

Ocean Athletics Festival of Cross Country Saturday September 20, 2025 Crescent Park, South Surrey Sanctioned by BC Athletics Race #1 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.

| Time | Event # | Category | Birth Yr. | Distance |
|---------|---------|--------------------|----------------------|----------|
| 11:00am | 1 | U18 | U18 | 5km |
| | | U20, Open, Masters | U20, Senior, Masters | 6km |
| 11:45am | 2 | Track Rascals | 2017-2019 (6-8 yrs) | 1km |
| 12noon | 3a | 2016 Females | 2016 (9yrs) | 1.5km |
| | 3b | 2016 Males | | |
| 12:20pm | 4a | 2015 Females | 2015 (10yrs) | 2km |
| | 4b | 2015 Males | | |
| 12:40pm | 5а | 2014 Females | 2014 (11yrs) | 2km |
| | 5b | 2014 Males | | |
| 1:00pm | 6a | 2013 Females | 2012(12) | 3km |
| | 6b | 2013 Male | 2013 (12yrs) | экт |
| 1:25pm | 7a | 2012 Females | 0040 (40 | 0 |
| | 7b | 2012 Males | 2012 (13yrs) | 3km |
| 1:45pm | 7a | U16 Females | 2011 (14yrs) | 4km |
| | 7b | U16 Males | 2010 (15yrs) | |

NEW 20th Anniversary 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
- 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 132nd street in South Surrey. However, the <u>closest</u> entrance for this event is near 128 St. and Crescent Road (<u>Google MAP</u>).

Concession:

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

Entry Procedure:

Please register on Trackie.com: <u>https://www.trackie.com/event/2025-oatf-festival-of-cross-</u> country/1018604/

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

https://athleticsreg.ca/#!/memberlookup/bc-athletics-2025-member-lookup

For more information, please contact Ocean Athletics at info@oceanathletics.club.

Entries Due:

- Wednesday, September 17th at midnight
- Late entries will be accepted until Thursday, September 18th at 9:00pm
- NO 'DAY OF' ENTRIES.

Entry Fees:

- \$6: Track Rascals (Event #1), \$10 if received after September 25th deadline
- \$10: 2016 & 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 require the \$5.00 day of entry fee).

Parking:

- 2 parking lots at lower end of park off Crescent Road
- Another lot off 128th Street at 25th Avenue (tennis courts parking)
- 3 parking lots available along 132nd Street
- Please **DO NOT** park alongside the road on 132nd 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 (2016-2013): 1-3 medals, 4th-15th ribbons
- Events 7 & 8
 - 2012 Males & 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:

