

**Ocean Athletics Festival of Cross Country**  
**Saturday October 1, 2022**  
**Crescent Park, South Surrey**  
*Sanctioned by BC Athletics*

Distances are in accordance with BC Athletics guidelines. Both U18 Males & Females will run 5km course\*. The categories have been changed to reflect the need for compliance with the BC School Sports ruling that does not allow club athletes to compete in the same event as individuals or teams representing their secondary school. This ruling does not apply to elementary school teams and athletes. Non-Club High School athletes and Teams are warmly welcomed to the event but must compete as unattached athletes.

<b>Time</b>	<b>Event #</b>	<b>Category</b>	<b>Birth Yr.</b>	<b>Distance</b>
9:15am	1	Open/Masters	U20, Senior, Masters	6km
10:00am	2	Track Rascals	2014-2016 (6-8 yrs)	1km
10:20am	3a	2013 Females	2013' (9yrs)	1.5km
	3b	2013 Males		
10:40am	4a	2012 Females	2011 (10yrs)	2km
	4b	2012 Males		
11:00am	5a	2011 Females	2010 (11yrs)	2km
	5b	2011 Males		
11:20am	6a	2010 Females	2009 12yrs)	3km
	6b	2010 Males		
11:45am	7a	2009, U16 Females	2008/07/06	3km
12:10pm	7b	2009, U16 Males	2008/07/06	3km
12:35pm	8a	U18 Females	2005-2004	5km*
	8b	U18 Males		5km*

**Course:**

- Grass and forest trails over undulating terrain
- Short spikes can be used, but running shoes are also adequate
- Toilets are available but no change rooms
- Course will be open from 8am onward but runners and coaches need to be aware that once the event starts at 9am, the athletes racing have priority on the course. Please take care to not interfere with the ability of athletes to run their course.
- Crescent Park is located at 2585 132<sup>nd</sup> street off of 24<sup>th</sup> Avenue in South Surrey.  
<https://www.google.ca/maps/search/crescent+park/@49.0484456,-122.8690218,2977m/data=!3m1!1e3>

**Concession available:** hot chocolate, coffee, juice, water, fruit, and snacks.

## Entry procedure

Please enter at [Trackiereg.ca](http://Trackiereg.ca) –Find an Event – BC – Cross Country – 2022 Festival of Cross Country -

<https://www.trackie.com/online-registration/event/2022-ocean-athletics-festival-of-cross-country/481880/#.YxjPanbMJD8>

\*\* if you do not know your BC Athletics number, you can use the Trackiereg Lookup -

<https://www.trackie.com/members/lookup.php>

For more information, please contact Maureen at [oceanathletics@gmail.com](mailto:oceanathletics@gmail.com)

## Entries due: Wednesday, September 28<sup>th</sup> - midnight

Entries received after September 28, will be subject to a late fee . Please help us to keep the races on time, avoid long waiting lines on race day and avoid paying extra fees by getting your entries in by the deadline. NO DAY OF ENTRIES.

## Entry fees:

\$6: Track Rascals (Event #1), \$10 if received after September 28th deadline

\$8: 2012 & older athletes - \$15.00 if rec'd after September 28th deadline.

\$3: BC Athletics day of entry fees apply to individuals who are not currently registered with BC Athletics

\*\* note: BC Athletics training memberships still require the \$3.00 day of entry fee).

**NO DAY OF REGISTRATION ENTRIES.**

## Parking

- 3 parking lots available along 132<sup>nd</sup> Street
- 2 parking lots at lower end of park off Crescent Road
- Another lot off 128<sup>th</sup> Street at 25<sup>th</sup> Avenue (tennis courts parking)
- Please **DO NOT** park alongside the road on 132<sup>nd</sup> Street – the bylaw officer will ticket you!

## Awards

Event 1 – Open (U20/Senior/Masters Males & Females) – Medals to first 3 Males & Females overall and ribbons 1-8 in U20, U35, U45, U55 and U65, 65+ categories.

Event 2 - Track Rascals: participation ribbons

Events 3 to 6 – JD (2013-2010): 1-3 medals, 4th-15th ribbons

Events 7 & 8 – 2009 – medals 1-3, ribbons 4-8

U16 Males & Females: medals 1-3 overall, 2008 Ribbons 1-8, 2007 Ribbons 1-8

U18 Males & Females: medals 1-3, ribbons 4-8th

FESTIVAL OF CROSS COUNTRY  
Ocean Athletics Track & Field Club  
BC Athletics Cross Country Series

RACE DISTANCES

- Track Rascals - 1.0 km 
- 9 yr old - 1.5 km 
- 10 & 11 yr old - 2.0 km  B Start 1x
- U14 & U16 - 3.0 km  1x  1x
- U18 - 5.0 km  1x  2x
- 18+ - 6.0 km  1x  3x

