



**Valley Royals Grand Prix Racing Series**  
**Wednesday, September 25, October 2, and October 9, 2024**  
**Clearbrook Park - 3680 Clearbrook Road, Abbotsford, BC**

**Meet Organizer(s)** Debbie Foote [debbieandabresia@hotmail.com](mailto:debbieandabresia@hotmail.com)

**Meet Director(s)** Tom Norton [tomnorton.hyperfit@telus.net](mailto:tomnorton.hyperfit@telus.net)

**Time:** 3:45 pm First event  
5:00 pm Last event

**Entry Deadline:** **Friday September 20, 2024 12:00 NOON**

**Registration:** Register in advance before the Entry Deadline at [www.trackie.com](http://www.trackie.com)

**Entry Fee:** **\$10.00 per athlete**

**Late Entries:** Any entries on or after the first race day will be considered late entries. **Late Entry fee is \$12.00 per athlete**

**Points & Awards:** **Individual**  
The first place finisher in each division receives 20 points, 2nd – 16, 3rd – 12, 4th – 10, 5th – 8, 6th – 6, 7th – 4, 8th – 3, 9th – 2, and 10th – 1 point. These points are added together throughout all meets to produce a final score.  
Individual awards will be given to the top ten boys and girls in each grade. Awards are only given to those who race in three races

**Team**  
Team points will be accumulated from the first four runners on each team. After the completion of the series, awards will be given to the top three teams in each of the grade divisions for both boys and girls.

**Ties:** Ties in the final results, whether in the Individual Standings or in the Team Standings, will be broken on the basis of performances in the last race of the series.

**Jane Swan Fitness Award:** The Jane Swan Fitness Award recognizes the school with the best overall performance from their athletes. It is a scale that takes into account the performance of all the runners on a

school's team. All awards will be given to the schools to present to your award winners as you wish.

**Schedule:** See Below.

**Check-in:** Athletes should check in at the start line 15 minutes prior to their scheduled race time

**Athlete Eligibility:** Athletes who are currently in Grade 4,5,6,7 or 8 are eligible to run in the Grand Prix Series.  
Many schools bring a team of athletes to the Grand Prix and register their athletes as a group as part of their school PE program.  
Athletes may also register and run as "unattached" if their school is not sending a team or if they are a homeschooled student.

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**Numbered Racing Bibs:** Each athlete must wear their assigned numbered racing bib on the front of their shirt every week. This allows tracking of their results for each race and the calculation of their placement for awards based on the total points they earn over all four races. Coaches collect numbers with pins after athletes exit the finish line tent. Then return their envelope with the team master list to the Registration Tent so that they are ready for the following week's race

**Course Description:** 1.6km (one mile) loop on grass and gravel/dirt trails. Course map to follow.

**Rabbit:** The runners will be led by an older runner at each race

**Parking:** Limited parking is available on site off the Clearbrook Rd. entrance. Additional parking can be found at Mennonite Educational Institute (MEI) at 4081 Clearbrook Rd., Abbotsford, BC.

**Washroom facilities:** Facilities are limited so please bring your own personal hand sanitizer, sanitizing wipes, or other Personal Protective Equipment PPE as needed.

**Results:** Posted on our web site: [www.valleyroyals.ca](http://www.valleyroyals.ca)

### **Procedure for Race Day:**

- a) An adult must pick up the team's envelope of running numbers from the box at the registration desk and distribute them to their athletes.  
The envelope will contain a master list of your team's runners and their numbers.  
Keep this master list in the envelope throughout all four meets.
- b) Bib Numbers are to be worn on the front. No names will be written on the numbers (but are allowed on the back of the racing bib). Athletes are identified by NUMBERS ONLY!  
Numbers must be visible when the athletes cross the finish line.
- c) After the athletes have gone through the finish line chute, meet at your designated spot, collect the numbers (& the four pins), put them back in the envelope with the Master List, and leave the envelope at the Registration Tent d) SPOTTERS – All adults, please: Refrain from pacing your athletes and share this information with parents.  
Discourage bike riders and dog walkers from being on the course. Discourage athletes from taking short cuts.  
Discourage the harassment of runners by non-competitors.  
Report Cheating: Athletes that use physical contact while racing (such as pushing, tripping, body-checking, spiking) to attempt to gain an advantage over other racers will be disqualified from the Grand Prix Racing Series. Report all activity of this kind by giving a description of the physical contact to the Meet Manager, Debbie Foote. If possible, get the bib number of the athlete/athletes involved and give that information to Debbie so that she can follow up with the athletes and their teachers/parents.
- e) If an athlete loses his or her number, let the Registration Tent personnel know as soon as possible.

### **Reminders:**

1. Each athlete is entered in the computer by his/her running number. DO NOT let the students exchange numbers! If a runner does not have their number, come to the Registration Tent and we will issue a new number.
2. Make sure to verify the grade of each athlete. Otherwise, they may be entered in the wrong division and receive awards they should not rightfully have.

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# Schedule

## Distance 1.6km

3:45 PM	Grade 4 Girls
4:00 PM	Grade 5 Girls
4:15 PM	Grade 4 Boys
4:30 PM	Grade 5 Boys
4:45 PM	Grade 6, 7, 8 Girls
5:00 PM	Grade 6, 7, 8 Boys