



Calgary Track Council is pleased to host the
2022 Alberta Cross-Country Running Championships
Saturday, November 5, 2022
Sanctioned by Athletics Alberta

Location

St. Mary's University. 14500 Bannister Road SE, Calgary, AB T2X 1Z4

Course

St. Mary's University has a 2km loop Athletics Alberta has the privilege to use with a wide starting area and separate finish line. There are wide straights, a few turns, challenging hills, a few fast downhill sections, and one road crossing that will be covered with mats on race day.

Course map is below:



Light blue indicates dedicated spectating area. Dark blue indicates location of Porta-Potties.

There will be a lead cyclist for the U10/U12/U14 races showing them where the course breaks are for their race distances. It will also be marked on the race course and marshaled.

On-Site

- First Aid
- Bib Pick up – AT STARTLINE/Registration Table
- Portable toilets
- Parking: Please respect "No Parking" – various spots on St. Mary's University, see map.

Spectators

There will be a roped off section for spectators and coaches to observe the races, it will be between the start/finish lines of every race.

Bibs

- Pick up at startline from Race Director/Registration Table

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/>
- Trackie.ca

Athletics Alberta Membership

All competitors must be members of Athletics Alberta or equivalent Athletics Canada Branch Membership. **No exceptions** -- please see <https://www.athleticsalberta.com/aa-membership/> . (Note: "Day of Meet" memberships are **no longer available**. Membership must be registered before the meet entry deadline of October 28, 2019.)

Entries

Due: 6:00 p.m. on Tuesday, November 1, 2022, NO LATE ETRIES ALLOWED

Please submit all entries using TrackieReg (<https://www.trackie.com/online-registration/event/2022-alberta-cross-country-championships/482888/#.Yzuqe3bMLIU>)

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

\$28.00 per participant (includes Alberta Championship fee and Trackie fee).
All entry fees need to be paid on Trackie at time of registration.

CONTACTS

Meet Director: Travis Cummings (traviscummings10km@gmail.com,
cochraeenduranceproject@gmail.com)

Meet Co-Director: Pamela Moores (pammoores@gmail.com)

Entries/Results: competitions@athleticsalberta.com, traviscummings10km@gmail.com

Events

(Times to be updated if needed no later than Nov 2):

Age Category	Year of Birth	Race Distance	Start Time
Open Women	1987-2002	8000m	11:00 am
Master Women	Born before 1987	8000m	11:00 am
U20 Women	2003-2004	6000m	11:00 am
Open Men	1987-2002	8000m	12:00 pm
Master Men	Born before 1987	8000m	12:00 pm
U20 Men	2003-2004	8000m	12:00 pm
U10 Girls	2013 or later	1000m	1:00 pm
U10 Boys	2013 or later	1000m	1:15 pm
U12 Girls	2011 – 2012	1200m	1:30 pm
U12 Boys	2011 – 2012	1200m	1:50 pm
U14 Girls	2009 – 2010	2000m	2:10 pm
U14 Boys	2009 – 2010	2000m	2:30 pm
U16 Girls	2007 – 2008	4000m	2:50 pm
U16 Boys	2007 – 2008	4000m	3:15 pm
U18 Girls	2005 – 2006	4000m	3:45 pm
U18 Boys	2005 – 2006	6000m	4:15 pm

Awards

AWARDS:

- There will be an awards ceremony after each event for Top 3 finishers and Top 3 teams.
- Provincial Championship Medals to **top 3 Individuals and teams** (scoring members).

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. Tie's will be broken comparing 4th runners. Individual runners do not score in the team event. Clubs may have multiple teams. 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

Unofficial results will be posted on-site shortly after each race. Official results will be posted later by Athletics Alberta on Trackie.

Results can also be found:

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

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

Provincial Club Cross Country Championships

A point system will be used to determine the winner of the 2022 Alberta Provincial Club Cross Country Championships. The trophy presentation will be done at the Athletics Alberta Awards Banquet.

Team Alberta Selection for AC XC

Athletes declare their intentions to be a part of Team Alberta for the Nationals race by entering the national event. Participation in Athletics Alberta Age Class Provincial Championships is a REQUIREMENT to be a part of Team Alberta XC 2022 (extenuating circumstances may apply for USports/CCAA/NCAA/NAIA athletes, health reasons, or academic reasons). Non-university/non-collegiate athletes must contact Athletics Alberta if they cannot participate. The team(s) will be announced on Athletics Alberta's website by Nov 18 and declared to National XC Championships per the process for provincial teams. A Link to the nomination criteria can be found below:

https://athleticsalberta.com/wp-content/uploads/2022/10/XC-National-AB-Nominaton-Criteria-2022_Oct_19.pdf