



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 (Track Rascals 9:05)	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



NIXON WENGER LLP
LAWYERS

CACTUS CLUB CAFE



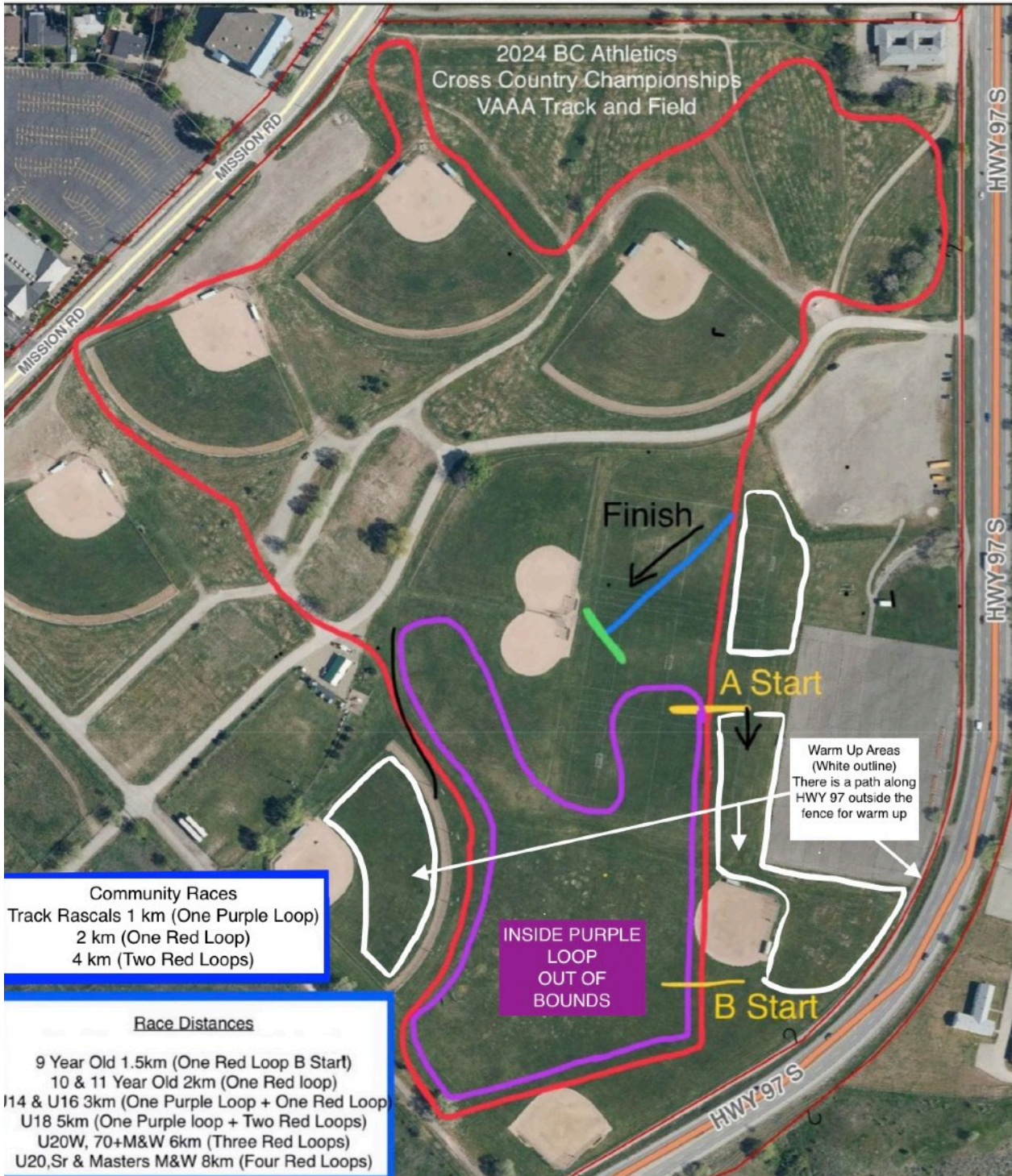
Progression
Muscle, Bone & Joint Clinic

COURSE MAP



BC Athletics
Cross Country
Championships
Presented by:

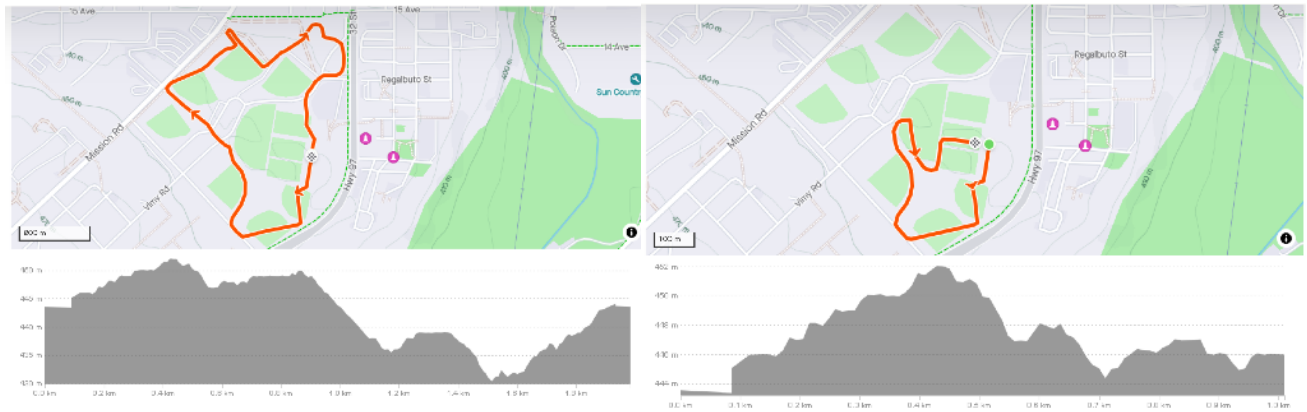
WORLD. LADIES WORLD.
HEALTH & FITNESS



Community Races
Track Rascals 1 km (One Purple Loop)
2 km (One Red Loop)
4 km (Two Red Loops)

Race Distances
9 Year Old 1.5km (One Red Loop B Start)
10 & 11 Year Old 2km (One Red loop)
14 & U16 3km (One Purple Loop + One Red Loop)
U18 5km (One Purple loop + Two Red Loops)
U20W, 70+M&W 6km (Three Red Loops)
U20,Sr & Masters M&W 8km (Four Red Loops)

Elevation Map 2km and 1km Loop



Silver Sponsors



FACILITIES AND PARKING MAP

