

2009 ALBERTA SCHOOLS ATHLETIC ASSOCIATION PROVINCIAL CROSS COUNTRY CHAMPIONSHIPS

DATE: **2009 HIGH SCHOOL PROVINCIAL CROSS COUNTRY - Saturday, October 17, 2009**
Schools are responsible for transportation of their athletes to Wetaskiwin and supervision of their Athletes in Wetaskiwin. Athletics Office will register all athletes and pay the athlete registration fees. Gary Harcott, Ross Sheppard, is the designated Edmonton Zone Head Coach.

LOCATION: Peace Hills Park, just Northwest of Wetaskiwin
Peace Hills Park is located near the Montgomery Glen Golf Course. You will turn West at the intersection of Highway 13 and Highway 2A (on the North side of Wetaskiwin) You would travel approximately 2 to 3 km west and then ½ km North. A map is posted on the host website.

COURSE DESCRIPTION:
The course is mainly rolling grass terrain with a wooded area and three good hills thrown in for good measure. The trail is 6 to 10ft across leaving a continuous opportunity for passing. The course is also a spectator's delight allowing many vantage points for cheering runners on. It is important for athletes to note that there are areas of uneven ground. A map of the trail is posted on the host website.

DISTANCES, START TIMES AND SCHEDULE:

Saturday, October 17, 2009

10:00 am Check in and pick up race information packages at race site
10:00-10:30 am Race Course walk thru
11:00 am Zone Coaches Meeting
11:30 am Course closed everyone off course
12:00 pm Junior Boys 4000 Meter Run
12:30 pm Intermediate Girls 4000 Meter Run
1:15 pm Senior Girls 4000 Meter Run
2:00 pm Intermediate Boys 5000 Meter Run
2:45 pm Junior Girls 3000 Meter Run
3:15 pm Senior Boys 6000 Meter Run

LUNCH: Lunch will be served at the Montgomery Glen Golf Course starting at about 11:30 a.m. Athletes and Coaches that have ordered lunches will need to make their way to Montgomery Glen. A shuttle bus is provided for those who wish transportation. Shuttle drop/pickup area will be at the West side entrance to Peace Hills Park. A concession stand will also be available throughout the day selling snacks and refreshments. The Concession is located on the east side of the park near the parking lot. (Lunch tickets are included in Athletes registration fee. Edmonton Zone will purchase coach lunch tickets and they will be available from Gary Harcott (Ross Shep).

AWARDS: Immediately after each race the top three finishers will be presented with ASAA medals and places 4 through 10 will receive a place ribbon. As well, there will be a photo taken of each winner with the championship shirt and a separate picture of the top 10 finishers of each race.

No iPods, MP3 players or any other device that requires headphones will be allowed to be worn during the ASAA Provincial Cross-Country Races

Start Line Chute Assignments

	1	2	3	4	5	6	7	8
Jr. Girls 3000m	Central	South Central	North Central	North East	Edmonton	South	Calgary	North West
Jr. Boys 4000m	North West	Central	South Central	North Central	North East	Edmonton	South	Calgary
Int. Girls 4000m	Calgary	North West	Central	South Central	North Central	North East	Edmonton	South
Sr. Girls 4000m	South	Calgary	North West	Central	South Central	North Central	North East	Edmonton
Int. Boys 5000m	Edmonton	South	Calgary	North West	Central	South Central	North Central	North East
Sr. Boys 6000m	North East	Edmonton	South	Calgary	North West	Central	South Central	North Central

Further information and maps can be found on the ASAA website: www.asaa.ca

Go to Championships Host Websites – Go to Cross Country