

Valley Cross Country Meet
Saturday, October 24, 2020
Clearbrook Park - 3680 Clearbrook Road, Abbotsford, BC

This is a BC Athletics Sanctioned event and is co-hosted by Valley Royals and Trinity Western University [TWU]. Valley Royals are hosting the Junior Development [JD] events ages 9-13 years as outlined below. TWU is hosting the High School and College events. Please contact Kathy Andrews Kathy.Andrews@twu.ca or Shane Wiebe Shane.Wiebe@twu.ca TWU for details regarding High School and College races.

This Meet package is applicable to JD events only

Entries will be limited to 25 athletes per event.

Meet Organizer(s) Debbie Foote debbieandabresia@hotmail.com
Christa McAuley dcmcauley@hotmail.com

Meet Director(s) Scott Svelander Svelander_s@surreyschools.ca
Paul Trustham paultrustham@telus.net

Time: 9:30am First event
2:45pm Last event

Entry Deadline: **Wednesday October 21, 2020 at 6:00pm (PST)**

Registration: Register in advance before the Entry Deadline at www.trackie.com
Non BC Athletics Members are subject to the **one day membership fee - \$3.00 per athlete**
MANDATORY COVID Waiver will be attached to each entry in Trackie and must be completed before entering the field of play.

Late Registration: NO LATE REGISTRATIONS WILL BE ALLOWED

Entry Fee: **\$5.00 per athlete**

Awards: There will be no awards available. Snacks will be provided to JD athletes after their race

Schedule: See Below.

Check-in: There will be a check in tent near the race start line where you can pick up your numbers and your stickers. **Athletes**, you may arrive 30 minutes before your race to walk the course/warm up and check in.

Additional Notes: **Max 50 participants allowed on the field of play** (athletes, coaches, and officials). The **"field of play"** includes any area inside the area bounded by course markings which includes the finish line area, namely the race course.

Parents and Spectators **must not enter the field of play**; race course. Spectators are allowed to view events outside the course markings.

Athletes are asked to wear a face covering [mask] until just before reaching the start line. Personal cloth masks must be left with personal items. Disposable face coverings must be placed safely in garbage containers or left with personal items. Masks will be handed out at the end of each race.

Participants are requested to leave the event immediately after their race (15 min max) to allow for the next race participants to get ready.

Please be reminded to practice a minimum of 2m [6'] physical distancing at all times.

All athletes must self-check with a parent/guardian for any COVID symptoms before attending the competition. Athletes showing COVID related symptoms on attendance will be asked to leave the event.

Following this Cross Country meet, all athletes must be aware they are not to compete in other BC Athletics events with other athletes for at least 14 days. Athletes may train with their cohort groups keeping a safe physical distance and must continue to self-monitor for up to 14 days.



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Saturday, October 24, 2020**

Schedule

9:30 AM	JD Grades 4/5 Female	Distance: 2km (1 lap)
10:15 AM	JD Grades 4/5 Male	Distance: 2km (1 lap)
11:00 AM	JD Grades 6/7 Female	Distance: 2km (1 lap)
11:45 AM	JD Grades 6/7 Male	Distance: 2km (1 lap)
12:30 PM	HS Female	Distance: 4km (2 laps)
1:15 PM	HS Male	Distance: 4km (2 laps)
2:00 PM	College Female	Distance: 6km (3 laps)
2:45 PM	College Male	Distance: 6km (3 laps)

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All athletes must self-check with a parent/guardian for any COVID related symptoms before attending the competition. Athletes showing COVID related symptoms on attendance will be asked to leave the event.

Following this event, all athletes must be aware they are not to compete in other BC Athletics events with other athletes for at least 14 days. Athletes may train with their cohort groups keeping a safe physical distance and must continue to self-monitor for up to 14 days.

Limited parking is available on site off the Clearbrook Rd. entrance.

Washroom facilities are also limited so please bring your own personal hand sanitizer, sanitizing wipes, cloth face covering or other Personal Protective Equipment [PPE], i.e. fabric or surgical mask, etc.