



TECHNICAL PACKAGE (JUNIOR, SENIOR & MASTERS)

University of Guelph Arboretum, Guelph, ON - Saturday, November 27, 2010

** Selection trials for the 2011 NACAC and IAAF World Cross Country Championships (JR & SR) **

Sanctioned by:

Athletics Canada (AC) – <http://www.athletics.ca/guelph2010/>

Canadian Masters Athletic Association (CMAA) - www.canadianmastersathletics.com

Hosted by: Guelph Athletics Society, Speed River TFC, University of Guelph

SCHEDULE OF EVENTS

9:45 am	Community/Open Race (non championship)	5 km
10:45 am	Masters Men & Women Championship (age 40+) *Submasters (30-39)	8 km
11:45 am	Children's Fun Run, 13 and under (non championship)	1 km
12:00 pm	Junior Women Championship (born 1991 or later)	5 km
12:45 pm	Junior Men Championship (born 1991 or later)	8 km
1:30 pm	Senior Women Championship	7 km
2:15 pm	Senior Men Championship	10 km

ENTRY PROCESS

Entries will be on-line through Athletics Canada (AC) website at: <http://www.athletics.ca/guelph2010/> (please note, system will be available by October 1st, 2010).

All Entries and confirmation are the responsibility of the athlete (including carded athletes). Entry forms must be completed with all required information. Incomplete entry forms will be rejected. Registration/entry forms can be completed by club and should be done for each athlete.



Online Entries

All entries will be completed online and must be paid using a credit card and will be automatically confirmed (pending validation of membership).

When registering, please ensure to:

- Include citizenship information (all non-Canadian Citizens must be properly identified – including pending and landed immigrants)
- Keep record of your credit card transaction

It is the entrant's responsibility to provide this additional information. Incomplete entries will not be recognized.

****There will be no refunds issued once registration is completed****

Entry Fees and Deadlines

Entry Deadlines:	Entry Fees
By November 15 th *	\$50.00
Late Fee (After Nov 15 until Nov. 22)**	\$120.00

* must be entered and paid in the online system by 4:00pm (ET) November 15, 2010

**must be entered and paid in the online system by 4:00pm (ET) November 22, 2010

Please note that **no registrations will be taken after November 22nd, 2010** for athletes. If you are not registered by November 22nd, you will not be eligible to participate in the Championships.

For the Community/Open, entries will be handled separately by the organizing committee. See www.guelphrunning.ca for more information. There are no entries for the kids race, just show up and run!

Confirmation of Entry

Entries will be posted on AC website at: <http://www.athletics.ca/guelph2010>, there will be no adjustments for spelling of names at site; any corrections must be made before the entry deadline.

For enquiries on the use of the on-line system (For juniors, seniors and masters) please contact:

Athletics Canada Nicole Clarke- Coordinator, Events & Membership Services

Address: 2445 St. Laurent Blvd. B1-110 Ottawa, ON K1G 6C3

Telephone / Fax: Tel: (613) 260-5580 ext. 3309 / Fax: (613) 260-0341

Email: nclarke@athletics.ca



Acceptable Method of Payment

Entry fees must be paid on-line through the registration system. NO CHEQUES WILL BE ACCEPTED. Entries not accompanied by the correct form of payment will NOT be accepted.

COURSE DESCRIPTION

The Championships event will be the University of Guelph's Arboretum. The European-style course will be run almost entirely on grass with sections of chip and dirt path. There will be a 2km and a 2.5km loop. There are two decent hills per lap and overall the terrain is rolling. Please refer to the website for course map and video.

COURSE OPEN FOR INSPECTION

Thursday, November 25th, 2010, 2pm-4pm

Friday, November 26th, 2010, noon-4pm

FACILITIES AND OTHER SERVICES

The Championship Headquarters will be the Best Western Royal Brock Hotel and Conference Centre.

A tent city will be set up on-site. It will house the results centre, doping control, media, and National Team services. The meet hotel is less than a 10 minute easy run from the event site and most competitors will likely run over and thus not need on-site showers/change facilities etc. The University of Guelph's Athletics Centre and Indoor Dome (5 minute jog from the event site) will be available to athletes/coaches who need to change and shower. Buses will shuttle between the meet hotel, the Athletics Centre and the course. Preferred parking will be available on-site for competitors with more parking available within 400m of the course. Souvenir garments will be on sale.

- **Medical:** Medical personnel will be on duty adjacent to the Championships course.
- **Doping Control:** In accordance with Athletics Canada Policy, doping control testing may be carried out at the Cross Country Championships.

Results: Results will be posted at the race on the results board and on-line at <http://www.athletics.ca/guelph2010/> and <http://www.guelphrunning.ca/>

- Hard copies will be available at the banquet.



MEET HOTELS

Best Western Royal Brock Hotel and Conference Centre

716 Gordon St,
Guelph, ON N1G 1Y6

For reservations: (519) 836-1240

Ask for the CROSS COUNTRY RATE

\$99.00 (+ tax)/night - single, double, triple or \$104.99 for quad occupancy

Booking Deadline: Saturday, November 20, 2010.

Delta Guelph Hotel and Conference Centre (also has a block of rooms)

50 Stone Road West,
Guelph, ON, N1G 0A9

Rooms from \$119

<http://www.deltaguelph.com/glcross10>

Fairfield Inn & Suites by Marriott Guelph

35 Cowan Place
Guelph, ON, N1G 0C1

For reservations (519) 763-2339

Rooms from \$114, suites from \$124

Ask for CCCP group code to ensure discounted rates

Groups must make their own reservations directly with these hotels.

TECHNICAL MEETING

Date: Friday, November 26, 2010

Site: Best Western Hotel

Time: 6:30 p.m.

Note: Coaches unable to arrive in time for the technical meeting should email all queries to Chris Moulton at cmoulton@uoguelph.ca prior to Friday, November 19, 2010.

There will be no need for Club Team confirmations. Regional Teams must be declared by the conclusion of the Technical meeting. If you cannot attend the Technical Meeting, please send your declarations to Chris Moulton at cmoulton@uoguelph.ca by 5:00pm on Friday, November 26, 2010.

An informal reception for Coaches and Officials will follow.



RACE PACKET PICKUP

Envelopes will be labeled by Teams or Individuals.

- **Friday, November 26th** - Race Packet pickup at the Best Western 1:00 pm - 6:00 pm
- **Saturday, November 27th** - Race Packet pickup at race site 9:00 am - 1:00 pm

ELIGIBILITY

For the 2010 Canadian Cross-Country Championships, Junior & Senior only, the following athletes are eligible to compete:

Athlete Citizenship Eligibility

1. Canadian Citizens who are Athletics Canada members;
2. Only Canadian Citizens are eligible to be declared Canadian Champions and receive a medal, award, or financial recognition.
3. All athletes must be a member of Athletics Canada in order to be eligible to compete. Membership must be obtained through one of Athletics Canada's provincial branches.

Non-Canadian Citizens

The following non-Canadian citizens are also eligible to compete:

Note: Non-Canadian citizens are not eligible to be declared Canadian Champions and receive a medal, award, or financial recognition.

1. Canadian Permanent Residents (Landed Immigrants) who are Athletics Canada members and full-time residents of Canada;
2. Athletes who are claiming refugee status, and foreign athletes who are temporary residents of Canada due to business, study or family reasons, providing that they are Athletics Canada members and have been a resident in Canada for at least six months prior to the date of competition.
3. Foreign athletes who are in good standing with their national athletic organization, who have been invited and have had their applications accepted. Acceptance of these entry applications are at the approval discretion of Athletics Canada. Athletes in this category will not be required to obtain Athletics Canada membership.

*Please refer to Athletics Canada's Competition Rule 86 - <http://www.athletics.ca/page.asp?id=126>



Masters

The Canadian Masters Championships are open to all male and female masters (age 40+) and sub-masters (age 30-39) years and over on race day. Male and female competitors will run in the same race. Because sub-masters (men and women 30-39) are a CMAA classification, they are eligible to run in the Masters race. Please see <http://canadianmasters.ca/wp-content/uploads/CMAA-Constitution-Original.pdf> for more information on Masters Categories.

CHAMPIONSHIP AWARDS

INDIVIDUAL CHAMPIONSHIPS

Junior and Senior

Championship medals will be awarded to the first three eligible finishers in each division at the Awards Banquet. Only Canadian Citizens can win individual Canadian Championship medals.

Masters

Top 3 male and female in each 5 year age Masters and sub-Masters age categories will receive CMAA medals. Individual age group Master's medals will be presented at the Cross Country course after the race. The Team Awards and the Bluenose Trophy will be presented at the banquet.

CANADIAN TEAM CHAMPIONSHIPS

Junior and Senior

A -Team/Club Championships & B - Team/Region-Branch Championships

There will be a Canadian Championship competition for Club and Region-Branch in the Junior and Senior categories.

Championship medals will be awarded to members of the top 3 teams.

PLEASE NOTE – All Club teams DO NOT need to declare. Region/Branch teams will need to declare at the Technical Meeting. If you cannot attend the Technical Meeting, please send your declarations to Chris Moulton at cmoulton@uoguelph.ca by 5:00pm on Friday, November 26, 2010

Team Size for both Team Championships (See A & B above):

- 6 with 4 to score for all divisions (JR women, JR men, SR women, SR men)

As far as teams are concerned, Canadian permanent residents, non-Canadian residents (claiming refugee status), foreign athletes and athletes that have been members of Athletics Canada for at least six months prior to the Championships, can be scoring members for their team. However, they still are not eligible to win individual Canadian Championship medals.



Masters

The Team Awards and Provincial Bluenose Trophy will be awarded at the Awards Banquet.

Confirmation of Declared Teams: Will be done at the technical meeting

TEAM SCORING

Junior and Senior

Team scores will be based on the official order of finish. Team scores will be tabulated based on scoring positions. Ties will be decided in favour of the team whose last scoring member finishes nearer to the first place position.

Masters

Club teams, in 10 year age groups (with the exception of the Sub-Masters), will be:

Sub-Masters M30/W30 – 6 Runners, 4 to Count

Masters M40/M50/W40 – 6 Runners, 4 to Count

Masters M60/W50 – 5 Runners, 3 to Count

Masters M70/W60/W70 – 4 Runners, 2 to Count

Team scoring will be based on total time.

Females may run on male teams, but not the reverse. Note that all competitors on a Club team must be bona fide, paid members of the same Club; provincial teams do not qualify as a Club team. Teams must either be declared at the Technical Meeting or by Email. Email declarations must be sent to Jim Wardle jim_wardle@hotmail.com by 7:00pm Thursday, November 25th, 2010. Provincial team competition for the "GAAT Trophy" will be based on the top four (4) age-graded provincial results.

NATIONAL TEAM FUNDING

The Host Guelph Athletics Society is pleased to announce that event sponsor AGSI (Angus Geosolutions INC. <http://www.agsi.ca/>) will once again be providing support to the Canadian National Team cross-country program. Support will be awarded based upon placing at the AGSI Canadian Cross Country Championships and can be used for travel to the 2011 NACAC Cross Country Championships.

AC will be responsible for athlete identification and disbursement of the funds. Athletes on scholarship must meet CIS, NAIA and NCAA regulations.

**** Please note that those athletes that are in their final year of junior eligibility (1991) for the Championships (who are not eligible for National Junior Teams) are not eligible for the financial support ****



NATIONAL TEAM CROSS-COUNTRY PROGRAMS

The 2010 Canadian Cross Country Championships will serve as the selection trials for the 2011 National Teams competing at the NACAC Cross Country Championships (February 19, 2011 – Tobago, TRI (TBC)) and the IAAF World Cross Country Championships (March 20, 2011 – Punta Umbria, ESP)

For the official selection criteria for these teams, please refer to the selection documents on the Athletics Canada website - <http://www.athletics.ca/page.asp?id=22> (Athletes born in 1992-1993-1994 are eligible). For more information on the National Cross Country program, please contact Thelma Wright (twright@athletics.ca) or Scott MacDonald (smacdonald@athletics.ca)

**** It is important to note that in order to be considered for selection to either of these National teams, athletes are expected to compete at the 2010 National Cross-Country Championships ****

SOUVENIRS

A selection of souvenirs will be available for pre-order on-line when you register. Toques (\$15) and long sleeve technical shirts (\$35) will be available. Souvenirs will only be available as pre-order items when you register online.

AWARDS SHOW

Saturday, November 27th, 2010 @ 5:00pm

In lieu of a banquet this year there will be an awards show, which will be hosted at War Memorial Hall on the University of Guelph Campus. The show will be about 45 minutes to one hour in length and will be free of charge. All athletes, friends and family are encouraged to attend. Seating will be done on a first come first serve basis. Information on War Memorial Hall can be found at <http://www.uoguelph.ca/campus/map/warmem/>

MASSAGE

We will be offering post-race massage from a team of certified Registered Massage Therapists' at no charge at the **Best Western** from 2-5pm.

