

2011 HIGH SCHOOL PROVINCIAL CROSS COUNTRY CHAMPIONSHIPS
Eagle Butte High, Alberta – Saturday, October 15, 2011
Provincial Host Website: www.asaa.ca

EDMONTON ZONE ITINERARY

Friday, October 14, 2011

DEPARTURE from Edmonton (Golden Arrow Coach)
1:00 p.m. from Strathcona High School 10450 – 72 Avenue
(back of school by swimming pool/ice arena)
Please arrive 20 minutes prior to departure time.

ARRIVE: Medicine Hat – 7:00 p.m. approximately
Medicine Hat Lodge 1051 Ross Glen Drive. S.E. (403 – 580 – 8503)

Saturday, October 15, 2011

Continental breakfast provided by Medicine Hat Lodge
Check out of hotel (to be determined by Zone Coach)
Depart for Cypress Hills (approximately 60 minutes from Medicine Hat)

<u>Registration</u>	9:00 a.m.
<u>Course Walk through</u>	9:30 a.m.
	All athletes are encouraged to go on the walk through
<u>Coaches Meeting</u>	10:30 a.m. (in main lodge)
<u>Opening Ceremonies</u>	11:00 a.m.
<u>Course Closed</u>	11:30 a.m.

Race Start Times: Chip timing – all athletes must check in and receive their chips well in advance of race. All athletes must wear clothing that indicates the school they represent

12:00 pm – Sr. Boys 6000m	Shute 1	2:00 pm – Jr. Boys 4000m	Shute 6
12:45 pm – Int. Boys 5000m	Shute 4	2:30 pm – Int. Girls 4000m	Shute 5
1:15 pm – Jr. Girls 3000m	Shute 8	3:15 pm – Sr. Girls 4000m	Shute 7

LOCATION: The race will be held at Elkwater, AB, in the Cypress Hills Inter-Provincial Park. Travel on the **Trans-Canada Hwy (AB #1)**, east of Medicine Hat. Turn RIGHT on Highway #41, and continue to Elkwater. Turn LEFT, 100m past the entrance to Elkwater. Continue to Whispering Pines Camp. You will be directed where to park upon arrival.

COURSE DESCRIPTION:

The course is mainly rolling hills terrain with a few steep inclines throughout. The route starts in an open area and then moves into the trail system. Once the athletes are in the trail system, they will have tree roots and hilly conditions to contend with. Athletes will have to be very aware of their footing. The 3 km and 6km will run a one loop course. The 4km and 5 km will do two loops of the course. The 5km will do the shorter loop first. The trail is between 8 to 12ft across, leaving continuous opportunities for passing. Shoes with spikes are definitely recommended.

Lunch and Awards Ceremony – Lunch will be available for pick up after 11:00 at the concession stand. Awards are immediately after each competition.

<u>DEPARTURE</u> from Cypress Hills	4:00 p.m. approximately
<u>ARRIVE</u> in Edmonton (approximately):	10:00 p.m. at Strathcona

REMINDER: ATHLETES ARE NOT PERMITTED TO WEAR AND/OR USE ANY FORM OF AUDIO DEVICE WHILE COMPETING