

Valley Royals Cross Country Meet
Saturday, October 8, 2022
Clearbrook Park - 3680 Clearbrook Road, Abbotsford, BC

This is a BC Athletics Sanctioned event and is co-hosted by Valley Royals Track & Field Club 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 Shane Wiebe Shane.Wiebe@twu.ca TWU for details regarding High School and College races.

This Meet package is applicable to JD events only

- Meet Organizer(s)** Debbie Foote debbieandabresia@hotmail.com
Christa McAuley dcmcauley@hotmail.ca
- Meet Director(s)** Scott Svelander Svelander_s@surreyschools.ca
Paul Trustham paultrustham@telus.net
- Time:** 10:30am First event
12:30pm Last event
Athletes in the all races must report to the starting line 15 minutes prior to the official race time to check in with the clerk of the course.
- Entry Deadline:** **Wednesday October 5, 2022 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**
- Late Registration:** NO LATE REGISTRATIONS WILL BE ALLOWED
- Entry Fee:** **\$10.00 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:

Race Course Description: 2km loop on grass and gravel/dirt trails. Spikes or flats are fine. Course map to follow.

Parking: Limited parking is available on site off the Clearbrook Rd. entrance. Additional parking can be found at Mennonite Educational Institute (MEI) at 4081 Clearbrook Rd., Abbotsford, BC.

Washroom facilities are also limited so please bring your own personal hand sanitizer, sanitizing wipes, cloth face covering or other Personal Protective Equipment PPE as needed.



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Schedule

10:30 AM	U10, U11 (9&10yrs)	Female	- 2km (1 lap)
11:00 AM	U10, U11 (9&10yrs)	Male	- 2km (1 lap)
11:30 AM	U12, U14 (11, 12, 13 yrs)	Female	- 2km (1 lap)
12:00 PM	U12, U14 (11,12, 13 yrs)	Male	- 2km (1 lap)