



**CANADA WEST  
CROSS COUNTRY  
CHAMPIONSHIP BULLETIN**

Mission Recreation Park | Kelowna, BC  
Saturday, October 7, 2023 - Test Event  
Saturday, October 28, 2023 - Championship

*Championship Bulletin as of September 30, 2023*

**1. ORGANIZING COMMITTEE**

Name	Position / Role	Phone #	Email
Tom Huisman	Chair	250.863.0222	<a href="mailto:Tom.Huisman@ubc.ca">Tom.Huisman@ubc.ca</a>
Mike Van Tighem	Race Director	403.880.0914	<a href="mailto:Mvantighem@gmail.com">Mvantighem@gmail.com</a>
Malindi Elmore	Technical Consultant	250.300.5355	<a href="mailto:Malindi.Elmore@ubc.ca">Malindi.Elmore@ubc.ca</a>
Cassy Melnike	Event Coordinator	250.580.4242	<a href="mailto:Cassy.Melnike@ubc.ca">Cassy.Melnike@ubc.ca</a>
Derek Boessenkool	Timing & Results	n/a	<a href="mailto:Derek@startlinetiming.com">Derek@startlinetiming.com</a>
Ellie Punnett	Awards & Ceremonies	250.807.8791	<a href="mailto:Ellie.Punnett@ubc.ca">Ellie.Punnett@ubc.ca</a>
Jamie Howieson	Communications / Media	250.863.6843	<a href="mailto:Jamie.Howieson@ubc.ca">Jamie.Howieson@ubc.ca</a>
Jeff Thorburn	Medical Services	250.317.4639	<a href="mailto:Jeff.Thorburn@ubc.ca">Jeff.Thorburn@ubc.ca</a>
Lisa Nickle	Hospitality & Volunteers	n/a	<a href="mailto:dltr@telus.net">dltr@telus.net</a>

**2. RACE REGISTRATION**

Please register your Canada West team at:

<https://www.trackie.com/my-account/manage/1001068/>

## 3. SCHEDULE OF EVENTS – TEST EVENT

### HEAT INVITATIONAL: OCTOBER 6-7

#### **Friday October 6<sup>th</sup>:**

- 2:00-4:00pm Team Access Course

#### **Saturday October 7<sup>th</sup>:**

- 10:00am 8 km Open Women's Race
- 11:00am 8 km Open Men's Race

## 4. SCHEDULE OF EVENTS – CANADA WEST CHAMPIONSHIP

#### **Friday October 27<sup>th</sup>:**

- All Day Championship Welcome and Host Hotel Check In
- 2-4pm Course is Open for Teams
- 7-7:20pm Technical Meeting @ Coast Capri – 7<sup>th</sup> Floor Capri Room
- 7:30-8:30pm Coaches Meeting @ Coast Capri – 7<sup>th</sup> Floor Capri Room

#### **Saturday October 28<sup>th</sup>:**

- 10:00am Arrival of Teams and Warm Ups at Mission Recreation Park
- 12:00pm Women's Race
- 1:00pm Men's Race
- 2:00pm Awards Ceremony

## 5. HOST HOTELS

### **Coast Capri Hotel - 1171 Harvey Avenue, Kelowna**

[www.coasthotels.com/coast-capri-hotel](http://www.coasthotels.com/coast-capri-hotel)

- 5.3km from competition site (approximately 10 minutes)
- \$139 - various room types
- Includes breakfast
- Complimentary parking, including team buses – plenty of space
- Quiet study space upon request
- Contact: [reservations@coastcaprihotel.com](mailto:reservations@coastcaprihotel.com)
  - **Group Code - Heat Invitational:** GFC29303 – **Release Date:** August 25
  - **Group Code - Canada West Championship:** GFC29302 – **Release Date:** Sept 14

## CW CHAMPIONSHIP BULLETIN

**Accent Inns - 1140 Harvey Ave, Kelowna**

**– ROOMS ON HOLD FOR CANADA WEST CHAMPIONSHIP ONLY –**

<https://www.accentinns.com/locations/kelowna-hotel/>

- 5.3km from competition site (approximately 10 minutes)
- Across the street from the Coast Capri Hotel
- \$125 two queen beds
- Does NOT include breakfast (breakfast not available by walking over to Coast Capri)
- Contact: Donna Price at [dprice@accentinns.com](mailto:dprice@accentinns.com)
  - **Group ID - Canada West Championship: 6321127 - Room Release Date: Sept 26**

### 6. CHAMPIONSHIP VENUE

**Mission Recreation Park – 855 Lexington Drive, Kelowna**

- A two-kilometre loop course that provides modest terrain changes (mostly flat with a few rises) within a large well-appointed city park with plenty of parking (off Lexington Rd and Lequime Rd), which is expected to serve as host course for the 2024 USPORTS Championship.
- Buses and vehicles can drop off in front of Kinsmen Center (small building in front of finish line). Small vehicles are asked to park behind the baseball diamonds (labelled on map for small vehicles). Buses can park in the southwest corner of the parking lot in front of the Capital News Center (CNC) / H2O Aquatics & Fitness Center (4075 Gordon Dr). Lexington Drive loops around to Gordon Dr and is easy for bus pick-up & drop-offs.



### 7. COMMUNICATIONS / MEDIA

As the event is a pre-cursor to hosting the USPORTS Championship in 2024, we are aiming to provide enhanced live stats (ie, individual and team after each 2km lap).

Championship results and statistics will be distributed to Canada West communications, participating institutions and relevant media and social media as soon as possible upon the completion of the event.

Live, online results will also be provided at: [startlinetiming.com](http://startlinetiming.com) (race-specific link to follow).

Championship release, photos and select video clips will be distributed to media and schools after the conclusion of the event.

Please direct all media specific questions and requests to:

Jamie Howieson, Marketing & Communications Strategist

[jamie.howieson@ubc.ca](mailto:jamie.howieson@ubc.ca) or 250.863.6843

There will be no media conference ahead of the event.

### 8. TECHNICAL MEETING

The technical meeting will take place at 7pm at The Coast Capril Hotel - 7<sup>th</sup> Floor Capri Room (1171 Harvey Avenue) on Friday to review the course and all technical details of the championship. Host committee members will be available for questions. The meeting is for both women's and men's teams combined.

Please confirm how many people from your university will be attending this meeting with Cassy Melnike at: [cassy.melnike@ubc.ca](mailto:cassy.melnike@ubc.ca)

### 9. COACHES MEETING

The annual coaches meeting will take place at 7:30pm at the Coast Capril Hotel - 7<sup>th</sup> Floor Capri Room (1171 Harvey Avenue) on Friday. Agenda to follow separately.

### 10. THERAPY / MEDICAL SERVICES

During the Championships, UBCO Heat therapy staff will be present, including a certified Athletic Therapist. If the need for medical attention arises, our staff will be available to offer first-aid assistance and immediate attention as required. First-Aid spotters will be placed throughout the race, with the main first-aid station at the Kinsmen Centre near the Start/Finish zone. Should an emergency arise, activation of BC Emergency Medical Services will occur. Visiting teams are expected to provide their own medical representative.

Please direct any special therapy requests to UBCO's Head Athletic Therapist prior to noon on Monday, October 23, 2023. Contact:

- Jeff Thorburn - [Jeff.Thorburn@ubc.ca](mailto:Jeff.Thorburn@ubc.ca) or 250.317.4639

### 11. HOSPITALITY

A post-race hospitality table will be provided for athletes (and coaches) with a variety of light snacks and fruits, along with water, juice and coffee.

### 12. AWARDS PRESENTATION

The awards ceremony for both the men's and women's races will be held immediately following the men's race (women's presentation first, followed by the men):

- Community Service Award Recipient
- Coach of the Year
- All Rookie Team and Rookie of the Year
- Canada West All Stars, Individual Medalists and Athletes of the Year
- Team Medalists and Championship Banners

Please refer to regulation below and complete and submit the Student-Athlete Community Service Award form to Cassy Melnike – [cassy.melnike@ubc.ca](mailto:cassy.melnike@ubc.ca)

7.8. Student-Athlete Community Award - An award for outstanding achievement in athletics, academics, and community involvement will be awarded annually. Nominations are to be submitted to the host institution by the end of day Tuesday, prior to the championship (October 24, 2023). Winners will be chosen through a vote of coaches held at the pre-event Coaches meeting.

The nomination form is available at [Nomination Form](#)