



Ocean Athletics Festival of Cross Country
Saturday September 30, 2023
Crescent Park, South Surrey
Sanctioned by BC Athletics
Race #3 of the Lower Mainland XC Series

Distances are in accordance with BC Athletics guidelines. Both U18 Males & Females will run 5km course.

Non-Club High School athletes and Teams are warmly welcomed to the event but must compete as unattached athletes. BC School Sports ruling 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.

Time	Event #	Category	Birth Yr.	Distance
9:15am	1	Open/Masters	U20, Senior, Masters	6km
10:00am	2	Track Rascals	2015-2017 (6-8 yrs)	1km
10:20am	3a	2014 Females	2014 (9yrs)	1.5km
	3b	2014 Males		
10:40am	4a	2013 Females	2013 (10yrs)	2km
	4b	2013 Males		
11:00am	5a	2012 Females	2012 (11yrs)	2km
	5b	2012 Males		
11:20am	6a	2011 Females	2011 (12yrs)	3km
	6b	2011 Males		
11:45am	7a	2010, U16 Females	2010/2009/2008	3km
12:10pm	7b	2010, U16 Males	2010/2009/2008	3km
12:35pm	8a	U18 Females	2007-2006	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 available
- 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 132nd street off of 24th Avenue in South Surrey.
<https://www.google.ca/maps/search/crescent+park/@49.0484456,-122.8690218,2977m/data=!3m1!1e3>

Concession:

- hot chocolate
- coffee
- juice
- water
- fruit, and snacks.

Entry procedure:

Please enter at [Trackie.com](https://trackie.com) – Find an Event – BC – Cross Country – 2023 Festival of Cross Country

<https://trackie.com/event/2023FestivalXC>

** if you do not know your BC Athletics number, you can use the lookup -

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

For more information, please contact Maureen at oceanathletics@gmail.com

Entries due:

- Wednesday, September 27th at midnight
- Late entries will be accepted until Thursday, September 28th at midnight
- NO 'DAY OF' ENTRIES.

Entry fees:

- \$6: Track Rascals (Event #1), \$10 if received after September 27th deadline
- \$8: 2014 & older athletes - \$15.00 if rec'd after September 27th 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).

Parking:



- 3 parking lots available along 132nd Street
- 2 parking lots at lower end of park off Crescent Road
- Another lot off 128th Street at 25th Avenue (tennis courts parking)
- Please **DO NOT** park alongside the road on 132nd 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 (2013-2011): 1-3 medals, 4th-15th ribbons
- Events 7 & 8 – 2010-2006 – medals 1-3, ribbons 4-8
 - 2010 Males & Females: medals 1-3, ribbons 4-8th
 - U16 Males & Females: medals 1-3, ribbons 4-8th
 - 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	
U14 & U16 - 3.0 km	
U18 - 5.0 km	
18+ - 6.0 km	

Note: Red arrows also include 'B Start' labels with subscripts 1x, 2x, and 3x.

