



Medicine Hat Panthers Track and Field is pleased to host the

2024 Alberta Cross Country Championships

Saturday, November 2, 2024

Sanctioned by Athletics Alberta



LOCATION:

Echo Dale Regional Park - 1001 Echodale Road

Turn onto Holsom Road SW from Highway 3, turn right onto Echodale Road

<https://maps.app.goo.gl/qDmpbtQRCSJeMzSz6>

ACCOMMODATION:

A group rate has been arranged with the Comfort Inn and Suites.

Rooms must be booked by October 17th to get this rate

- Dates: Nov 1st- Nov 2nd, 2024 (1 night)
- Number of rooms: 30
- 25 Standard Rooms with 2 Queen beds - \$119.00 plus taxes per room per night
- 5 Family Rooms with 2 Queen beds and pull-out couch - \$124.00 plus taxes per room per night
- Rates based on single/double occupancy. Additional person (adult) fee is \$15.00 per person per night.
- Rates include Breakfast, Parking and WIFI.

<https://www.choicehotels.com/reservations/groups/SC87J2>

COURSE:

The course at Echo Dale Regional Park, consists of a combination of 2km and 1km loops, with a wide start area, varied terrain (lots of grass area and a sandy stretch of 150m one way and 150m back across.) The athletes will cross asphalt paths a few times. Matting will be placed down on asphalt. The course is well marked and will have marshals present to direct runners.

ON-SITE:

- First Aid
- Portable toilets
- Concession
- Parking
- Packet & Bib Pick-up

ATHLETICS ALBERTA MEMBERSHIPS:

All competitors must be members of Athletics Alberta. No exceptions -- please see <https://athleticsalberta.com/membership/membership-details/> . Membership must be registered before the meet entry deadline of October 30, 2024.

ENTRIES:**Due: 10:00 p.m. on Wednesday, October 30, 2024**

Please submit all entries using TrackieReg

<https://www.trackie.com/event/2024-athletics-alberta-cross-country-championships/1017434/>

Please note, there are no late entries or day-of meet entries.

For seed time, please indicate the estimated time for the athlete (which will allow the organizers to determine if schedule adjustments will be required).

ENTRY FEE :

\$30.00 per participant (includes Alberta Championship fee)

All entry fees need to be paid on Trackie at time of registration.

CONTACTS:

Meet Director: Darryl Smith

email: darrylsmith@prrd8.ca

phone: 403-977-4322

Admin: Alicia Willoughby

email: medhatpanthers@gmail.com

phone: 403-866-9627

AWARDS:

- Provincial Championship Medals to top 3 Individuals and teams (scoring members).
- Non-Championship medals will be awarded to non- Alberta athletes who place in the top 3.

Athletics Alberta Team Championships:

- Teams are 6 runners with 4 to score. If a club does not designate their team members prior to the start of the race, the first 6 athletes finishing will be considered the team.
- Scoring: First place scores 1, second place 2, third 3, etc. Lowest total wins. In case of a tie, the highest 1st runner breaks the tie.

In accordance with Athletics Alberta policy, for runners to be considered for the end-of-year recognition as cross-country runner of the year in the Under-10 through Under-18 divisions, they must compete in their appropriate age group in this championship.

RESULTS:

Official results will be posted later by Athletics Alberta on the event's Trackie page (see "Results"). Results can also be found at:

<https://www.raceprotiming.ca/racepro/>

EVENTS & SCHEDULE:

Age Category	Year of Birth	Women	Men	Start Time
Walk Through - 10:30 a.m. for U20, Sr./Open and Masters ONLY				
Sr./Open Women	1989-2004	8000m		11:30 a.m.
Master Women	Born before 1989	8000m		11:30 a.m.
U20 Women	2005-2006	6000m		11:30 a.m.
Sr./Open Men	1989-2004		8000m	12:10 p.m.
Master Men	Born before 1989		8000m	12:10 p.m.
U20 Men	2005-2006		8000m	12:10 p.m.
Walk Through - 12:30 pm for all other age groups				
U10 Girls	2015-2016	1000m		1:00 p.m.
U10 Boys	2015-2016		1000m	1:10 p.m.
U12 Girls	2013-2014	1000m		1:20 p.m.
U12 Boys	2013-2014		1000m	1:30 p.m.
U14 Girls	2011-2012	2000m		1:40 p.m.
U14 Boys	2011-2012		2000m	1:55 p.m.
U16 Women	2009-2010	3000m		2:10 p.m.
U16 Men	2009-2010		4000m	2:30 p.m.
U18 Women	2007-2008	4000m		2:55 p.m.
U18 Men	2007-2008		6000m	3:25 p.m.

*To maintain the above schedule, a race may start before all runners have finished the previous race.

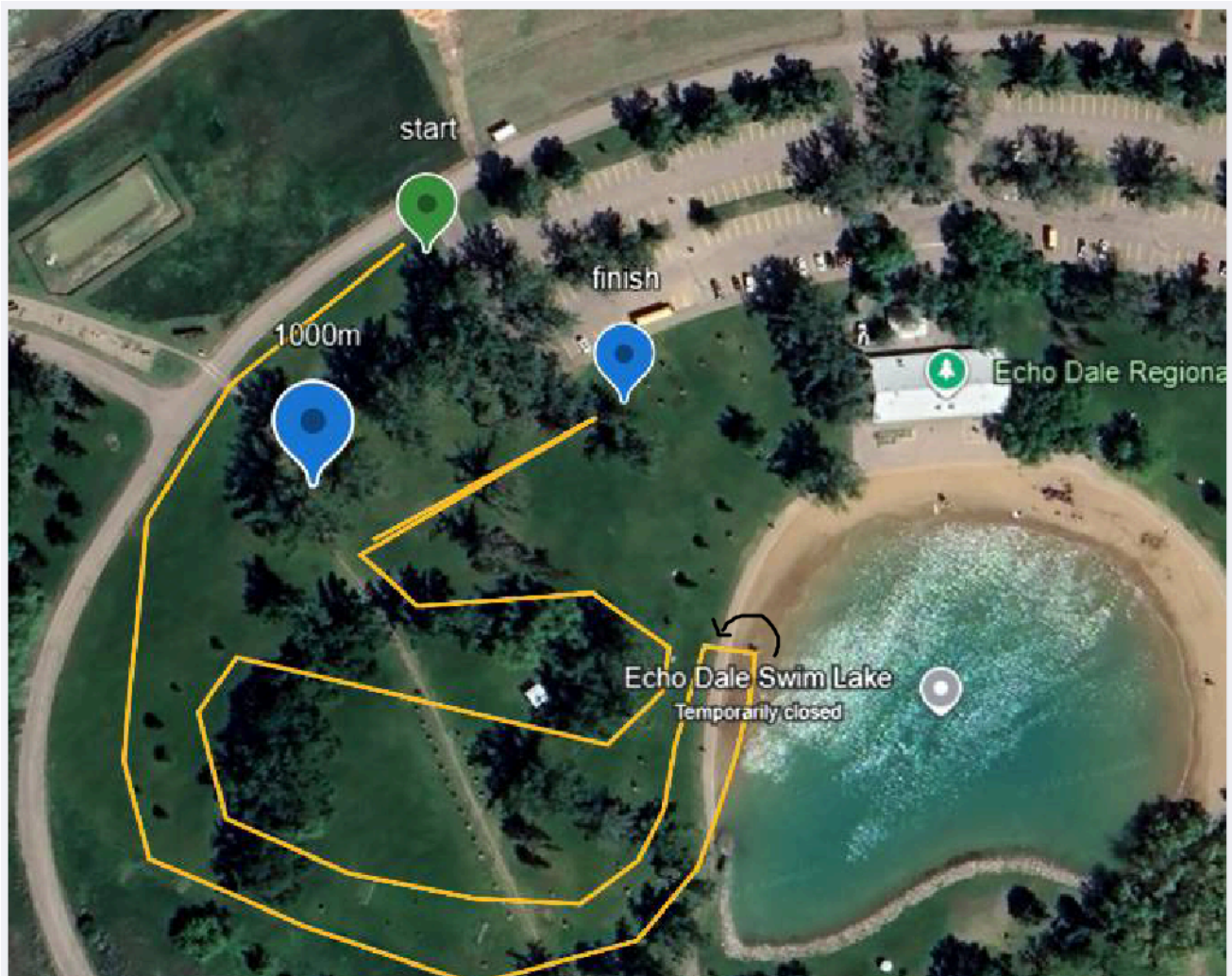
WARM-UPS & COOL DOWNS:

There is ample room in the main field area near the start line and parking to do a warm-up. For Masters, U-20, and Open athletes, if you want to run the course prior to your race you may do so **before or during your walk-through at 10:30 a.m.** Once the races have started, **the course is closed** and warm-ups must be contained to the finish/start areas. Any athletes seen warming up on the course and obstructing the races will be DQ'd automatically.

Cool downs are to be done in the same main field area, **NEVER ON COURSE**. Coaches, please ensure your athletes do not cool down on the course or obstruct the other races - this has happened in other years and we want to see mutual respect for everyone's races. Any athletes caught obstructing other races will be DQ'd and their times/medals stripped.

COURSE MAPS

1000m loop, Counterclockwise direction:



2000m loop, Counterclockwise direction:



Map Notes: Swim lake will be drained and will be sand. The 800m would do the 1000m loop but would not go into the sand and beach area.

Distances	Race Routes
8000m	4 loops x 2000m
6000m	3 loops x 2000m
4000m	2 loops x 2000m
3000m	1000m loop first, then 2000m loop
2000m	1 loop x 2000m
1000m	1 loop x 1000m
800m	1 loop x 1000m, minus the sand/beach area