



The Golden Bear's & Panda's Cross Country Running Alumni Foundation - In Conjunction with the University of Alberta Golden Bears & Panda's XC Programs and the Grizzly Endurance Collective Athletics Club are pleased to host:

**2023 STEWART MEMORIAL CROSS COUNTRY CUP**  
**Saturday, October 14<sup>th</sup> 2023**

**LOCATION:**

Stoney Creek Centre Park, 5320-40 Ave., Camrose, AB. Plenty of parking on site for cars/vans/busses. Directions: Follow 53 Street south from Highway 13 (48 Avenue). When 53 Street curves west turning into Parkview Drive keep to the left and then turn at the first left onto 39 Avenue. Look for street signs directing you to Stoney Creek Centre.

**FACILITIES:**

General washrooms are available from the main level of the Stoney Creek building outside side entrance. There is a large constructed covered gazebo. However, teams are encouraged to bring their own tents for weather purposes.

**COURSE:**

The course allows for both 2 km and 4 km loops, which follow the grass cross-country trails in the Stoney Creek Valley (approximately 1/3 up, 1/3 down, and 1/3 flat). The course starts and ends in the stadium area below the Stoney Creek Centre. The course crosses one wooden bridge and a paved path in a few places. It is very suitable for spikes. The course will be well marked and flagged.

Starting Boxes will be randomly drawn & assigned to each team.

Women will run a 2km Loop + 4km Loop. There will be the option for Women to add on an additional 2km loop after completing the 6km course if athletes/coaches desire an 8km distance on the day. Men will run 2 x 4km Loops.

AGE CATEGORY	YEAR OF BIRTH	RACE DISTANCE	RACE START TIME
University/ Open Women	2002 & Earlier	6,000m	12:00pm
University/ Open Men	2002 & Earlier	8,000m	13:00pm

**ENTRY FEES:**

Canada West Team Entry Fee's are \$15.00/participant prior to the late entry deadline. Open Athlete Entry Fee's are \$20.00/participant prior to the late entry deadline. Late entries will be charged \$40.00.

All Entries submitted through Trackie.ca via the following links;  
 CanWest Entries: <https://trackie.com/event/Stewartcup2023CanWest>  
 Open Athlete Entries: <https://trackie.com/event/Stewartcup2023Open>

## **ENTRY DEADLINE:**

CanWest Entry Deadline: Tuesday October 10<sup>th</sup> - midnight

Open Athlete Entry Deadline: Thursday October 12<sup>th</sup> - midnight

Late Entry Deadline: Day of Race – 10am on site with a cheque/cash

## **SCRATCHES:**

We ask that all scratches be submitted to us as soon as possible prior to the start of each race. If an athlete is not able to finish the competition, coaches are asked to notify the timing crew at the finish line as soon as possible.

Entry Contact: Sean Baynton

Email: [sbaynton@ualberta.ca](mailto:sbaynton@ualberta.ca)

## **RESULTS:**

Unofficial results will be posted immediately after each race outside the Pavilion building.

Official results will be posted on the Internet & emailed to Head Coaches of teams in attendance by October 16<sup>th</sup> 2023.

## **AWARDS:**

STEWART CUP MEMORIAL (University Teams):

- Top 5 runners score per team
- Stewart Cup awarded to best overall team result between University of Alberta and University of Calgary
- Scoring : 1<sup>st</sup> place scores 1 point, 2<sup>nd</sup> place scores 2 points, etc. Lowest total wins.

## **MEDICAL:**

First Responder Trained Individual will be on-site with ice/first aid supplies.

Nearest hospital – St Mary's Hospital - is located 2min away @ 4607 – 53<sup>rd</sup> St, Camrose

## **HOTEL ACCOMODATIONS:**

Teams wishing to stay in Camrose rather than Edmonton can contact one of the following two local hotels that have agreements with our Augustana Campus;

- [Camrose Resort & Casino](#)
- [The Norsemen Inn](#)

# Womens 6km

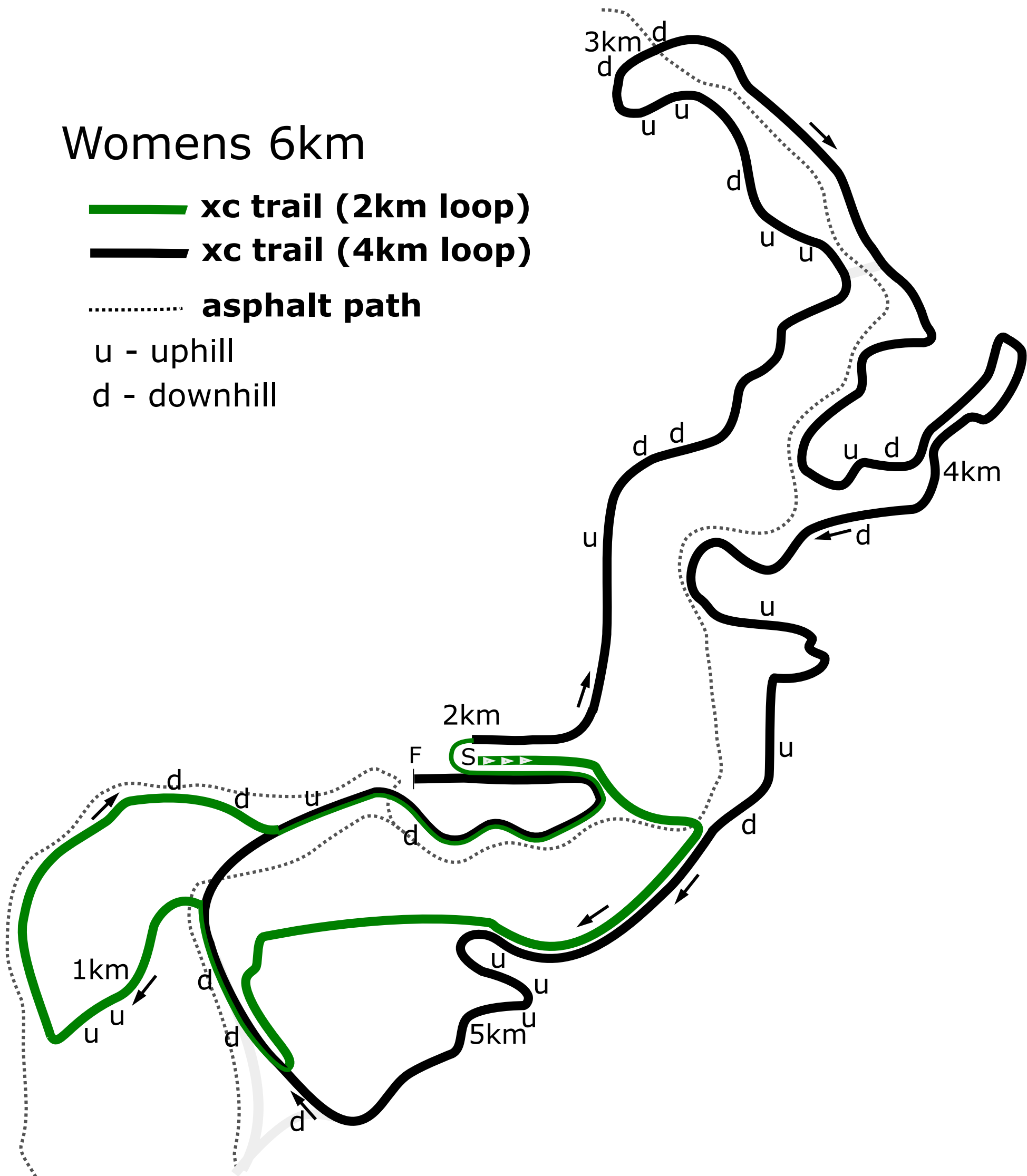
**xc trail (2km loop)**

**xc trail (4km loop)**

**asphalt path**

u - uphill

d - downhill



# Mens 8km (2 laps)

- xc trail
- ..... asphalt path
- u - uphill
- d - downhill

