



Hosted by the Vernon Amateur Athletics Association

Sanctioned by BC Athletics

“We acknowledge that we are on the traditional, ancestral, and unceded land of the Syilx / Okanagan people who have resided here since time immemorial.”

Saturday October 26, 2024

Meet Director:

- Adrienne Mills: email – vaaatrack@gmail.com

Location:

- Department of National Defense Grounds, Falaise Drive, Vernon, BC,

Course Maps:

- See Map Below

Registration:

- Online registration: <https://www.trackie.com/event/community-cross-country-event/1015520/>
- closes midnight October 24, 2024

Age Categories:

- Track Rascals – age 1 – 8
- U-16
- 16 - 99

Entry Fees:

- Track Rascals - \$1.00
- U-16 - \$8
- 16 – 99 - \$15
- Additional \$5 if you require “Day of Event” BC Athletics Membership

Package Pick-up:

- Friday October 18, 2024, 1Pm – 8pm at ‘The Starting Block’, 3100 29th Ave Vernon B.C.
- **Day of Race:**
 - Department of National Defense Grounds, must sign in no later than 1 hour prior to scheduled race start

Tentative Schedule of Events:

RACE #	TIME	AGE GROUP	DISTANCE
1	09:00:00 AM	Community Race	1km/2km/4km
	10:00:00 AM	<i>Community Race Awards</i>	
2	11:00:00 AM	U10 Boys and Girls	1.5km
3	11:15:00 AM	U11 Boys and Girls	2.0km
4	11:35:00 AM	U12 Boys and Girls	2.0km

5	11:55:00 AM	U20, Senior & Masters Women	8.0km 6.0km
6	12:55:00 PM	U20, Senior & Masters Men	8.0km 6.0km
7	01:55:00 PM	U13 Boys and Girls	3.0km
8	02:15:00 PM	U14 Boys and Girls	3.0km
9	02:35:00 PM	U16 Girls	3.0km
10	02:55:00 PM	U16 Boys	3.0km
11	03:15:00 PM	U18 Girls	4.0km
12	03:45:00 PM	U18 Boys	5.0km
13	04:10:00 PM	<i>END OF RACING</i>	

PLATINUM SPONSORS



Nufloors  **OUTLET**

Awards:

- Will be presented at the podium at 10:00am

Individual Awards 2km/4km

- **U-16:** Prizes to 1st, 2nd, 3rd and 4th place finishers (boys and girls).
- **16 – 99:** Prizes to 1st, 2nd, 3rd and 4th place finishers (boys and girls).

Results:

- Available on line at:
 - VAAA Website - <https://www.vernontrackandfield.org/>

Competitors Numbers:

- Must be worn on the front and be visible at the finish line

Medical:

- First aid will be available on site.

Food and Beverage:

- Available on site, there will be a variety of food trucks on site
- There will be post race snacks and drinks available for racers at the finish line

Tents

- Team and individual tents are welcome. There will be a designated area to set up tents, see map.

- Tents can **NOT** be staked into the ground. They must be tied to a weight of some kind ie: sandbag, brick, etc.

Host Hotels:

- www.prestigehotelsandresorts.com
- Booking Code: CrossCountryProvincials2024

Prestige Hotel Vernon, 3km from Competition site (approximately 7min.)

- ◆ Rate: Standard Rooms starting at \$143.95/night
- ◆ Complimentary: Parking & WIFI and access to the fitness center
- ◆ F&B discount: 15% for in-house guests toward the Restaurant
- ◆ Release date: 30 days out (at 30 days, September 25th, we will release all un-used rooms back into general inventory)
- ◆ Booking method: Individual call-in – A credit card will be required to secure the booking
- ◆ Cancellation: Individuals must cancel 72 hours before arrival

Prestige Vernon Lodge and Conference Centre, 2.4km from competition site (approximately 6min.)

- ◆ Rate: Standard Rooms starting at \$143.95/night
- ◆ Complimentary: Parking & WIFI and access to the fitness center
- ◆ F&B discount: 10% for in-house guests toward the Restaurant
- ◆ Release date: 30 days out (at 30 days, September 25th, we will release all un-used rooms back into general inventory)
- ◆ Booking method: Individual call-in – A credit card will be required to secure the booking
- ◆ Cancellation: Individuals must cancel 72 hours before arrival

Host Restaurant:

- Cactus Club Cafe, 5600 Anderson Way, Vernon

GOLD SPONSORS



VERNON



Progression
Muscle, Bone & Joint Clinic

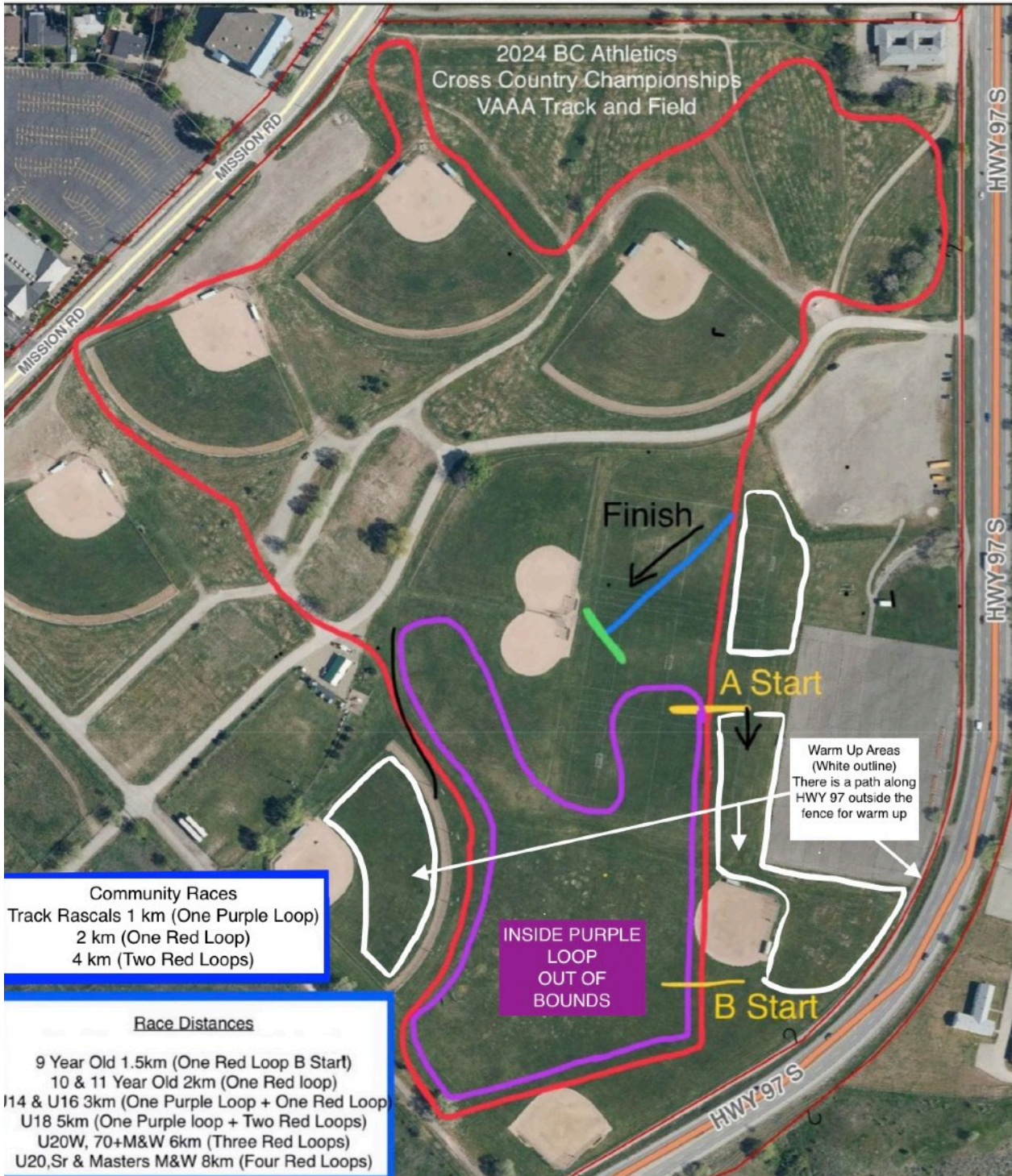
CACTUS CLUB CAFE

COURSE MAP

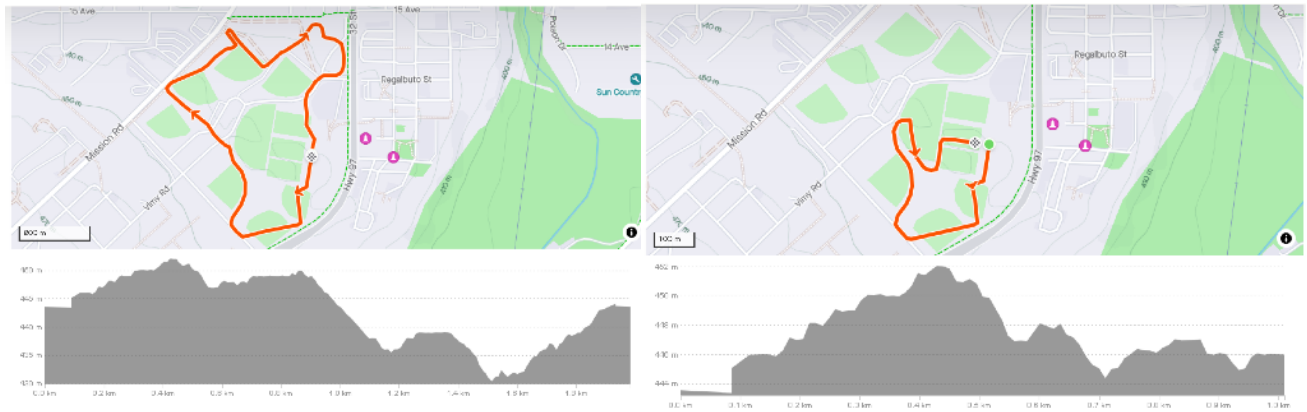


BC Athletics
Cross Country
Championships
Presented by:

WORLD. LADIES WORLD.
HEALTH & FITNESS



Elevation Map 2km and 1km Loop



Silver Sponsors



FACILITIES AND PARKING MAP




Public Parking
Additional parking at
The Church of Jesus Christ
Latter Day Saints
1506 35th St.

Volunteer,
bus, and
accessible parking

Team tents

START

FINISH

LEGEND

■ DJ tent	◆ Podium
■ Title sponsor tent	■ Massage / physio tent
■ Timing tent	□ Announcing stage
■ Garbage / recycling	■ Package pick up / Information tent
■ Porta Potty	■ Finish line refreshments
■ Vendors	■ Volunteer & officials checkin + break
■ Finishing scaffolding	■ First Aid

115 0 57 115
Meters
1: 4,514
© Corporation of the City of Vernon



General Public
Parking locations
(in red)

Volunteer, Bus,
and Accessible Parking
(in blue)

Vernon Mosque & Islamic Centre
Emmanuel Baptist Church
Kingdom Hall of Jehovah's Witnesses
DND Diamond #3
DND Diamond #7
DND Diamond #9
DND Diamond #5
DND Soccer Fields
VCTC Parking Lot
Vernon Cadet Camp

This drawing has been produced by the City of Vernon's Geographic Information System. The data provided is derived from a variety of sources with varying levels of accuracy. The City of Vernon makes no warranty or representation, expressed or implied, with the regard to the correctness, accuracy and/or reliability of the information contained herein.

