

Cougars XC Invitational

Tuesday, October 3, 2023

Hosts: Caroline School

LOCATION:

[Prentice Creek Equestrian Center](#), Rocky Mountain House, AB, T0M 0C0

Directions: Head West on hwy 11. Turn right onto 756 Rd/AB-756 N (signs for Sunchild First Nations/O' Chiese First Nations). Head past Twin Lakes Provincial Park. Destination is on your right. Look for the blue sign that says Prentice Creek Equestrian Center.

COST:

\$10 per entry/runner. Please make cheques payable to Caroline School.

ENTRY DEADLINE:

All entries are due by **Friday, September 29** by 10:00 pm. Post entries will cost \$15 each, and can be paid at the registration table on race day.

REGISTERING:

All entries must be done through Trackie. Enter by going to:

<https://www.trackie.com/online-registration/register/cougars-xc-invitational/482677/>

TIMING:

We are pleased to announce and welcome that our timing this year will be handled by Ellis Timing once again this year! Every runner will have their time recorded for their distance.



***** Please Note:** If coaches are unable to attend, parents are encouraged to bring their runner to compete. *******

FACILITIES AND PARKING:

Parking is available on site, but somewhat limited. Please respect the “No Parking” signs placed on the premises. A concession will be available to purchase snacks and beverages.

DISTANCES AND RACE SCHEDULE

(Times are approximate and some races may begin before others are completed)

9:00 am Registration & package pick up opens and will be open all day.

10:00 am Elementary and Junior High Course Walk

10:45 DIV 1 Boys ~ 1.5 km

10:55 DIV 1 Girls ~ 1.5 km

11:05 Grade 4 & 5 Boys ~ 2 km

11:20 Grade 4 & 5 Girls ~ 2 km

11:35 Grade 6 & 7 Boys ~ 3 km

11:55 Grade 6 & 7 Girls ~ 3 km

12:30 Walk Through - Junior and Senior High School

1:00 Grade 8 & 9 Boys ~ 3 km

1:15 Grade 8 & 9 Girls ~ 3 km

1:30 - HS Junior Men & Junior Women (ages 15 - 16) ~ 4 km

2:00 - HS Intermediate Men & Intermediate Women (ages 16 - 17) ~ 4 km

2:30 - HS Senior Women (ages 17 - 18) Women ~ 5 km

HS Senior Men ~ 5 km

AWARDS AND RIBBONS

- Medals for 1st, 2nd, and 3rd finishers.
- Ribbons for 4th - 10th.
- All individual awards will be given out 15 minutes after each race.
- Runner's results/placings will be sorted according to grade. Ex. DIV 1, Grade 4 Boys, Grade 5 Girls etc.
- There will be podium photo opportunities for coaches and parents.

COURSE DESCRIPTION:

All courses feature varied terrain, rolling hills, and mostly grassy footing. There is no pavement and very little gravel. All parts of each course feature enough width to accommodate many runners at one time. There are no single track or bottle neck areas. The start line and finish line will be in different areas. The start line will be close to the grass ring across the dirt lane way, and the finish area will be in the little parking lot close to the concession.

CANCELLATION DATE:

Even though cross country meets run rain or shine, there is a likelihood that we may have a lot of snow on the ground by this date. If this ends up being the case, this race will be postponed to early May. A date will be chosen at a later time that doesn't conflict with track and field season.

For more information please contact the Meet Director:

Sara Barr at 403-847-8030 or sara.barr@wrsd.ca