



**Ocean Athletics Festival of Cross Country**  
**Saturday September 28, 2024**  
**Crescent Park, South Surrey**  
*Sanctioned by BC Athletics*  
**Race #3 of the Lower Mainland XC Series**

Distances are in accordance with BC Athletics guidelines. Both U18 Males & Females will run 5km course.

Non-Club High School athletes and Teams are warmly welcomed to the event but must compete as unattached athletes. BC School Sports ruling does not allow club athletes to compete in the same event as individuals or teams representing their secondary school. This ruling does not apply to elementary school teams and athletes.

<b>Time</b>	<b>Event #</b>	<b>Category</b>	<b>Birth Yr.</b>	<b>Distance</b>
10:00am	1	Open/Masters	U20, Senior, Masters	6km
10:45am	2	Track Rascals	2016-2018 (6-8 yrs)	1km
11:00am	3a	2015 Females	2015 (9yrs)	1.5km
	3b	2015 Males		
11:20am	4a	2014 Females	2014 (10yrs)	2km
	4b	2014 Males		
11:40am	5a	2013 Females	2013 (11yrs)	2km
	5b	2013 Males		
12noon	6a	2012 Females	2012 (12yrs)	3km
	6b	2012 Males		
12:25pm	7a	2011, U16 Females	2011/2010/2009	3km
12:45pm	7b	2011, U16 Males	2011/2010/2009	3km
1:05pm	8a	U18 Females	2008-2007	5km
	8b	U18 Males		5km

**Course:**

- Grass and forest trails over undulating terrain
- Short spikes can be used, but running shoes are also adequate
- Toilets are available but no change rooms available
- Course will be open from 8am onward but runners and coaches need to be aware that once the event starts at 9am, the athletes racing have priority on the course. Please take care to not interfere with the ability of athletes to run their course.
- Crescent Park is located at 2585 132<sup>nd</sup> street off of 24<sup>th</sup> Avenue in South Surrey.  
<https://www.google.ca/maps/search/crescent+park/@49.0484456,-122.8690218,2977m/data=!3m1!1e3>

## Concession:

- hot chocolate
- coffee
- juice
- water
- fruit, and snacks.

## Entry procedure:

Please enter on Trackie.com: <https://www.trackie.com/event/2024-oatf-festival-of-cross-country-bc-athletics-sanctioned-event/1009130/?admin=1>

\*\*If you do not know your BC Athletics number, you can use the lookup:

<https://athleticsreg.ca/#!/memberlookup/bc-athletics-member-lookup>

For more information, please contact Ocean Athletics at [info@oceanathletics.club](mailto:info@oceanathletics.club).

## Entries due:

- Wednesday, September 25<sup>th</sup> at midnight
- Late entries will be accepted until Thursday, September 26<sup>th</sup> at 9:00pm
- NO 'DAY OF' ENTRIES.

## Entry fees:

- \$6: Track Rascals (Event #1), \$10 if received after September 25th deadline
- \$8: 2015 & older athletes - \$15.00 if rec'd after September 25th deadline.
- \$5: BC Athletics day of entry fees apply to individuals who are not currently registered with BC Athletics

(\*NOTE: BC Athletics training memberships still require the \$5.00 day of entry fee).

## Parking:

- 3 parking lots available along 132<sup>nd</sup> Street
- 2 parking lots at lower end of park off Crescent Road
- Another lot off 128<sup>th</sup> Street at 25<sup>th</sup> Avenue (tennis courts parking)
- Please **DO NOT** park alongside the road on 132<sup>nd</sup> Street – the bylaw officer will ticket you!

## Awards:

- Event 1 – Open (U20/Senior/Masters Males & Females) – Medals to first 3 Males & Females overall and ribbons 1-8 in U20, U35, U45, U55 and U65, 65+ categories.
- Event 2 – Track Rascals: participation ribbons
- Events 3 to 6 – JD (2015-2012): 1-3 medals, 4th-15th ribbons
- Events 7 & 8 – 2011-2007 – medals 1-3, ribbons 4-8
  - 2011Males & Females: medals 1-3, ribbons 4-8th
  - U16 Males & Females: medals 1-3, ribbons 4-8th
  - U18 Males & Females: medals 1-3, ribbons 4-8th

# COURSE MAP:

