

20th Annual ECHO DALE CROSS COUNTRY MEET

Saturday, September 28

Echo Dale Regional Park, just outside Medicine Hat, AB

Hosts: EBHS Talons Cross Country Team

**Awards: Medals to the 1st – 3rd
place and ribbons to the 4th – 10th**

Schedule of events:

Time	Category	Category code	Distance
High School Race Walk through – 9:15 am			
10:45	HS Senior Boys – Under 19 Sept. 1 OPEN Adult Race	SB ADM ADF	6.0 km (2x3km loops)
11:35	HS Senior Girls - Under 19 Sept. 1 HS Intermediate Girls - Under 17 Sept. 1 HS Intermediate Boys – Under 17 Sept. 1	SG IG IB	5.0 km (2km + 3km loops) 5.0 km (2km + 3km loops) 5.0 km (2km + 3km loops)
12:25	HS Junior Boys - Under 16 Sept. 1 HS Junior Girls - Under 16 Sept. 1	JB JG	4.0 km (2x2km loops) 4.0 km (2x2km loops)
Note: Jr. High Students only 10:15 am Race walk through for Junior High and Elementary Runners			
13:10	14 – 15 age on Sept. 1 Girls Boys	1415G 1415B	3.0 km
13:25	12 – 13 age Sept. 1 Girls Boys	1213G 1213B	2.0 km
13:45	10 – 11 age on Sept. 1 Girls Boys	1011G 1011B	1.5 km
14:05	8 – 9 age Sept. 1 Girls Boys	89G 89B	1.5 km
14:20	6 – 7 age Sept. 1 Girls Boys	67G 67B	1.0 km
14:35	5 and Under age Sept. 1 Girls Boys	5UG 5UB	1.0 km

*All times are approximate. Races could start later than scheduled. Be at the race early. Runners are to be aware of the course route. The course is a loop course. The 6 km runners will do 2 x 3 km loop. The 5 km will do the 2km and 3 km loops. The 4 km will do the 2 x 2 km loops.

COURSE: Trails are cross asphalt (with mats to cross the road) gravel roads with challenging rolling hills and grassland. Trails will be marked and there will be marshals on the course.

Please send your School registrations Using an excel document attached. Please send a cheque for your registrations or bring it to the race. Regardless of if they show up or not athletes who are not scratched prior to the Friday the 27th will be charged to the school. The fee is \$10.00 per athlete.

There will be a change area for runners and access to washroom facilities. There will be a small concession.

FOR ADDITIONAL INFORMATION: Call Meet Director Darryl Smith at his school 403-528-1996 ext. 2009 or darrylsmith@prrd8.ca

The race will be at Echo Dale Regional Park.

Address - 1001 Echo Dale Rd, Medicine Hat, AB T0K 0G0