



GO Athletics is pleased to host the

2021 Alberta Cross-Country Running Provincial Championships

Saturday, November 6, 2021

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 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. See course map at the end of the tech package.

ON-SITE:

- First Aid
- No change facilities or shelters
- Portable toilets
- Parking (please respect "No Parking" signs on Range Road 243)
- Packet & Bib Pick-Up Tent (near the finish area)

ATHLETICS ALBERTA MEMBERSHIPS:

All competitors must be members of Athletics Alberta. No exceptions -- please see <https://athleticsalberta.com/membership/membership-details/> . (Note: "Day of Meet" memberships are **no longer available**.) Membership must be registered before the meet entry deadline of November 3, 2021.

ENTRIES:

Due: 10:00 p.m. on Wednesday, November 3, 2021

Please submit all entries using TrackieReg

(www.trackiereg.com/2021-alberta-xc-champions). Please note, there are no late entries or day-of meet entries.

For seed time, please indicate the estimated time for the athlete (which will allow the organizers to determine if schedule adjustments will be required).

ENTRY FEE :

\$25.00 per participant (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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Meet Co-Director Rebekah Rekken
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AWARDS:

- Provincial Championship Medals to top 3 Individuals and teams (scoring members).
- Non-Championship medals will be awarded to non- Alberta athletes who place in the top 3.
- Provincial Championship T-shirt for the winner in each event.
- Ribbons will be awarded to places first to tenth Individuals.

Athletics Alberta Team Championships:

- Teams are 6 runners with 4 to score. If a club does not designate their team members prior to the start of the race, the first 6 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 1st 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: [Ellis Timing Canada -- Cross Country Calendar 2021](#)

COVID PROTOCOLS

This event will proceed as planned, as both Youth and Adult outdoor sport activities can proceed without restrictions (please see [COVID-19 public health actions | Alberta.ca](#) for more details). Any changes to the current health restrictions will be reflected in this event so that all AHS requirements are being met. COVID protocols will be emailed to participants upon close of registration, if required.

We encourage everyone to be safe and courteous and recommend maintaining safe physical distance. You are also reminded that if you test positive or have any COVID-19 symptoms that you are legally required to stay home and isolate.

EVENTS & SCHEDULE:

Age Category	Year of Birth	Women	Men	Start Time
Walk Through - 10:45 am for U-20, Open and Masters ONLY				
Open Women	1986-2001	8000m		11:30 a.m.
Master Women	Born before 1986	8000m		11:30 a.m.
U-20 Women	2002-2003	6000m		11:30 a.m.
Open Men	1986-2001		8000m	12:10 p.m.
Master Men	Born before 1986		8000m	12:10 p.m.
U20 Men	2002-2003		8000m	12:10 p.m.
Walk Through - 12:45 pm for all other age groups				
U-10 Girls	2012 or later	1000m		1:15 p.m.
U-10 Boys	2012 or later		1000m	1:25 p.m.
U-12 Girls	2010-2011	1000m		1:40 p.m.
U-12 Boys	2010-2011		1000m	1:55 p.m.
U-14 Girls	2008-2009	2000m		2:10 p.m.
U-14 Boys	2008-2009		2000m	2:25 p.m.
U-16 Women	2006-2007	3000m		2:40 p.m.
U-16 Men	2006-2007		4000m	3:00 p.m.
U-18 Women	2004-2005	4000m		3:25 p.m.
U-18 Men	2004-2005		6000m	3:45 p.m.

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

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 DQ'd 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 DQ'd and their times/medals stripped.



Course Notes:

- All 1km races will have a lead runner. Other distances will be clearly marked and marshaled.
- 8km race: 3km loop, 3km, 2km
- 6km race: 3km loop, 3km
- 4km race: 2km loop, 2km
- 3km race: 3km loop
- 2km race: 2km loop
- 1km race: 1km loop