

Alberta XC Series 2020



The 2020 XC Series in ALBERTA will be following all COVID-19 rules, restrictions, and at a moments notice could be cancelled due to Government restrictions. This series will consist of regional competitions, and if given the provincial go ahead we will plan to host XC Provincials in Calgary November 7th, but regional qualifiers will be used to gain entry into XC Provincials, given our abilities or restrictions from AHS, and hosting cities.

South and North Race Entry Limitation: 50 athletes per race

COST: Announce and determined per race, please check out their event page for more information.

ENTRY ELIGIBILITY

All who enter must be an AA Member, attached or unattached with registered AA club.

RACE DISTANCES

North	Age Group	Race	South	Age Group
6km Women, 6km Men	OPEN	#1	5km High School, 6km Women, 6km Men	Masters, OPEN, U20, HS(U18, U16)
8km Women, 8km Men	OPEN	#2	5km High School, 8km Women & Men	Masters, OPEN, U20, HS(U18, U16)
8km Women, 8km Men	OPEN	#3	5km High School, 8km Women & Men	Masters, OPEN, U20, HS(U18, U16)
8km Women, 8km Men	OPEN	Regional Championships	5km High School, 8km Women & Men	HS(U18, U16), U14, U12, U10
Series Championships and AA Provincials (All Age Classes)				

Registrations links, links are below:

Race #1(south): Canmore Park, <https://www.trackie.com/online-registration/event/athletics-alberta-southern-ab-xc-race-1/466590/#.X07fWshKjIV>

Race #1(north): Edmonton, contact Matt Norminton to sign up and for more details at mattnorminton@hotmail.com.

Race #2(south): Confederation Park, <https://www.trackie.com/online-registration/event/athletics-alberta-southern-ab-xc-race-2/466592/#.X07fechKjIU>

Race #2(north): Location TBC, contact Matt Norminton to sign up and for more details at mattnorminton@hotmail.com.

Race #3(south): North Gleamore Park, <https://www.trackie.com/online-registration/event/athletics-alberta-southern-ab-xc-race-3/466593/#.X07fkshKjIU>

Race #3(north): Red Deer, contact Matt Norminton to sign up and for more details at mattnorminton@hotmail.com.

Regional Championships (North & South): TBA

Series Championships & AA XC Provincials - Based on regional qualifiers and if allowed to commence.
Announced in the coming weeks, please keep an eye on the AA calendar for updates.

Alberta XC Series 2020



WARM UP AREAS/ARRIVAL & LOCATIONS

Athletes are NOT allowed to do course run throughs; courses are closed on race day. If you want to run the course early in the morning (before 10am) or the night before you may do so. Participants are encouraged to arrive in just enough time to start their warmups.

WARMUP LOCATIONS

Athletes cannot jog around the course as per AHS requirements. If an Athlete is seen doing an unauthorized warmup in the wrong area they will be DQ'ed automatically.

COOL DOWNS

Cool downs are to be done in same spots, NOT ON COURSE. Athletes are required to leave 30 min after race unless they choose to mask and hang out in designated spectator area. Participants are encouraged to and leave immediately after their race.

SPECTATORS

There will be roped off sections for **MASKED spectators and coaches to observe the races**, it will be between the start/finish lines of every race. **YOU AS A COACH ARE NOT ALLOWED TO TRAVEL ON THE COURSE UNLESS YOU ARE VOLUNTEERING.** Volunteers will be manning this area to ensure people follow the rules.

PRIZING and BIBS

PRIZING: if available will be announced at the events.

BIBS: To keep costs down athletes will wear the same bib for each race, **DO NOT THROW YOUR BIB OUT POST RACE.**

RESULTS and TEAM SCORING

Calgary Track Council website: <https://calgarytrackcouncil.com/>

Cochrane Endurance Project's Facebook: <https://www.facebook.com/pages/category/Sports-Club/Cochrane-Endurance-Project-310899062830184/>

Running Solutions website: <https://runningsolutionsca.wordpress.com/runabxc2020/>

Athletics Alberta website XC page: <https://athleticsalberta.com/new-balance-run-alberta-xc-series/>

EVENT CANCELATIONS

WE HAVE CLEARED THE LEGISLATIVE HURDLES FOR THIS RACE SERIES, it could still be canceled any day. COVID makes everything uncertain. You will be refunded from Trackie if races need to be canceled.

COVID RACE SERIES EVENT PROTOCOLS, on the next page. Guidelines attached can be updated at any time without notice, and these protocols are following AHS, AC and AA Covid guides. If something is in question or you feel is missing please refer to AHS, AC and AC Back on Track Guides, click here.

Alberta XC Series 2020



New Balance Run Alberta XC Series 2020

COVID PROTOCOL:

- All attendees must check in upon arrival and attest to their current health condition via the Covid Questionnaire.
- Participants will need to complete a “Informed Consent” waiver (by registering with Athletics Alberta).
- Infants and children will be discouraged from attending and those that do must always remain with the parents or guardians .
- No Spitting, High-Fives, or physical contact of any kind.
- Each event must designate a safety officer to oversee operations and protocol.
- Course must be minimum 2m wide.
- At the startline, athletes must be minimum 2m apart in a 3D space. Startlines will be made 40-50m wide if need be.
- It is recommended that athletes warmup with a mask, can remove it along with warmups at 2min warning prior to race. Put mask back on after finishing for cooldown.
- NB Series Start times - 1200pm women’s start time. 100pm men’s start time. 200-230pm HS start time.
- Athletics Alberta XC Provincial Start Times will be posted minimum one month ahead of time to allow for adequate planning and travel.
- Online registrations only.
- Athletes competing in the NB XC Series or AA Age Class Provincials MUST BE registered with Athletics Alberta either through a respective club or unattached. This is for contact tracing purposes in lieu of an outbreak. NO PUBLIC SCHOOL BASED MEMBERSHIPS THIS YEAR, no one day meet entries, no walks-ons for competition.
- Coaches and spectators must wear a mask while on course, socially distance as much as possible. Spectating and extra coaches on site unless they are volunteering however are discouraged.
- All clubs during the XC season must continue to follow contact tracing protocol and reporting. For any positive tests, all clubs and affiliated organizations with AA must follow quarantine protocol or will be disqualified from competition for the 2020 XC season.
- It is recommended that age class athletes get tested for COVID-19 10 days out from Age Class Provincials to ensure safe competition.

Alberta XC Series 2020



- Athletes are permitted to be on course for warmup NO MORE than 30 minutes before their scheduled race. Athletes must depart the course within 30 minutes of completion of their scheduled race. This will permit adequate time for pre-race exercise and post-race recovery and cooldown and will avoid excessive loitering on the racecourse.
- Athletes are required to stick with their cohorts before and after races, intermingling of athletes between groups is discouraged/not allowed.
- No Awards Ceremonies. Awards will be handed directly to the winner at the completion of the race away from the finish line. A mask must be worn by the presenter of the award and the athlete receiving the award.
 - If COVID numbers spike upon return to school this fall (ie- greater than 2% transmission rates for daily testing for a sustained period of time), awards ceremonies at competitions will be canceled and awards will be mailed to recipients.
- Indoor spaces required for Athletics Alberta Age Class Provincials will provide adequate spacing and signage for social distancing to occur. Indoor spacing will only be required in the case of inclement weather.
- No concession for 2020 at Alberta XC Provincials or any other race.
- Maps will be provided indicating detailed areas for spectating, course marshaling, parking, and awards. Signage will be provided to control human traffic if required.
- Races capped at 50 athletes.
- NO SHOWS this year. If you no show without notifying the race director, you will be disallowed from competing for the rest of the series. Spots are scarce and there will be a waiting list for signup. If you cannot compete, please let the race director know well in advance so the spot can be filled.
- Current bests at various distances will need to be provided during Trackie Registration to adequately design start grids, race positions from previous races will also be used to determine grids as series advances.
- Designated warmup areas will be provided to athletes prior to race start once registration closes.
- Spectating will be setup and roped off to control crowd, masks must be worn by coaches and spectators within area. NO COURSE WANDERING THIS YEAR.