



METRO EDMONTON HIGH SCHOOL ATHLETIC ASSOCIATION

Email: metroedm@telusplanet.net
Website: www.telusplanet.net/public/metroedm

2009 EDMONTON ZONE CROSS COUNTRY SCHEDULE

NOTE: Competitors should compete in two meets to qualify for the Zone Championships.

MEET #1 (Rookie)	Thurs., September 10	Ross Shep - Coronation Park – 4:30 p.m. (parking Lot by Tennis Courts)
MEET #2 (Relay)	Wed., September 16	Hawrelak Park – 4:30 p.m.
MEET #3 (2 Event)	Wed., September 23	McNally-Forest Heights – 4:30 p.m. (86 Street - 105 Avenue)
MEET #4 (All Events)	Wed., September 30	Lower Goldbar Park – 4:15 p.m.
EDMONTON ZONE FINAL	Wed., October 7	Lower Goldbar Park – 1:00 p.m.
PROVINCIAL	Sat., October 17	Wetaskiwin

START TIME: 4:30 p.m. – Meets 1,2,3,
4:15 p.m. – Meet 4 1:00 p.m. – Zone Finals

Runners will compete in one classification only.

Classification:

Junior Boys	Under 16 as of September 1	4000 M
Intermediate Boys	Under 17 as of September 1	5000 M
Senior Boys	Under 19 as of September 1	6000 M
Junior Girls	Under 16 as of September 1	3000 M
Intermediate Girls	Under 17 as of September 1	4000 M
Senior Girls	Under 19 as of September 1	4000 M

Note: A.S.A.A. eligibility policies apply. (minimum of 800 instructional minutes, three years of eligibility from entry into grade 10)

ASAA ON LINE REGISTRATION DEADLINE: October 5, 2009

MEET #1 - ROOKIE MEET - OPEN MEET

Date: Thursday, September 10, 2009
Location: Coronation Park - Ross Shep (parking lot by Tennis Courts)

1. **Rookie competition** is for participants who have **not** competed in cross country running events at the **Senior High level**. Those who have competed will be grouped in the Open categories for this meet.

Rookie (Girls)	3000 M	4:30 p.m.
Rookie (Boys)	3000 M	4:45 p.m.
Open (Girls/Boys)	3000 M	5:00 p.m.

2. **Registration Procedures:**

a) Coaches will have names tags (small file labels) completed before the events. Competitors must be wearing a name tag and should marshal in at the start line when their event is called.

3. **Competition:** Open competition for all rookie runners;
Open Boys and Girls Event;

4. **Officiating Responsibilities:**

1. OL	- Course marshalls and pick up of course flags
2. n/a	- Timing
3. MAC, BEAU, PK	- Finish Judges
4. LED, LSL	- Results Recording

MEET #2 - RELAY EVENTS

Date: Wednesday, September 16, 2009
Location: Hawrelak Park

1. **Girls, Boys, Mixed** 4 X 3000 M All start at 4:30 p.m.

NAME TAGS - should indicate - runner's name, school Team name and number and category (Girls/Boys/Mixed) Only last runner needs name tag.

2. **Competition** - 4 runners per team. All event races will commence at 4:30 and will be run as a relay. (i.e. 1st runners of all teams will run their 3,000, touch off will be made and 2nd runner will run 3000 etc.) Anchor runner must wear a name tag indicating school and category, i.e., Girls, Boys or Mixed.

3. **Officiating Responsibilities:**

1. BF - pick up of course flags

MEET #3 - TWO EVENTS

Date: Wednesday, September 23, 2009
Location: McNally - Forest Heights

1. **Registration:** same as Meet #1;

2. **Competition:** Open - girls - 4000 M - 4:30 p.m. Open - boys - 5000 M - 4:45 p.m.

3. **Officiating Responsibilities:**

1. n/a	- Timing
2. BF, STUR, OL	- Finish Judges
3. PK, ST. A	- Results Recording
4. STUR, JOR, SFX	- Marshalls

MEET #4 - ALL EVENTS

Date: Wednesday, September 30, 2009
Location: Lower Goldbar Park

This meet will introduce competitors to the distances they will run in the Zone and Provincial Competitions.

1. **Registration Procedure:** Same as Meet #1;

2. **Competition**

Senior Boys	6000 M	4:15 p.m.
Junior Girls	3000 M	4:20 p.m.
Junior Boys	4000 M	4:35 p.m.
Int. Girls	4000 M	4:50 p.m.
Int. Boys	5000 M	5:05 p.m.
Senior Girls	4000 M	5:20 p.m.

3. **Officiating Responsibilities:**

1. n/a - Timing
2. BF, BEAU, SAL, PK - Course marshalls and pick up of course flags
3. OL, SFX - Finish judges
4. MAC, LSL - Results Recording

MEET #5 – EDMONTON ZONE CHAMPIONSHIPS

Athletes should compete in two or more meets to qualify for the Zone Championships.

Date: Wednesday, October 7
Lower Goldbar Park

1. **Schedule of Events:**

Junior Girls	3000 M	1:00 p.m.
Junior Boys	4000 M	1:15 p.m.
Inter. Girls	4000 M	1:40 p.m.
Inter. Boys	5000 M	2:05 p.m.
Senior Girls	4000 M	2:30 p.m.
Senior Boys	6000 M	2:55 p.m.

2. **Awards:**

Top three finishers in each race will be presented with medals and 4th to 10th place finishers will receive ribbons.

3. **Registration Procedures:** same as Meet #1 – name tags

Athletes competing in the Zone Championship must be registered on line with ASAA by October 5, 2009.

4. **Officiating Responsibilities:**

1. n/a - Timing
2. BF, OL, PK, BEAU, - Course marshalls and pick up of course markers
3. ARD, BELL, STUR - Finish Judges
4. SFX, MAC, LSL - Results Recording

**TOP EIGHTEEN (18) COMPETITORS IN EACH EVENT ADVANCE
TO THE PROVINCIALS in Wetaskiwin, Oct. 17, 2009**

LEAGUE ENTRY FEES:

No charge for rookie meet;

School team fee to be determined based on entries.

\$1.00 charge per competitor at Meets 2, 3, and \$5.00 charge per competitor at City Final

Schools will be billed separately for the cost of the Provincials

OFFICIATING

Timing:

Stop watches will be provided by Athletics Office.

Each school assigned to timing must provide **one timer.**

Finish Judges:

Finish judges determine runners finishing places and direct them to the Results Recording table. **Each school** assigned to this duty must provide at least **one finish judge.**

Results Recorder:

The results recorders will take the name tags from the respective runners and place them on the results board. **Each school** assigned to this duty must provide at least **one results recorder.**

Marshalling:

The marshalls will be posted at various points along the race courses to ensure runners are aware of course and provide direction. **Each school** assigned to this duty should provide at **least two Marshalls** (3 would be preferable).

Pick of course markers: At the end of the final race, all course markers must be picked up and each school responsible for this should assign persons before the races.

All officials should report at least 15 minutes prior to race start time.

IF YOU ARE UNABLE TO FULLFILL ANY OF YOUR OFFICIALS ASSIGNMENT DUTIES PLEASE LET ME KNOW AS SOON AS POSSIBLE SO ALTERNATE ASSIGNMENTS CAN BE MADE. AS WELL, IF YOU HAVE NOT BEEN ASSIGNED A DUTY FOR A PARTICULAR MEET BUT YOU ARE ABLE TO HELP OUT, PLEASE SEE NORMA OR SCOTT AT THE MEET. THANK YOU.