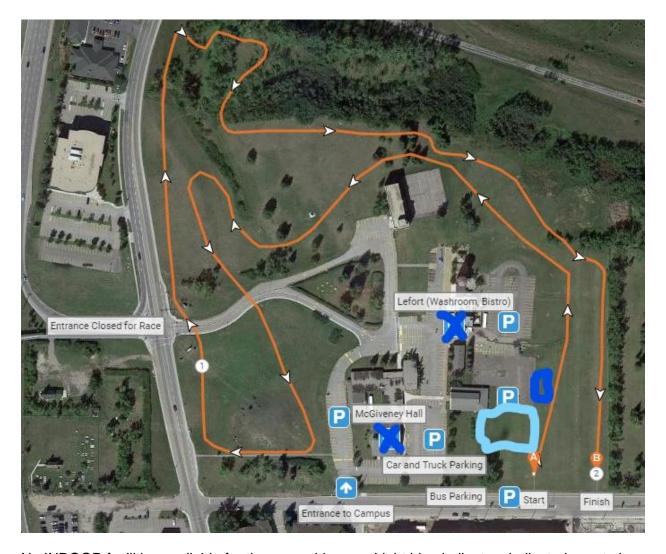**Sanctioned by Athletics Alberta**

Location

St. Mary's University. 14500 Bannister Road SE, Calgary, AB T2X 1Z4

Course

St. Mary's University has a 2km loop Athletics Alberta has the privilege to use with a wide starting area and separate finish line. There are wide straights, a few turns, challenging hills, a few fast-downhill sections, and one road crossing that will be covered with mats on race day.

Course map is below:

No INDOOR facilities available for the races this year. Light blue indicates dedicated spectating area. Spectators must stay inside there and MUST be masked. Dark blue indicates location of Porta-Potties.

There will be a lead cyclist for the U10/U12/U14 races showing them where the course breaks are for their race distances. It will also be marked on the race course and marshaled.

On-Site

• First Aid

• Bib Pick up – AT STARTLINE

• Portable toilets

• Parking: Please respect "No Parking" – various spots on St. Mary's University, see map.

• **No change facilities nor shelter**

Warmup Locations

Athletes are **NOT** allowed to do course run throughs as per AHS requirements; courses are closed on race day. If you want to run the course early in the morning (before 10am) or the night before you may do so. Participants are encouraged to arrive in just enough time to start their warmups. If an Athlete is seen doing an unauthorized warmup in the wrong area, they will be DQ'ed automatically.

Cool Downs

Cool downs are be done in same spots, NOT ON COURSE. Athletes are required to leave 30 min after race unless they choose to mask and hang out in designated spectator area. Participants are encouraged to and leave immediately after their race. Warm-ups and cooldowns can occur in Fish Creek Park or in the adjacent community to St. Mary's Campus.

Spectators

There will be a roped off section for MASKED spectators and coaches to observe the races, it will be between the start/finish lines of every race. YOU AS A COACH ARE NOT ALLOWED TO TRAVEL ON THE COURSE UNLESS YOU ARE VOLUNTEERING. Volunteers will be manning this area to ensure people follow the rules.

Bibs

Pick up at start line from Race Director

Results and Team Scoring

Calgary Track Council website: www.calgarytrackcouncil.com
Cochrane Endurance Project's Facebook:
www.facebook.com/pages/category/Sports-Club/Cochrane-Endurance-Project-310899062830184

Athletics Alberta Membership

All competitors must be members of Athletics Alberta. **No exceptions** -- please see 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.)
No Out of Province entries allowed.

Entries

Due: 6:00 p.m. on Monday, November 2, 2020, NO LATE ETRIES ALLOWED
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 Fee

$25.00 per participant (includes Alberta Championship fee and Trackie fee).
All entry fees need to be paid on Trackie at time of registration.

CONTACTS

Meet Director: Travis Cummings (traviscummings10km@gmail.com)
Meet Co-Director: Robbie Cumming (rdcumming@shaw.ca)
Entries/Results: competitions@athleticsalberta.com, traviscummings10km@gmail.com

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

Age Category	Year of Birth	Race Distance	Start Time
Open Women	1985 – 2000	8000m	10:00 am
Master Women	Born before 1985	8000m	10:50 am
U20 Women	2001 – 2002	6000m	10:50 am
Open Men	1985 – 2000	8000m	11:50 am
Master Men	Born before 1985	8000m	12:40 pm
U20 Men	2001 – 2002	8000m	12:40 pm
U10 Girls	2011 or later	1000m	1:30 pm
U10 Boys	2011 or later	1000m	1:45 pm
U12 Girls	2009 – 2010	1200m	2:00 pm
U12 Boys	2009 – 2010	1200m	2:20 pm
U14 Girls	2007 – 2008	2000m	2:40 pm
U14 Boys	2007 – 2008	2000m	3:05 pm
U16 Girls	2005 – 2006	4000m (updated Oct 13)	3:30 pm
U16 Boys	2005 – 2006	4000m	3:55 pm
U18 Girls	2003 – 2004	4000m	4:20 pm
U18 Boys	2003 – 2004	6000m	4:50 pm

* All start times are tentative and will be confirmed on November 4, 2020.*
** Due to Covid restrictions all races need to be capped at a maximum of

70 competitors. After entries are confirmed we will do our best to combine Open, U20 and Masters for both Men and Women. **

Awards
AWARDS: No Awards Ceremonies. Awards will be handed directly to the winner at the completion of the race away from the finish line. A mask must be worn by the presenter of the award and the athlete receiving the award.
Provincial Championship Medals to **top 3 Individuals and teams** (scoring members).
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.

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 on Trackie.
Results can also be found:
Calgary Track Council website:
www.calgarytrackcouncil.com
Cochrane Endurance Project's Facebook:
https://www.facebook.com/pages/category/Sports-Club/Cochrane-Endurance-Project-310899062830184/
Athleticsalberta.com

Provincial Club Cross Country Championships
A point system will be used to determine the winner of the 2020 Alberta Provincial Club Cross Country Championships. The trophy presentation will be done at the Athletics Alberta Awards Banquet.

Covid Protocols
- All attendees must check in upon arrival and attest to their current health condition via the Covid Questionnaire.
- Participants will need to complete a "Informed Consent" waiver (by registering with Athletics Alberta).
- Infants and children will be discouraged from attending and those that do must always remain with the parents or guardians.
- No Spitting, High-Fives, or physical contact of any kind.
- Each event must designate a safety officer to oversee operations and protocol.
- Course must be minimum 2m wide.
- At the start line, athletes must be minimum 2m apart in a 3D space. Start lines will be made 40-50m wide if need be.
- It is recommended that athletes warmup with a mask, can remove it along with warmups at 2min warning prior to race. Put mask back on after finishing for cooldown.
- Athletics Alberta XC Provincial Start Times will be posted minimum one month ahead of time to allow for adequate planning and travel.
- Online registrations only.
- Athletes competing in the NB XC Series or AA Age Class Provincials MUST BE registered with Athletics Alberta either through a respective club or unattached. This is for contact tracing purposes in lieu of an outbreak. NO PUBLIC SCHOOL BASED MEMBERSHIPS THIS YEAR, no one day meet entries, no walks-ons for competition.
- Coaches and spectators must wear a mask while on course, socially distance as much as possible. Spectating and extra coaches on site unless they are volunteering however are discouraged.

- All clubs during the XC season must continue to follow contact tracing protocol and reporting. For any positive tests, all clubs and affiliated organizations with AA must follow quarantine protocol or will be disqualified from competition for the 2020 XC season.
- It is recommended that age class athletes get tested for COVID-19 10 days out from Age Class Provincials to ensure safe competition.
- Athletes are permitted to be on course for warmup NO MORE than 30 minutes before their scheduled race. Athletes must depart the course within 30 minutes of completion of their scheduled race. This will permit adequate time for pre-race exercise and post-race recovery and cooldown and will avoid excessive loitering on the racecourse.
- Athletes are required to stick with their cohorts before and after races, intermingling of athletes between groups is discouraged/not allowed.
- No Awards Ceremonies. Awards will be handed directly to the winner at the completion of the race away from the finish line. A mask must be worn by the presenter of the award and the athlete receiving the award.
  - If COVID numbers spike upon return to school this fall (ie- greater than 2%transmission rates for daily testing for a sustained period of time), awards ceremonies at competitions will be canceled and awards will be mailed to recipients.
- Indoor spaces required for Athletics Alberta Age Class Provincials will provide adequate spacing and signage for social distancing to occur. Indoor spacing will only be required in the case of inclement weather.
- No concession for 2020 at Alberta XC Provincials or any other race.
- Maps will be provided indicating detailed areas for spectating, course marshaling, parking, and awards. Signage will be provided to control human traffic if required.
- Races capped at 70 athletes.
- NO SHOWS this year. If you no show without notifying the race director, you will be disallowed from competing for the rest of the series. Spots are scarce and there will be a waiting list for signup. If you cannot compete, please let the race director know well in advance so the spot can be filled.
- Current bests at various distances will need to be provided during Trackie Registration to adequately design start grids, race positions from previous races will also be used to determine grids as series advances.
- Designated warmup areas will be provided to athletes prior to race start once registration closes.
- Spectating will be setup and roped off to control crowd, masks must be worn by coaches and spectators within area. NO COURSE WANDERING THIS YEAR.