Calgary Track Council is pleased to host the

2022 Alberta Cross-Country Running Championships Saturday, November 5, 2022

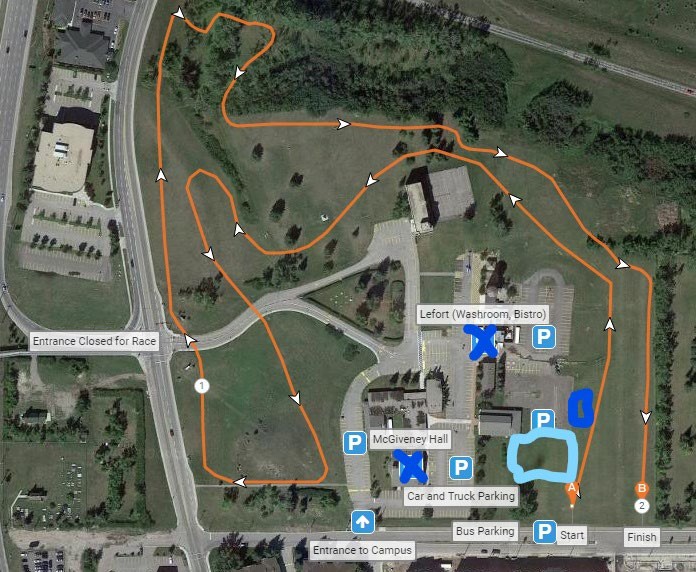
# Sanctioned by Athletics Alberta Location

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:



Light blue indicates dedicated spectating area. 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/Registration Table
* Portable toilets
* Parking: Please respect "No Parking" – various spots on St. Mary’s University, see map.

# Spectators

There will be a roped off section for spectators and coaches to observe the races, it will be between the start/finish lines of every race.

# Bibs

* Pick up at startline from Race Director/Registration Table

# Results and Team Scoring

* Calgary Track Council website: https://calgarytrackcouncil.com/
* Cochrane Endurance Project's Facebook: https:[//www.facebook.com/pages/category/Sports-](http://www.facebook.com/pages/category/Sports-) Club/Cochrane-Endurance-Project-310899062830184/
* Trackie.ca

# Athletics Alberta Membership

All competitors must be members of Athletics Alberta or equivalent Athletics Canada Branch Membership. **No exceptions** -- please see https:[//www.athleticsalberta.com/aa-membership/](http://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.)

**Entries**

**Due: 6:00 p.m. on Tuesday, November 1, 2022, NO LATE ETRIES ALLOWED** Please submit all entries using TrackieReg ([https://www.trackie.com/online-](https://www.trackie.com/online-registration/event/2022-alberta-cross-country-championships/482888/#.Yzuqe3bMLIU) [registration/event/2022-alberta-cross-country-championships/482888/#.Yzuqe3bMLIU](https://www.trackie.com/online-registration/event/2022-alberta-cross-country-championships/482888/#.Yzuqe3bMLIU) ) 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

**$28.00** 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](mailto:traviscummings10km@gmail.com), [cochraeenduranceproject@gmail.com](mailto:cochraeenduranceproject@gmail.com))

Meet Co-Director: Pamela Moores ([pammoores@gmail.com](mailto:pammoores@gmail.com) )

Entries/Results: [competitions@athleticsalberta.com](mailto:competitions@athleticsalberta.com), [traviscummings10km@gmail.com](mailto:traviscummings10km@gmail.com)

# Events

**(Times to be updated if needed no later than Nov 2):**

|  |  |  |  |
| --- | --- | --- | --- |
| **Age Category** | **Year of Birth** | **Race Distance** | **Start Time** |
| Open Women | 1987-2002 | 8000m | 11:00 am |
| Master Women | Born before 1987 | 8000m | 11:00 am |
| U20 Women | 2003-2004 | 6000m | 11:00 am |
| Open Men | 1987-2002 | 8000m | 12:00 pm |
| Master Men | Born before 1987 | 8000m | 12:00 pm |
| U20 Men | 2003-2004 | 8000m | 12:00 pm |
| U10 Girls | 2013 or later | 1000m | 1:00 pm |
| U10 Boys | 2013 or later | 1000m | 1:15 pm |
| U12 Girls | 2011 – 2012 | 1200m | 1:30 pm |
| U12 Boys | 2011 – 2012 | 1200m | 1:50 pm |
| U14 Girls | 2009 – 2010 | 2000m | 2:10 pm |
| U14 Boys | 2009 – 2010 | 2000m | 2:30 pm |
| U16 Girls | 2007 – 2008 | 4000m | 2:50 pm |
| U16 Boys | 2007 – 2008 | 4000m | 3:15 pm |
| U18 Girls | 2005 – 2006 | 4000m | 3:45 pm |
| U18 Boys | 2005 – 2006 | 6000m | 4:15 pm |

# Awards

**AWARDS:**

* There will be an awards ceremony after each event for Top 3 finishers and Top 3 teams.
* 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: https://calgarytrackcouncil.com/
* Cochrane Endurance Project's Facebook: [https://www.facebook.com/pages/category/Sports-Club/Cochrane-Endurance- Project-310899062830184/](https://www.facebook.com/pages/category/Sports-Club/Cochrane-Endurance-Project-310899062830184/)
* Athleticsalberta.com
* Trackie.ca

# Provincial Club Cross Country Championships

A point system will be used to determine the winner of the 2022 Alberta Provincial Club Cross Country Championships. The trophy presentation will be done at the Athletics Alberta Awards Banquet.

# Team Alberta Selection for AC XC

TBD by Athletics Alberta. There will be a declaration process in place prior to AC XC in Ottawa Nov 26, athletes will need to declare their intentions to be a part of Team Alberta for the Nationals race. Participation in Athletics Alberta Age Class Provincial Championships is a REQUIREMENT to be a part of Team Alberta XC 2022 (extenuating circumstances may apply for Usports/CCAA/NCAA/NAIA athletes).

Coaches traveling to AC XC will be considered Team Alberta coaches and will/may be consulted for Team Alberta selection. The team(s) will be declared minimum 1 week prior to National XC Championships.