



GO Athletics is pleased to host the

2025 Alberta Cross-Country Running Provincial Championships

Saturday, November 1, 2025
Sanctioned by Athletics Alberta



LOCATION:

Peace Hills Park, Wetaskiwin, Alberta T0C 1Z0.

Turn onto Township Road 464 from Highway 2A -- go past the golf course, over the hill, and turn north at the bottom of the hill on Range Road 243 (<https://goo.gl/maps/wEehagEvDbD2>).

COURSE:

The Peace Hills course consists of a combination of 3km, 2km, and 1km loops, with a wide start area, varied terrain, forested trails, open areas, no pavement, challenging hills, room to pass, and a clear run to finish. The course is well-marked and will have marshals present to direct runners. (Course map is on last page of this document.)

ON-SITE:

- First Aid
- Portable toilets
- Parking (please respect "No Parking" signs on Range Road 243)
- Packet and Bib Number Pick-Up Tent (near the finish area)

ATHLETICS ALBERTA MEMBERSHIPS:

All competitors must be members of Athletics Alberta or Provincial affiliates -- **no** exceptions. Please see <https://athleticsalberta.com/membership/membership-details/>. Membership must be registered before the meet entry deadline (October 29, 2025).

ENTRIES:

Due: 11:59 p.m. on Wednesday, October 29, 2025

Please submit all entries using Trackie

<https://www.trackie.com/event/2025-alberta-xc-champions>.

ENTRY FEE:

\$30.00 per participant with a small administration fee added (includes Alberta Championship fee).

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

CONTACTS:

Meet Director:

Pete Wright

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AWARDS:

- Provincial Championship Medals to top three Individuals and teams (scoring members).
- Non-Championship medals will be awarded to non-Alberta athletes who place in the top three.
- Provincial Championship T-shirt for the winner in each event.
- Ribbons will be awarded for individuals in places first to tenth.

Athletics Alberta Team Championships:

- Teams are six runners with four to score. If a club does not designate their team members prior to the start of the race, the first six 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 first 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 <http://www.ellistiming.ca/CrossCountryCalendar2025.html> .

BIB NUMBERS:

Your registration packet will include bib numbers, safety pins, and a list indicating which bib number should be worn by which athlete.

Bib numbers must be worn on the upper chest and must be visible at the finish line. (Please do not attach bib numbers to thighs nor other body/clothing parts.)

EVENTS & SCHEDULE:

Age Category	Year of Birth	Women	Men	Start Time*
Walk-Through -- 10:45 a.m. for U-20, Open, and Masters ONLY				
Open Women	1990-2005**	8000m		11:30 a.m.
Masters Women (35-69)	Born on/before November 1, 1990	8000m		11:30 a.m.
Masters Women (70+)	Born on/before November 1, 1955	6000m		11:30 a.m.
U-20 Women	2006-2007	8000m		11:30 a.m.
Open Men	1990-2005**		8000m	12:10 p.m.
Masters Men (35-69)	Born on/before November 1, 1990		8000m	12:10 p.m.
Masters Men (70+)	Born on/before November 1, 1955		6000m	12:10 p.m.
U20 Men	2006-2007		8000m	12:10 p.m.
Walk-Through -- 12:45 p.m. for all other age groups				
U-10 Girls	2016 or later	1000m		1:00 p.m.
U-10 Boys	2016 or later		1000m	1:10 p.m.
U-12 Girls	2014-2015	1000m		1:20 p.m.
U-12 Boys	2014-2015		1000m	1:30 p.m.
U-14 Girls	2012-2013	2000m		1:40 p.m.
U-14 Boys	2012-2013		2000m	1:55 p.m.
U-16 Women	2010-2011	4000m		2:10 p.m.
U-16 Men	2010-2011		4000m	2:30 p.m.
U-18 Women	2008-2009	6000m		2:55 p.m.
U-18 Men	2008-2009		6000m	3:25 p.m.

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

** For athletes born in 1990: If the date of birth is after November 1, 1990, the athlete is Open division; otherwise, Masters.

WARM-UPS:

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 10:45 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 disqualified automatically.

COOL-DOWNS:

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 disqualified and their times/medals stripped (and team points altered accordingly)..

COURSE MAP

Distance Notes:

1000m: Athletes will run the 1K loop once.

2000m: Athletes will run the 2K loop once.

4000m: Athletes will run the 2K loop twice.

6000m: Athletes will run the 3K loop twice.

8000m: Athletes will run **two** 3K loops followed by **one** 2K loop.

