2023 Interlock Cross Country Championships

Hosted by
University of New Brunswick, Fredericton
October 7, 2023

Information Package

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1.   ORGANIZING COMMITTEE

Meet Director:
Dawson Nancekievill – dnanceki@unb.ca

Sports Information:
Andy Campbell – andy.campbell@unb.ca

OTHER CONTACTS:
Christopher Belof – chris.belof@unb.ca
Julia Loparco – julialoparco5@gmail.com

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2.   SCHEDULE OF EVENTS

Both races will be held at Kingswood Resort in Hanwell, NB (12-minute drive from UNB campus).

Friday, October 6th
7:00pm   Race kit/bib pickup at the Radisson Kingswood Hotel & Suites – lobby

Saturday, October 7th
10:50am   Jr Reds – Open 1k (U12 Men & Women)
11:10am   Jr Reds – Open 2k (U14 Men & Women)
11:20am   Jr Reds – Open 4k (U20 Men & Women)
12:00 pm   Women's 8km Race
1:00 pm   Men's 8 km Race

2:00 p.m.   Awards Presentation – on site (weather permitting)

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3.   TICKET INFORMATION

There is no ticket charge to attend the AUS-RSEQ Interlock cross country meet.

4. MEET HOTEL

All participating teams and team personnel attending an AUS-RSEQ Interlock cross country meet are strongly encouraged to stay at the Radisson Kingswood Hotel & Suites

Check-outs will be at 12:00pm.

Accommodations:

Hotel: Radisson Kingswood Hotel & Suites (Competition venue is on the same property)
             41 Kingswood Way, Hanwell, NB, E3C 2L4
             Phone: 506.206.6270 (hotel)
Contact: Lauren Huckla – **Lauren.huckla@radissonamericas.com** or **+1 (506) 206-6270 ext 3004**
Room Rates: $129 per night + tax for double room with 2 queen beds
             $129 per night + tax for standard king room with a pull-out queen

Deadline:
To ensure your team has enough rooms, please contact Lauren Huckla no later than **Friday, Sept 22nd, 2023** to reserve.

6. MEETINGS/AWARDS

Race Kit pickup:

Date: Friday, October 6th at 7:00 – 8:00p.m.
Location: Radisson Kingswood Hotel & Suites

Scratches of team entries will take place at the kit pickup.

Post-Race Awards Meeting

Awards will be presented after the completion of the men's race – tentatively to be scheduled for 2pm.
- Top Men's team & Top Women's team
- Top 3 individual athlete from each the Men's and Women's race
- Top Male Rookie & Top Female rookie

7.   ENTRY DECLARATION

Entry Declaration:

All participating teams must submit their men's and women's entries no later than **Wednesday, October 4th at NOON AST**

Entries AFTER noon October 4th will be charged late a entry fee
Registration will be done through Trackie.ca and will be emailed to coaches Friday, October 6th.

Men's Team Entry – $155.00 (late entry $250.00)
Women's Team Entry – $155.00 (late entry $250.00)
Individual Entry – $25.00 (late entry $50.00)
Please note:

- Rookies <u>must</u> be identified with "R" and date of birth (day/month/year) included.
- Accurate date of birth is required for all participant entries.

9.   TECHNICAL INFORMATION

FACILITIES AND LOGISTICS:

1. **Parking:** Free parking is available at Kingswood Resort and Radisson Kingswood Hotel & Suites.

2. **Washrooms: Limited** public washrooms are available on-site.

3. **Operations Centre**: There will be an operations centre on site for course officials.

4. **Warmup area is designated to the executive golf course** area and **NOT** the additional signature golf course area. **Coaches should advise athletes the signature course is open and not available as a warmup area.**

5. **Post Race**: change rooms & shower facilities will be made available at UNB Campus – Richard J Currie Centre main floor

PRACTICE TIMES / COURSE TOUR:
Course Tour & Practice time will be limited. Course will be set by 10am October 7th, 2023.
A course map will be attached to this email. (Similar course to 2021, Executive golf course)
PLAYING REGULATIONS
The meet will adhere to all AUS/U SPORTS playing regulations for open competitions as available.

THERAPY / MEDICAL SERVICES:

A certified Athletic Therapist, student therapist, ice and limited therapy supplies will be available on site.