

ASAA
Cross Country Running Championship 2009

Saturday, October 17, 2009

Hosted by: Wetaskiwin Composite High School

DATE: Saturday, October 17, 2009

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.

EVENTS: There will be three race classifications for males and females.

Junior	Under 16 as of September 1, 2009
Intermediate	Under 17 as of September 1, 2009
Senior	Under 19 as of September 1, 2009

DISTANCES, START TIMES AND SCHEDULE:

Friday, October 16, 2009

6:00 pm – Check in and pick up race information packages at the race site and walk thru (Optional)
8:00 pm – Early check in will close

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

PARKING: All vehicles will be directed to park in marked areas. There will be attendants and signs directing you.

Small Vehicles: Parking for cars, mini-vans, trucks will be inside Peace Hills Park (West Entrance). Please follow the directions by the parking attendants.

Bus parking: Large buses will be allowed to drop off the athletes at the east side of Peace hills on Cree Crescent and then the empty bus can proceed to park alongside the east side of range road 243(dump road). There will only be parking on the east side of range road 243 (only large buses will be parking here)

Overflow Parking: When the Peace Hills parking is full, vehicles will be directed to park at the Montgomery Glen Golf Course and use the shuttle bus service provided.

SHUTTLE BUS:

A local bus company will be shuttling athletes, coaches, spectators to the Montgomery Glen Golf Course. The Montgomery Glen golf course is where lunch, GIMMICS T-shirts and the overflow parking area) This bus service will be provided from 10:45am to 4:15pm. The shuttle bus pickup/drop off zone will be on the east side of the Peace Hills park entrance.

MEDICAL SERVICES: First Aid will be available on site and will be located near the finish/start area.

COACHES MEETING:

There will be a pre-competition meeting for all zone coaches and any coaches wishing to come at 11:00 am Saturday, October 17, 2009 and run in accordance with the ASAA Cross Country Policy and Procedures. Visit www.asaa.ca and refer to the Bylaws & Policy pdf from the main navigation panel. The meeting will take place at the south side of the parking lot in the large athlete tent.

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.

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. This will all take place immediately following each race. After the completion of the meet, the top 1A, 2A, 3A and 4A school teams will be presented with an ASAA provincial banner and plaque. These presentations will be made as soon as possible after the completion of the final race of the day.

RESULTS:

Individual race results and division school point totals will be posted during the day. Final result packages will be available for zone coaches only on the day of the meet. All other coaches can access the race results by going to cross country host website.

REGISTRATION INFORMATION:

1. Entry and Eligibility Forms

All athlete registrations will be submitted by the zone secretary. Zone secretaries will be contacted in respect to the registration procedures. Each zone is allowed to send 18 runners and all entries must be submitted by Wednesday, Oct. 14 at 4:00pm REMINDER: There will be no alternates this year

**ASAA
Cross Country Championships 2009
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