



GO Athletics is pleased to host the
**2023 Alberta Cross-Country Running
Provincial Championships**
Saturday, November 4, 2023
Sanctioned by Athletics Alberta



LOCATION:

Peace Hills Park, Wetaskiwin, Alberta T0C 1Z0.

Turn onto Township Road 464 from Highway 2A -- go past the golf course, over the hill, and turn north at the bottom of the hill on Range Road 243.(<https://goo.gl/maps/wEehagEvDbD2>)

COURSE:

The Peace Hills course consists of a combination of 2km and 1km loops, with a wide start area, varied terrain, forested trails, open areas, no pavement, challenging hills, room to pass, and a clear run to finish. The course is well marked and will have marshals present to direct runners.

ON-SITE:

- First Aid
- Portable toilets
- Parking (please respect "No Parking" signs on Range Road 243)
- Packet & Bib Pick-Up Tent (near the finish area)

ATHLETICS ALBERTA MEMBERSHIPS:

All competitors must be members of Athletics Alberta. No exceptions -- please see <https://athleticsalberta.com/membership/membership-details/> . Membership must be registered before the meet entry deadline of November 1, 2023.

ENTRIES:

Due: 10:00 p.m. on Wednesday, November 1, 2023

Please submit all entries using TrackieReg

(www.trackie.com/event/2023-alberta-xc-champions). Please note, there are no late entries or day-of meet entries.

For seed time, please indicate the estimated time for the athlete (which will allow the organizers to determine if schedule adjustments will be required).

ENTRY FEE :

\$25.00 per participant (includes Alberta Championship fee)

All entry fees need to be paid on Trackie at time of registration.

CONTACTS:

Meet Director: Pete Wright
email: peterwright5@hotmail.com
phone: 780-619-9690

Admin Assistant: Rebekah Rekken
email: bekahoogendoorn@gmail.com
phone: 587-228-5288

AWARDS:

- Provincial Championship Medals to top 3 Individuals and teams (scoring members).
- Non-Championship medals will be awarded to non- Alberta athletes who place in the top 3.
- Provincial Championship T-shirt for the winner in each event.
- Ribbons will be awarded for individuals in places 1st to 10th.

Athletics Alberta Team Championships:

- Teams are 6 runners with 4 to score. If a club does not designate their team members prior to the start of the race, the first 6 athletes finishing will be considered the team.
- Scoring: First place scores 1, second place 2, third 3, etc. Lowest total wins. In case of a tie, the highest 1st runner breaks the tie.

In accordance with Athletics Alberta policy, for runners to be considered for the end-of-year recognition as cross-country runner of the year in the Under-10 through Under-18 divisions, they must compete in their appropriate age group in this championship.

RESULTS:

Official results will be posted later by Athletics Alberta on the event's Trackie page (see "Results"). Results can also be found at:

<http://www.ellistiming.ca/CrossCountryCalendar2023.html>

EVENTS & SCHEDULE:

| Age Category | Year of Birth | Women | Men | Start Time |
|--|------------------|-------|-------|------------|
| Walk Through - 10:45 am for U-20, Open and Masters ONLY | | | | |
| Open Women | 1988-2003 | 8000m | | 11:30 a.m. |
| Master Women | Born before 1988 | 8000m | | 11:30 a.m. |
| U-20 Women | 2004-2005 | 6000m | | 11:30 a.m. |
| Open Men | 1988-2003 | | 8000m | 12:10 p.m. |
| Master Men | Born before 1988 | | 8000m | 12:10 p.m. |
| U20 Men | 2004-2005 | | 8000m | 12:10 p.m. |
| Walk Through - 12:45 pm for all other age groups | | | | |
| U-10 Girls | 2014 or later | 1000m | | 1:00 p.m. |
| U-10 Boys | 2014 or later | | 1000m | 1:10 p.m. |
| U-12 Girls | 2012-2013 | 1000m | | 1:20 p.m. |
| U-12 Boys | 2012-2013 | | 1000m | 1:30 p.m. |
| U-14 Girls | 2010-2011 | 2000m | | 1:40 p.m. |
| U-14 Boys | 2010-2011 | | 2000m | 1:55 p.m. |
| U-16 Women | 2008-2009 | 3000m | | 2:10 p.m. |
| U-16 Men | 2008-2009 | | 4000m | 2:30 p.m. |
| U-18 Women | 2006-2007 | 4000m | | 2:55 p.m. |
| U-18 Men | 2006-2007 | | 6000m | 3:25 p.m. |

*To maintain the above schedule, a race may start before all runners have finished the previous race.

WARM-UPS:

There is ample room in the main field area near the start line and parking to do a warm-up. For Masters, U-20, and Open athletes, if you want to run the course prior to your race you may do so **before or during your walk-through at 10:45 a.m.** Once the races have started, **the course is closed** and warm-ups must be contained to the finish/start areas. Any athletes seen warming up on the course and obstructing the races will be DQ'd automatically.

COOL DOWNS:

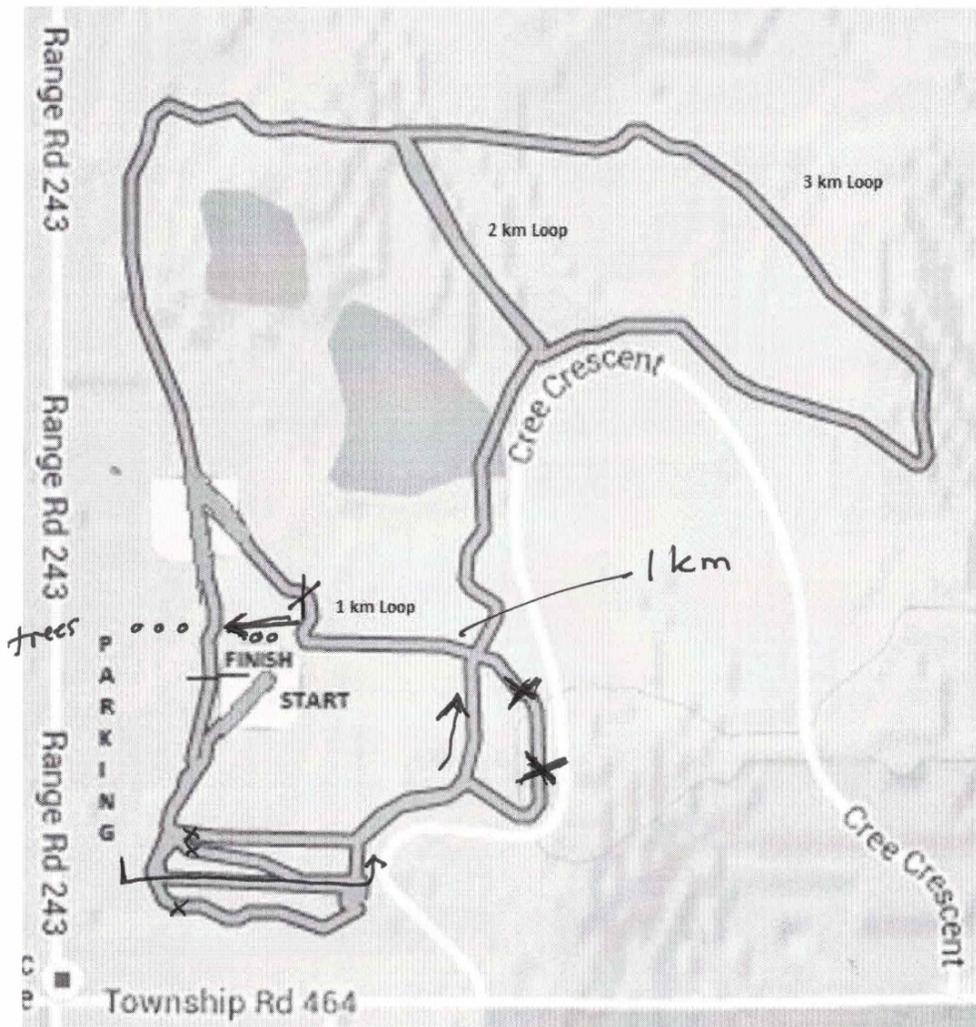
Cool downs are to be done in the same main field area, **NEVER ON COURSE**. Coaches, please ensure your athletes do not cool down on the course or obstruct the other races - this has happened in other years and we want to see mutual respect for everyone's races. Any athletes caught obstructing other races will be DQ'd and their times/medals stripped.

For more information please contact the Meet Directors:

Pete Wright at 780-479-1860 or 780-619-9690 or peacehills.xcountry@gmail.com

Beka Rekken at 780-850-3151 or bekahoogendoorn@gmail.com

COURSE MAP



All the Grade 1 and 2/3 races will be led by a runner. Other races will have the trails clearly marked, with marshalls stationed at key points to ensure no one gets lost.