



Cochrane Endurance Project

XC Open 2025



Athletics Alberta XC Race Series #2



A bit about CEPR: Established in 2018 founder Travis Cummings built the club on the following values. We are a community-based grassroots club. We are inclusive of athletes from all ages and walks of life. As a club we are process focused vs outcome focused with the goal of creating lifelong endurance athletes. We look forward to sharing this amazing venue with you all and showcasing athletes from around the province.

DATE: Saturday, Sept 27th, 2025

VENUE: Mt. St. Francis Retreat Centre, 41160 Retreat Rd, Cochrane AB, T4C2W4
Consists of 2km, 1.2.km, 1km loops. Mountain grassy trails. Course will be marked and marshaled.

PARKING: Please note there is **NO PARKING AT MOUNT ST FRANCIS GROUNDS** for the event. We are asking all participants to respect the land owners request to use the following methods for transportation to and from the race site.. We will be operating the following options on race day:

- 1) Drop off/Pick Up loop for athletes or spectators with accessibility needs located at the gate at the top of Sunterra Rd where it meets the gate at Retreat road. Parking attendants will be at this location to keep traffic moving and answer any questions you might have.
- 2) Bus Shuttle: There will be a bus shuttle that will be in place to shuttle athletes/spectators/coaches and equipment. Parking will be located at the Cochrane High School, BUS LOOP, 529 Fourth Ave N, Cochrane, AB T4C 1Y6 A shuttle will take people on the 5 min route up to the meet site, cycling every 15 minutes starting from 9:00am until 3:30pm Please plan your time accordingly. There will be parking attendants at the top and bottom of the shuttle to manage communication and traffic.

No Parking zones marked in RED

LOCATION MAP:



RACE DISTANCES AND SCHEDULE:

(Some races may begin before others are completed)

9:00 Walk Through – Elementary and Jr. High

09:25 Grade 1 Boys – 1 km

09:35 Grade 1 Girls – 1 km

09:45 Grade 2 & 3 Boys – 1 km

9:55 Grade 2 & 3 Girls – 1 km

10:05 Grade 4 & 5 Boys – 1 km

10:15 Grade 4 & 5 Girls – 1 km

10:30 Grade 6 & 7 Boys – 1.2 km

10:50 Grade 6 & 7 Girls – 1.2 km

10:51 Walk Through – High School & U16 & older Only – NO Junior High

11:15-11:20 – Franciscans Blessing and Presentation

11:30 Grade 8 & 9 Boys – 2 km

11:50 Grade 8 & 9 Girls – 2 km

12:10 HS Grade 10 Men & Club U16 Men – 4 km

12:25 Grade 10 Women & Club U16 Women – 4 km

12:50 HS Grade 11 Men & Club U18 Men – 5 km

1:15 HS Grade 11 Women & Club U18 Women – 5 km

1:15 HS Grade 12 Women & Club U20 Women – 5 km

1:15 Open Women (ages 20+) – 5 km

1:40 HS Grade 12 Men & Club U20 Men – 6 km

1:40 Open Men (20+) – 6 km

2:15 pm

Mixed Open 3 X 2km XC Relay – Any Genders, any order

Run @ same time but separate school & Club entries

ENTRIES:

Deadline – Wednesday September 24th, 2025

TrackieReg: (<https://www.trackie.com/event/cepr-caltaf-xc-open-2025-sept-27/1031070/>)

SCHOOL VS CLUB ENTRIES

- For all Elementary and Junior High races, you may enter under your Club or your School (check with your coach), and all athletes will compete in 1 race together.
- **As per ASAA rules, we will have High School aged athletes compete in one event but their results will be separated for all placings and awards.**
 - **For the High School age races, you must enter under EITHER your Club or School.** Club and High School athletes will run in separate races, but under the same event, and will be separated for their respective results & awards (EG: Grade 10 girls will run at the same time with Club U16

Women, but will be competing in 2 separate races). **Please ensure your coach enters you under the correct category (Club or School).**

- All High School categories have an age limit, as of September 1, 2024: under 16 for Junior (Grade 10), under 17 for Intermediate (Grade 11), and under 18 for Senior (Grade 12).
- Club Age Categories are: U16 (born 2010/2011), U18 (2008/2009) and U20 (2006/2007).
- For Homeschool athletes, please enter the board you are registered with (EG: Roots) as your School and compete under the appropriate grade category **for your age**.

ENTRY FEE:

\$22 – to be paid through Trackie at time of registration

ELIGIBILITY:

The Race Director has an Athletics Alberta Event Director Membership, school and club athletes are permitted to race, however all athletes should be either affiliated with a school board or with Athletics Alberta. <https://www.athleticsalberta.com/aa-membership/>

(Note: "Day of Meet" memberships are no longer available. Membership must be registered before the meet entry)

TIMING & RESULTS:

SEIKO Timing system (no live results). Results to be posted on the CTC, Athletics Alberta website, and on Trackie within 24h of competition conclusion.

AWARDS:

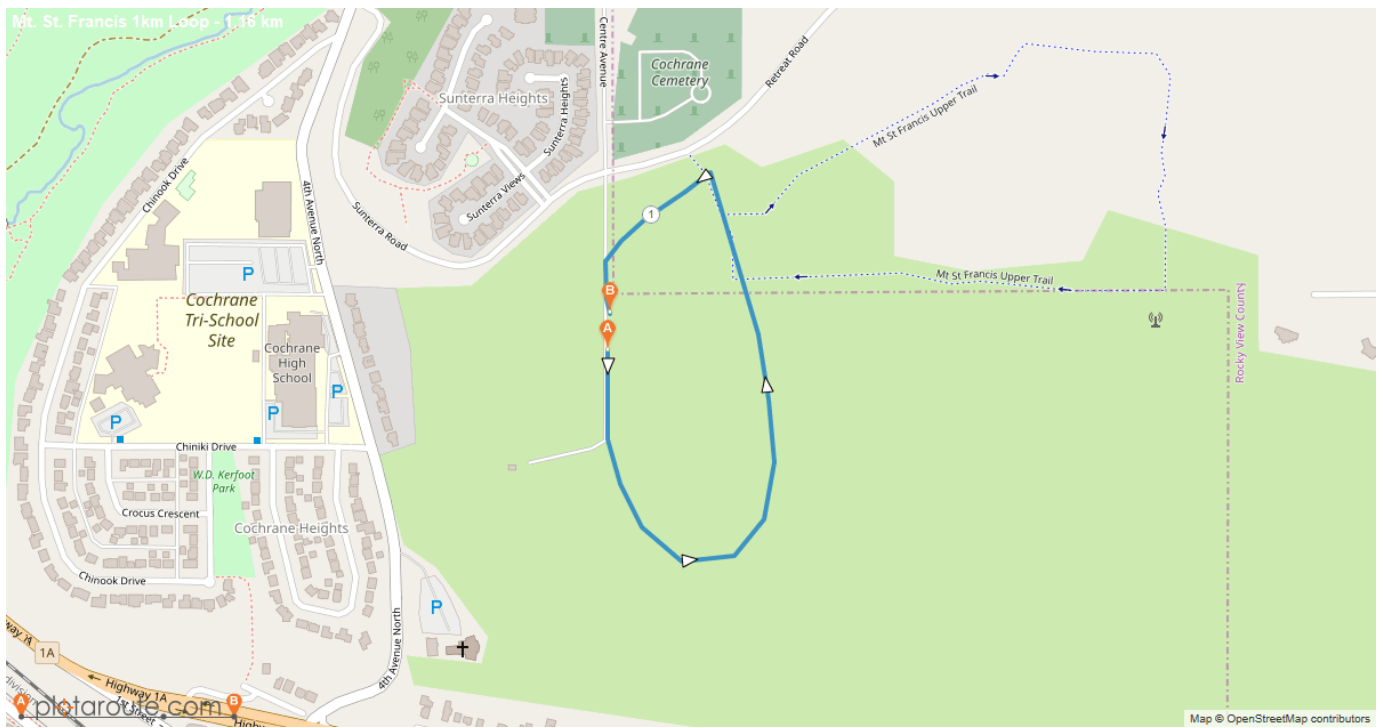
Swag/prizes to be given to winners of races courtesy of Strides Running Store/New Balance Canada. Sorry all, no prize money this year!

CONTACTS:

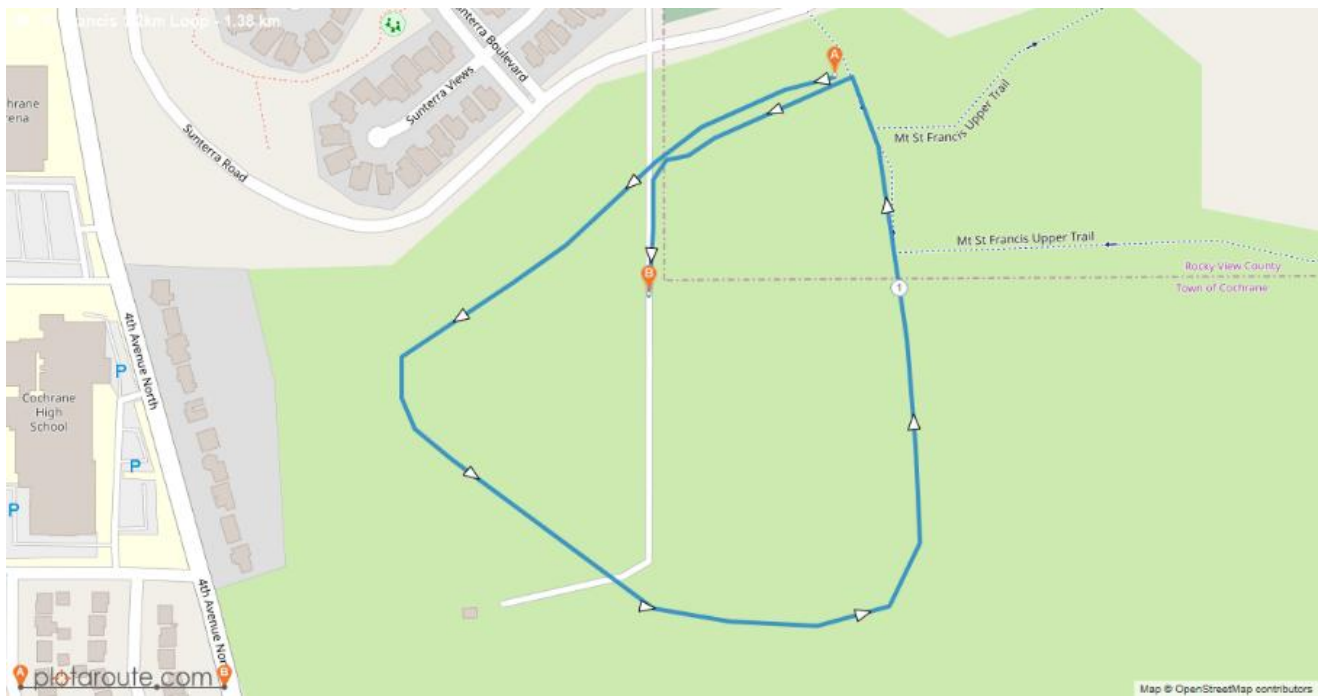
Meet Director: Travis Cummings - traviscummings10km@gmail.com
Volunteer Coordinator: Graham Torrie - gtorrie@gmail.com
First aid: Julie Torrie - julie.torrie@yahoo.ca

RACE MAPS:

1km Loop:



1.2km Loop:



2km Loop:

