

Ocean Athletics Festival of Cross Country
Saturday September 30, 2017
Crescent Park, South Surrey
Lower Mainland Cross Country Series #4

Sanctioned by BC Athletics

Schedule: (distances in accordance with new BC Athletics guidelines)

Time	Event #	Category	Birth Yr.	Distance
10:00am	1	Track Rascals	2009-2011 (6 - 8 yrs)	1km
10:10am	2	9 yr old girls 9 yr old boys	2008 (9yrs)	1.5km
10:30am	3	10 yr old girls 10 yr old boys	2007 (10yrs)	2km
10:50am	4	11 yr old girls 11 yr old boys	2006 (11yrs)	2km
11:10am	5	12 yr old girls 12 yr Old boys	2005 12yrs)	3km
11:30am	6	HS Jr Girls (gr8-10) 13,14,15 yr old girls	2004/03/02	3km
11:30am	7	HS Sr Girls (gr8-12 eligible)	2000-2004	4km
12pm	8	HS Jr Boys (gr8-10) 13,14,15 yr old boys	2004/03/02	3km
12pm	9	HS Sr Boys (gr8-12 eligible)	2000-2004	5km

Boys and girls will run together in their age categories for the Track Rascals (2009--2011) and Junior Development athletes, ages 9-12 (2008 – 2005). High school categories will be gender separated. High school teams consist of 4 to score. Club teams not eligible for high school team awards.

NOTE: Junior, Senior and Master athletes will compete in the Semiahmoo Sun Runners event – 9am start on upper field but finish in the lower picnic area.

- Park at parking lot off of Crescent Road
- Contact: Greg Anslow 604-831-5510 crescentparkcrosscountry@gmail.com
www.sunrunners.ca

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 9am onward but runners and coaches need to be aware that the Semiahmoo Sun Runners event for open athletes will be on some sections of the course from 9 to 10am. These athletes have priority on the course until our event starts. Please take care to not interfere with their ability to run their course.
- Direction map to Crescent Park available at www.oceanathletics.org under Events and Festival of Cross Country. Park is located on 132nd street off of 24th Avenue in South Surrey.

Concession available: coffee, juice, water, fruit, candy, sweet treats and hot soup will be available for purchase.

Entry procedure

Please enter at Trackiereg.ca – Find an Event – BC – Cross Country – Festival of Cross Country

www.trackiereg.com/'17FestivalOfCrossCountry

** if you do not know your BC Athletics number, you can use the Trackiereg Lookup - <https://www.trackie.com/members/lookup.phpome>

For more information, please email [Maureen de St. Croix](mailto:Maureen.de.St.Croix@bcathletics.ca) or call her at 604 535-2062.

Entries due: Wednesday, September 27, midnight

Entries received after September 27, including race day entries, will be subject to a \$5 per athlete inconvenience fee. Please help us to keep the races on time and avoid long waiting lines on race day and extra fees by getting your entries in by the deadline.

Entry fees:

\$5: Track Rascals (Event #1), \$10 if received after September 27 deadline

\$8: all other Events, \$13.00 if rec'd after September 27th deadline.

\$3: BC Athletics day of entry fees apply to individuals who are not currently registered with BC Athletics (school memberships exempt) (** note: training memberships still require the \$3.00 day of entry fee) This is in addition to the entry fee. Athletes registering on race day must provide their BCA membership number to avoid paying the day of registration fee.

Parking

- 3 parking lots available along 132nd Street
- 2 parking lots at lower end of park off Crescent Road
- Another lot off 128th Street at 25th Avenue (tennis courts parking)
- Please **do not** park alongside the road on 132nd Street – the bylaw officer will ticket you!

Awards

Event 1 - Track Rascals: participation ribbons

Events 2 to 5 – JD ages 9-12: 1-3 medals, 4th-15th ribbons

Events 6 & 7 - HS Jr. Girls & Boys: medals 1-3 overall, ribbons 1-8th for each age group 13, 14, 15yrs

Events 7 & 8 - HS Sr. Girls & Boys: medals 1-3, ribbons 4-8th (age groups not separated)

School Team Event (club teams do not qualify – athletes must wear school uniforms)

- 4 to score – last scoring runner's place will be used to break a tie
- No displacement – individual runners will not be removed from the results to score team points
- Team award to top 3 teams, individual ribbons to first place team members in each category (JG, JB, SG, SB)

FESTIVAL OF CROSS COUNTRY
Ocean Athletics Track & Field Club
BC Athletics Cross Country Series

Race Distances	
Track Rascals - 1.0K	
9 year olds - 1.5K	
10, 11 year olds - 2.0K	
12, 13-15 year olds - 3K (Jr High)	 + 
Youth Girls (Sr High) - 4K	 +  + 2x
Youth Boys (Sr High) - 5K	 +  + 2x

