

PEACE HILLS XC Classic
Saturday September 26, 2020
Hosts: GO ATHLETICS (Edmonton)
Sanctioned by Athletics Alberta

The Peace Hills XC Classic will follow all COVID-19 rules, restrictions, and at a moment's notice could be cancelled due to Government restrictions. All safety rules laid out by Athletics Alberta and AHS must be followed by all Clubs and participants involved.

LOCATION: Peace Hills Park, Wetaskiwin, Alberta: Township Road 464 west of Highway 2A -- go past the golf course, over the hill, and turn north at the bottom of the hill. See <https://goo.gl/maps/wEehagEvDbD2> .

ENTRY LIMITATION: Each race is considered a cohort so only 50 athletes per race will be allowed to enter.

COST: \$15.00 per entry (plus a \$1.43 processing fee).

DEADLINE: Tuesday, September 22 by 6 p.m. Post entries will cost \$20.00 each.

ENTRY ELIGIBILITY

All athletes, club or unattached, must enter an Athletics Alberta # when registering and have a valid Athletics Alberta Membership. All athletes also must have completed the Assumption of Risk Waiver PRIOR to entering. If you require an Athletics Alberta # or to finish the Assumption of Risk Waiver please contact Athletics Alberta or your club directly. Any athletes who have not completed the waiver by the 26th will not be permitted to run.

Schools wishing to participate can register as a club with Athletics Alberta. Contact Pete Wright for more details (peterwright5@hotmail.com).

REGISTERING

All entries and payments must be done through Trackie. Enter by going to: <http://www.trackiereg.com/2020-PeaceHillsXC>

TIMING

We are pleased to announce that again this year our timing will be handled by **Ellis Timing**.

For more information please contact the Meet Directors:

Pete Wright at 780-479-1860 or 780-619-9690 or peterwright5@hotmail.com

Beka Rekken at 780-850-3151 or bekahoogendoorn@gmail.com

Race Distances & Schedule

Age Group	Distance	Warm-Up Time	Start Time
U12 Girls	3 km	9:00	9:30
U12 Boys	3 km	9:35	10:05
U14 Girls	3 km	10:05	10:40
U14 Boys	4 km	10:40	11:15
U16 Girls	4 km	11:30	12:00
U16 Boys	5 km	12:15	12:45
U18 Girls	5 km	1:10	1:40
U18 Boys	6 km	2:05	2:35
U20 Women	6 km	3:00	3:30
Open Women	8 km	3:00	3:30
U20 Men	8 km	4:00	4:30
Open Men	8 km	4:00	4:30

ONSITE & PARKING

Parking is limited. You can park at the top of the park in the small parking lot or on the east side of the park. Please respect "No Parking" signs on Range Road 243. First Aid and Portable toilets are available onsite; no change facilities or shelters.

COURSE WALK THROUGHS & WARM UP AREAS

Athletes are NOT allowed to do course run throughs; courses are closed on race day. If you want to run the course the night before you may pre-arrange that with the Meet Directors. Participants are encouraged to arrive in just enough time to start their warmups (30 minutes before the start time of race).

Athletes cannot jog around the course as per AHS requirements. If an Athlete is seen doing an unauthorized warmup in the wrong area they can be DQ'ed automatically. There will be a marked off area for warm ups which athletes must remain in before starting their race.

COOL DOWNS

Cool downs will also be done in a pre-marked area, NOT ON COURSE. Athletes are required to leave 30 min after race unless they choose to remain in the designated spectator area. Participants are encouraged to leave immediately after their race.

SPECTATORS

There will be roped off sections for spectators and coaches to observe the races, between the start/finish lines of every race. When not able to be physically distant, spectators should be masked.

AWARDS and RIBBONS

Medals will be given to the 1st, 2nd, and 3rd finisher of every race (U20 and Open will each receive their own top 3 medals). Ribbons will be handed out to the 4th - 10th finishers of every race. These will be given immediately at the end of the race as athletes leave the finish shoot. There will be no Team Awards, Top 6 T-shirts, or Award Ceremony, as per AHS regulations.

EVENT CANCELATIONS

Although we have cleared all AHS and Athletic Alberta COVID regulations, this event could still be canceled any day. COVID makes everything uncertain. You will be refunded if races need to be canceled.

COVID-19 RACE EVENT PROTOCOLS

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.

COVID PROTOCOL:

- All athletes must have completed the Assumption of Risk waiver (when registering with Athletics Alberta)
- All attendees must attest to their current health condition via the COVID Questionnaire.
- No spitting, high-fives, or physical contact of any kind.
- A safety officer must be designated to oversee operations and protocol.
- Course must be minimum 2m wide. Passing in areas less than 2m wide is not permitted.
- A wide startline must be provided to allow for athletes to be as physically distanced as possible.
- It is recommended that athletes warmup with a mask, can remove it along with warm up gear at 2min warning prior to race. They are also encouraged to put a mask back on after finishing for cooldown.
- Online registrations only.
- Coaches and spectators must physically distance as much as possible and wear a mask when distance is not possible. Spectating and extra coaches on site, unless they are volunteering, 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.
- Athletes are required to stick with their cohorts before and after races, intermingling of athletes between groups is 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.
- No concession will be allowed.
- Races are capped at 50 athletes.
- Designated warm-up and cool down areas will be provided to athletes prior to race and after they are done.
- Spectating will be set up and roped off to control crowds, masks are encouraged to be worn by coaches and spectators within the area. **NO COURSE WANDERING THIS YEAR.**
- **LATE / NO SHOWS:** if you are late for your race, you will not be allowed to join a race of another category. Late athletes and no shows will not be refunded.
- If an athlete, coach, spectator, or event volunteer / staff develop symptoms of COVID-19 over the course of the day, they **MUST** leave the event immediately and contact AHS.