



**Saskatchewan Provincial Age Class
Cross Country Championships**
Hosted by **Riversdale Athletics Club**
Sanctioned by **Sask. Athletics**
Saturday, October 21, 2023

Riversdale
ATHLETICS CLUB

Location: Victoria Park (Spadina Cres, Ave. F South)

Registration link: trackie.com/event/2023provxcountry

Entry Fees: \$25.00 per competitor (\$40.00 late registration)

Entry Deadline: October 18, 6pm (Sask time)

Contact: Please direct all queries to RossAnn Edwards at:
rossannedwards@gmail.com or 306-227-9213 (cell).

PRAIRIE 
RUN CREW

Course Description: 1 and 2 km loops, all grass, a few small hills, spectator friendly.

Awards: - the top three individuals and teams in each category receive a medal
- competitors are eligible for awards/placings in only one age category

Coaches identify teams at registration: minimum of 3, max of 4 on a team. No limit to # of teams.

Water: There is no potable water at the event, so please bring enough for yourself.

Parking: across from the race site on the street as well as in parking lots at Victoria Park (near the rowing/canoe and tennis facilities). **Bathroom facilities** are 200m from race site.

Nationals **Winner will receive up to 75% funding for travel in the U18, U20 & Sr. categories. Second to 4th place finishers in the U18 & U20 Categories receive up to 50% funding for travel to the National AC Championships (Nov.25) in Ottawa. Contact Sask Athletics for info.**

Age Groups/Events/Times (this will be a rolling schedule)

Registration: 9:30am – 12:30 Course walk through 10:15am sharp

11:30 a.m.	U12 Girls (2012 or later)	2 km
11:45 a.m.	U12 Boys U12 (2012 or later)	2 km
12:00 p.m.	U14 Girls (2010-11)	2 km
12:15 p.m.	U14 Boys (2010-11)	2 km
12:30 p.m.	U16 Women U16 (2008-09)	3 km
12:50 p.m.	U16 Men (2008-09)	4 km
1:20 p.m.	U18 Women (2006-07)	4 km
	U20 Women (2004-05)	5 km
1:50 p.m.	U18 Men (2006-07)	6 km
	U20 Men (2004-05)	8 km
	Masters Men (30+ and incremental)	6 km
	Masters Women (30+ and incremental)	6 km
2:15 p.m.	Open Women (03 or earlier)	10 km
	Open Men (03 or earlier)	10 km

Awards for U12 and older will take place at the conclusion of each event.

- U12, U14, and U16 runners may participate in this competition without a Sask. Athletics membership or Sask. Athletics Day Pass
- U18, U20, Open and Masters runners who are not members of Sask Athletics MUST purchase a Sask. Athletics Day Pass at this competition in order to compete.
- Please check the Trackie confirmation list for your entry. If your entry is not there, please contact RossAnn Edwards (306-227-9213) rossannedwards@gmail.com - **Results** will be posted on the Sask. Athletics as well as the Riversdale Athletics Club website.