

MEET TECHNICAL PACKAGE

2017 ASAA CROSS-COUNTRY CHAMPIONSHIPS **Rundle Park, Edmonton**

DATE: Saturday, October 21st

VENUE: Rundle Park, Edmonton

MEET DIRECTOR: Meet Director – Michelle Ross
Contact Email: michelle@metroathletics.ca
Contact Phone: Office - 780-989-3005
Cell – 780-905-7341

Course Directors – Travis Patten & Rick Mooney
Contact Email: tpatten@parklandimmanuel.ca
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Metro Athletics Staff: Shawn Shepherd & Jordan Baker
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Contact Phone: Office – 780-989-3005

HOST: Metro Athletics 780-989-3005

LOCATION: Rundle Park
2909-113 Ave, Edmonton

COURSE: A long loop (3 km) and a short loop (2 km) will be used. The course is in a municipal park in Edmonton and runs along the North Saskatchewan River.

EVENTS: Four race classifications for males and females:
PARA RACE: As per the ASAA guidelines
JUNIOR: Under 16 as of September 1st, 2017
INTERMEDIATE: Under 17 as of September 1st, 2017
SENIOR: Under 19 as of September 1st, 2017

ACCOMMODATIONS:

1. Holiday Inn Express & Suites North
13742-50 Street Edmonton, AB
40 double rooms booked \$129.99/room – please reference ASAA Provincials
Release date is September 20
Directions to the Hotel – [click here](#)
Direction from Hotel to Rundle Park – [click here](#)

2. Fairfield Inn & Suites by Marriott Edmonton North

581 Griesbach Parade NW Edmonton, AB

780-540-5100

25 double rooms booked \$129 – please reference ASAA Cross Country

Release date is October 3

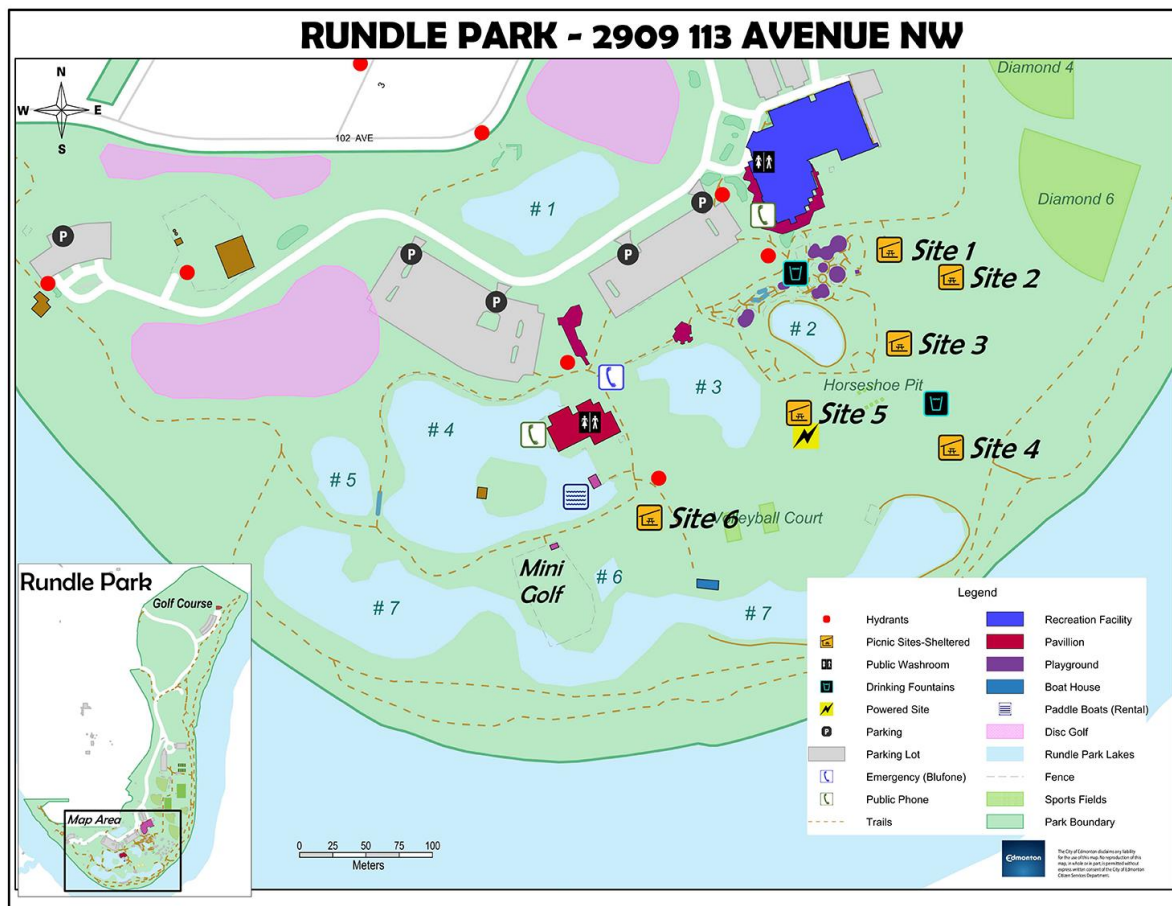
Directions to Hotel – [click here](#)

Directions from Hotel to Rundle Park – [click here](#)

Both hotels include breakfast

PARKING INSTRUCTIONS:

There are 2 large Parking Lot areas available for spectators and Buses/Team vans located to the west of the ACT Facility. There is a drop off turnabout in front of the ACT Centre but we are asking that all vehicles refrain from using this area as it is used for City Special Needs programs that run out of the facility.



LUNCH/FOOD: Subway will be available for volunteers. Dogwood Café, located in the ACT Centre will be open and available for all spectators. Athletes will receive a bagged lunch, which will include a vegetarian chili, bun, beverage and snack. Tickets will be included in registration package and need to be redeemed at time of lunch pick up.

SCHEDULE:

FRIDAY: October 20 th	4:00-6:00pm	Registration and walk through at Rundle Park Gimmicks will be on site in the Gymnasium @ ACT Centre
SATURDAY: October 21 st	9:00am	Registration
	9:30am	Walk through until 10:15am
	10:30am	Coaches meeting
	11:00am	Opening Ceremonies
	11:30am	Course Closed
		Para Race – 2km
	12:00pm	Junior Women – 3km
	12:30pm	Senior Men – 6km
	1:15pm	Intermediate Men – 5km
	2:00pm	Intermediate Women – 4km
	2:30pm	Junior Men – 4km
	3:00pm	Senior Women – 4km

COACHES MEETING: There will be a pre-competition meeting for all **Zone Coaches** at 10:30am on Saturday, October 21st and will be run in accordance with the ASAA Cross Country Policy and Procedures. The meeting will take place in the Social Room located in the ACT Centre. This is a mandatory meeting for all **zone** coaches.

RESULTS: This race will be “chip timed”. Chips are attached to each athlete’s bib number. Chips must be worn for the duration of the race. **Do not fold or bend the bibs as this will damage the activation strip and the result will not be recorded.**

Results will be posted as soon as possible after each race near the entrance/exit to the gymnasium on the outside wall if weather allows and if not they will be posted on the inside walls of the gymnasium. Individual race results and classification school point totals will be posted throughout the day. Final results can be accessed by going to the Cross-country Host website.

AWARDS: Immediately after each race the top 3 finishers will be presented with ASAA medals and places 4 through 10 will receive a place ribbon. Photos will be taken of the top 10 finishers of each race and individual photos of each race’s winner. Following the competition, the top 1A, 2A, 3A, and 4A school teams will be presented with an ASAA provincial banner and plaque. Teams placing 2nd and

3rd will receive a small keeper plaque. These presentations will be made as soon as possible after the completion of the final race of the day.

MEDICAL: Athletic Therapists will be on site and located near the finish area.

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

NO iPods, MPE players or any other device that requires **headphones** will be allowed to be worn during the ASAA Provincial Cross Country Meet.

SOUVENIRS: GIMMICS will be onsite selling souvenir apparel in the Gymnasium located in the ACT Centre.