



## Athletics Alberta Branch Teams at ACXC 2025

### Athletics Alberta

Athletics Alberta does not send a provincial team to the national XC championships. Athletes are responsible for their own accommodations and individual registrations through their club.

We are pleased to provide all Athletics Alberta athlete registered for nationals with a gift as with previous editions. The 2025 gift will be a toque and can be collected from Athletics Alberta Coach Representative Samantha Read at the course.

***\*Coach Samantha will be at the race course walkthrough (Friday), and both race days (Saturday and Sunday). Specific hours and her contact information will be provided closer to the event.***

### Team Races within ACXC Championships

Club and Branch teams are not required to be declared prior to racing at ACXC in the age group competitions. An Athlete may run in the individual race and have their results count for both their club and the branch teams. Scores will automatically be tabulated from the results of the individual race.

#### ACXC Club Championship

- Clubs are NOT required to declare the composition of their team(s) in advance of the competition at the time of registration. All competitors on a Club team must be bona fide paid members of the same club.
- There is no limit to the team size: clubs may enter an unlimited number of athletes with the top four (4) athletes scoring (and all other finishers acting as displacers) for all divisions.

#### ACXC Branch Championship

- Branches are NOT required to declare the composition of their team(s) in advance of the competition at the time of registration. All competitors on a Branch team must be bona fide paid members of the same Branch.
- There is no limit to the team size: clubs may enter an unlimited number of athletes with the top four (4) athletes scoring (and all other finishers acting as displacers) for all divisions.

For more information on awards and scoring, please see the ACXC event page link below:

<https://athletics.ca/events/canadian-cross-country-championships-2025/>

### **Mixed Relay Race at ACXC**

Club and Branch Mixed Relay teams at ACXC must entered ahead of time with orders be declared onsite, no later than one hour prior to the start of the race. Athletics Alberta will enter Branch relay

teams in those prior to the competition based on declared athletes at the link below. As many teams as possible will be entered based upon declarations.

**Please note** - as the race occurs at the same time you will not be able to compete for a club team and branch team in the mixed relay competition. Athletes, please be sure to communicate with your clubs prior to submitting your declaration at the link below:

**Declaration form linked here (due by 11:59 pm on Friday November 7)**

Teams will be created based on order of finish at Athletics Alberta XC Championships on November 1 in Wetaskiwin. Times will be compared for athletes contesting different race sections.

<https://www.trackie.com/event/2025-alberta-cross-country-championships/1031428/>

Declared U16 and U18 athletes will be considered for U18 teams.

Declared U20 and Senior athletes will be considered for Senior teams.

### **Onsite at ACXC**

Samantha Read (CALTAF) will manage Athletics Alberta Branch Teams in London, ON and submit the final order of runners per the ACXC notes below. Athletics Alberta singlets will be provided for those who don't have them based on best available sizes. Information collected in the declaration form above.

### Team Declaration and Technical Notes:

- To be submit online to [events@athletics.ca](mailto:events@athletics.ca) or in person at the Accreditation Desk (Coach Samantha)
- The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the start of the race (i.e. 12:00 p.m. ET).
- The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.
- All relay team members need to wear the same uniform top.
- Teams can collect their relay team wristband (which includes the timing chip) at the Accreditation Desk.

### Team Composition Notes

- Each team shall consist of four athletes. The number of male athletes permitted per team shall not exceed two (2). Teams may therefore be composed of any combination up to a maximum of two (2) male athletes and the remaining positions filled by female athletes (e.g., 2M/2F, 1M/3F, or 0M/4F).
- Running order and Distance: Male, Female, Male, Female - 4 x 2km