

2nd Annual SEG (ECHO DALE) XC RACE

Saturday, September 28, 2024

Echo Dale Regional Park, just outside Medicine Hat, AB

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

COST

\$25.00 per entry (includes the \$1.43 processing fee). Fee to be paid to Trackie at time of registration.

ENTRY DEADLINE

All entries are due by Thursday, September 26 by 11:59 p.m. Post entries will cost \$40.00 each.

REGISTERING FOR EVENTS

All entries and payments must be done through Trackie. Enter by going to:

FACILITIES & PARKING

There will be a change area for runners and access to washroom facilities. There will be plenty of areas to park.

CATEGORIES AND REGISTRATION

For adults as the high school, junior high and elementary race are after. These races are OPEN categories.

Awards: Medals to the 1st, 2nd and 3rd in each distance and male female categories.

Schedule of events:

Time	Category	Category code	Distance
09:45	2 x 3 km loop	OPEN MALE FEMALE	6 km

COURSE: Around Echo Dale pond are rolling hills and grassland. Route will be marked and there will be marshals on the course.

FOR ADDITIONAL INFORMATION: Call Meet Director Darryl Smith, 403 977-4322
darrylsmith@prrd8.ca

6km (2 x 3 km loop) SEG Race

Counterclockwise direction

