



# Cochrane Endurance Project

## XC Open 2024



### *Athletics Alberta XC Race Series #1*

**A bit about CEPR: Established in 2018 founder Travis Cummings built the club on the following values. We are a community-based grassroots club. We are inclusive of athletes from all ages and walks of life. As a club we are process focused vs outcome focused with the goal of creating lifelong endurance athletes. We look forward to sharing this amazing venue with you all and showcasing athletes from around the province.**

**DATE:** Saturday, Sept 14<sup>th</sup>, 2023

**VENUE:** Mt. St. Francis Retreat Centre, 41160 Retreat Rd, Cochrane AB, T4C2W4  
Consists of 2km, 1.2.km, 1km loops. Mountain grassy trails. Course will be marked and marshaled.

**PARKING:** Please note there is **NO PARKING AT MOUNT ST FRANCIS GROUNDS** for the event. We are asking all participants to respect the land owners request to use the following methods for transportation to and from the race site.. We will be operating the following options on race day:

- 1) Drop off/Pick Up loop for athletes or spectators with accessibility needs located at the gate at the top of Sunterra Rd where it meets the gate at Retreat road. Parking attendants will be at this location to keep traffic moving and answer any questions you might have.
- 2) Bus Shuttle: There will be a bus shuttle that will be in place to shuttle athletes/spectators/coaches and equipment. Parking will be located at the Cochrane High School, BUS LOOP, 529 Fourth Ave N, Cochrane, AB T4C 1Y6 A shuttle will take people on the 5 min route up to the meet site, cycling every 15 minutes starting from 10:00am until 3:30pm Please plan your time accordingly. There will be parking attendants at the top and bottom of the shuttle to manage communication and traffic.

**No Parking zones marked in RED**

## LOCATION MAP:



## SCHEDULE:

- i. U10 Girls – 11:00am – 1000m (1x1km Loop)
- ii. U10 Boys – 11:15am – 1000m (1x1km Loop)
- iii. U12 Girls – 11:30am – 1200m (1x 1.2km Loop)
- iv. U12 Boys – 12:00pm – 1200m (1x1.2km Loop)
- v. U14 Girls – 12:20pm – 2000m (1x 2km Loop)
- vi. U14 Boys – 12:40pm – 2000m (1x 2km Loop)
- vii. HS Open (U16/U18) Mixed Relays (3x 2km loops) – 1:00pm (2k Loops for each athlete)
- viii. HS/Open Women's – 4km – 1:30pm (2k-2k Loops)
- ix. HS/Open Men's – 5km – 2:00pm (2k-2k-1.2km Loops)

## ENTRIES:

Deadline – Wednesday September 11<sup>th</sup>, 2024

TrackieReg: (<https://www.trackie.com/event/cepr-xc-open-2024/1015288/>)

## ENTRY FEE:

\$20 – to be paid through Trackie at time of registration

## ELIGIBILITY:

All competitors must be members of Athletics Alberta. No exceptions -- please see <https://www.athleticsalberta.com/aa-membership/>

(Note: "Day of Meet" memberships are no longer available. Membership must be registered before the meet entry)

## TIMING & RESULTS:

FinishLynx system (no live results). Results to be posted on the CTC and Athletics Alberta on Trackie within 24h of competition conclusion.

## AWARDS:

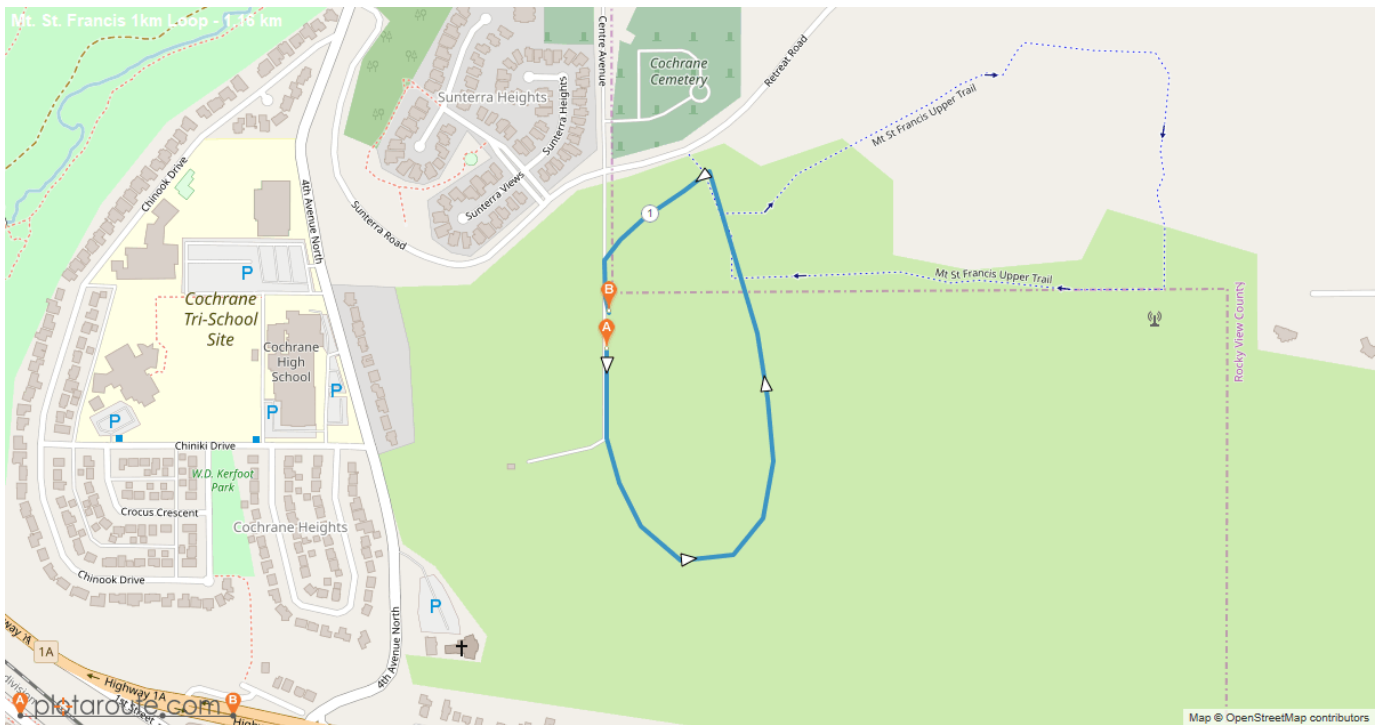
Swag/prizes to be given to winners of races courtesy of Strides Running Store/New Balance Canada. Sorry all, no prize money this year!

**CONTACTS:**

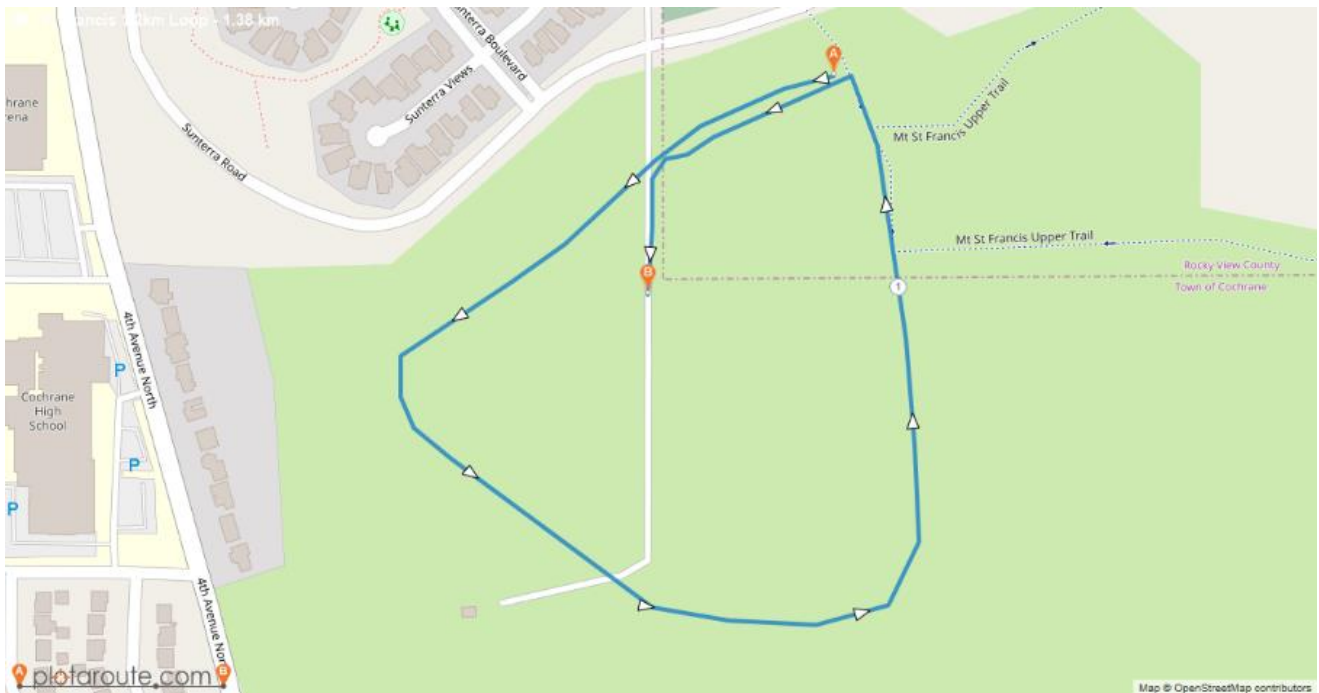
Meet Director: Travis Cummings - [traviscummings10km@gmail.com](mailto:traviscummings10km@gmail.com)  
Volunteer Coordinator: Graham Torrie - [gtorrie@gmail.com](mailto:gtorrie@gmail.com)  
First aid: Julie Torrie - [julie.torrie@yahoo.ca](mailto:julie.torrie@yahoo.ca)

**RACE MAPS:**

**1km Loop:**



**1.2km Loop:**



## 2km Loop:

