

To: All Schools
From: Eagle Butte High School
Cross Country Race
Opportunity for all ages of
runner.

21st Annual ECHO DALE CROSS
COUNTRY MEET

Saturday, September 27, 2025
Echo Dale Regional Park, just
outside Medicine Hat, AB

21st Annual ECHO DALE CROSS COUNTRY MEET

Saturday, September 27, 2025

Echo Dale Regional Park, just outside Medicine Hat, AB

Hosts: EBHS Talons Cross Country Team

Awards: Medals to the 1st – 3rd

place and ribbons to the 4th – 10th

Schedule of events:

Time	Category	Category code	Distance
High School Race Walk through – 9:45 am			
10:45	HS Senior Boys SB – Under 19 Sept. 1 OPEN Adult Race	SB ADM ADF	6.0 km (2x3km loops)
11:35	HS Senior Girls SG - Under 19 Sept. 1 HS Intermediate Girls IG - Under 17 Sept. S Intermediate Boys IB – Under 17 Sept. 1	SG IG IB	5.0 km (2km + 3km loops) 5.0 km (2km + 3km loops) 5.0 km (2km + 3km loops)
12:25	HS Junior Boys JB - Under 16 Sept. 1 HS Junior Girls JG - Under 16 Sept. 1	JB JG	4.0 km (2x2km loops) 4.0 km (2x2km loops)
Note: Jr. High Students only 10:15 am Race Walk through for Junior High and Elementary Runners			
13:10	14 – 15 ages on Sept. 1 Girls - 1415G Boys - 1415B	1415G 1415B	3.0 km
13:25	12 – 13 ages Sept. 1 Girls 1213G Boys 1213B	1213G 1213B	2.0 km
13:45	10 – 11 ages on Sept. 1 Girls 1011G Boys 1011B	1011G 1011B	1.5 km

14:05	8 – 9 ages Sept. 1 Girls 89G Boys 89B	89G 89B	1.5 km
14:20	6 – 7 age Sept. 1 Girls 67G Boys 67B	67G 67B	1.0 km
14:35	5 and Under age Sept. 1 Girls 5UG Boys 5UB	5UG 5UB	800 m

*All times are approximate. Races could start later than scheduled. Be at the race early. Runners are to be aware of the course route. The course is a loop course. The 6 km runners will do 2 x 3 km loop. The 5 km will do the 2km and 3 km loops. The 4 km will do the 2 x 2 km loops.

COURSE: Trails are cross asphalt (with mats to cross the road) gravel roads with challenging rolling hills and grassland. Trails will be marked and there will be marshals on the course.

Please send your registrations to TRACKIE search Echo Dale and register for the school website **2025 Echo Dale Cross Country Running (high school, junior high and elementary) Meet.** If you want to send your registrations to me in a word document.

School	First Name	Last Name	Category	Age
EX. EBHS	GAGE	ELIAS	IB	16

Please send a cheque for your registrations or bring it to the race. Regardless of if they show up or not athletes who are not scratched prior to the Thursday the Sept. 25th will be charged to the school. The fee is \$10.00 per athlete.

Or Go TRACKIE Website

<https://www.trackie.com/event/2025-echo-dale-cross-country-running-high-school-junior-high-and-elementary-meet/1030396/>

There will be a change area for runners and access to washroom facilities. There will be a small concession.

FOR ADDITIONAL INFORMATION: Call Meet Director Darryl Smith at his school 403-528-1996 ext. 2011 or darrylsmith@prrd8.ca

Note: Race routes for each distance.

Category	Race Routes
Junior Girls and Boys	2 x 2 km race routes 4KM
Intermediate Girls Senior Girls Intermediate Boys	2 km route 1st 3km route 2nd 5KM
Senior Boys	2 x 3 km race routes 6KM

**SEE ALL RACE
ROUTES BELOW**

3 km loop

Counterclockwise direction



2 km loop

Counterclockwise direction



1.5 km



1.2 km



1.0 km



800 m loop

