**Echo Dale Regional Park, Alberta**

**ASAA CROSS COUNTRY**

**RUNNING CHAMPIONSHIP**

**OCTOBER 19, 2019**

**Hosted by**

**EAGLE Butte High School, Dunmore, Alberta**

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**Welcome to the 2019 ASAA Cross Country Championships!**

Eagle Butte High School is very excited to be hosting this event and hope that you enjoy your visit to our town. We look forward to a great day of competition.

**DATE:**

Saturday, October 19, 2019 LOCATION: Echo Dale Regional Park is in 15 minute drive Southwest of Medicine Hat.

Address: 1001 Echodale Rd, Bow Island, AB T0K 0G0

**MEET DIRECTOR:** Meet Director – Darryl Smith

Contact Email: darrylsmith@prrd8.ca

 Phone: School Office – 403 528-1996 Cell – 403 977-4322

**Course Directors:**

Marvin Genno Cell 403 928-3413

Jason Ducscherer Cell 403 548-1259

Email: jasonduchscherer@prrd8.ca

**COURSE DESCRIPTION:**

The course is of medium to difficult in level. The course winds through the Echo Dale Regional Park trails and then runs along the South Saskatchewan River then a steep hill followed by a quick descent and quick accent. The athletes then traverse through a prairie like setting, followed by a steep descent final to one km of fast and fast grassy finish area. Trails are also eight to twelve feet in width providing many areas for passing. There are no loops in these trails, each race has a full 2km, 4km, 5km, or 6km trail to run. The trails are a combination of grass fields and groomed trails with elevation changes. Please refer to the website for detailed course maps. Running spikes are recommended. There will be 6 areas where athletes will cross pavement on the courses however there will be mats down to allow for proper footing using spikes.

**EVENTS:**

There will be four race classifications for males and females.

PARA Race As per the ASAA Guidelines

Junior Under 16 as of September 1, 2019

Intermediate Under 17 as of September 1, 2019

Senior Under 19 as of September 1, 2019

**EVENT SCHEDULE: Friday, October 18th**

4:00-7:00pm – Registration and unguided walk through start area.

 Athletics Canada will be on site for souvenir apparel.

**EVENT SCHEDULE: Saturday, October 19th:**

9:00 am - Check in
9:15 am - Guided Walkthrough till 10:15 am
10:30 am - Zone coach meeting (this is only for zone coaches - 1 representative from each zone)
10:55 am - Opening Ceremony
11:15 am - Course Closed

11:35 am - Start of Para Race 2km
12:05 pm - Jr. Girls 4km
12:35 pm - Jr. Boys 4km
1:10 pm - Int. Girls 5km
2:00 pm - Int. Boys 5km
2:45 pm - Sr. Girls 5km
3:25 pm - Sr. Boys 6km

**Chutes 2019 Echo Dale Regional Park**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Race | Chute 1 | Chute 2 | Chute 3 | Chute 4 | Chute 5 | Chute 6 | Chute 7 | Chute 8 |
| Para Race | Edm | South | Calgary | NW | SC | NC | NE  | Central |
| Junior Girls | Central | Edm | South | Calgary | NW | SC | NC | NE |
| Junior Boys | NE | Central | Edm | South | Calgary | NW | SC | NC |
| Intermediate Girls | NC | NE | Central | EDM | South | Calgary | NW | SC |
| Intermediate Boys | SC | NC | NE | Central | Edm | South | Calgary | NW |
| Senior Girls | NW | SC | NC | NE | Central | Edm | South | Calgary |
| Senior Boys | Calgary | NW | SC | NC | NE | Central | Edm | South |

Edm – Edmonton NW – North West SC – South Central NC –North Central

NE – North East

**PARKING:**

Upon entering the park all vehicles and busses will be directed to park in marked areas. There will be attendants and signs directing you. Please park in assigned areas only.

**TIMING:**

Chip timing will be used. All athletes will receive their specific bibs with chips attached from their coaches. Please only wear your assigned bib. The bibs must be worn for the duration of the race on the athlete’s chest (not leg). Athletes who cross the finish line without a bib/chip will be disqualified.

**MEDICAL SERVICES:**

First Aid will be available on site and will be located near the finish/start area as well as on the course.

**COACHES MEETING:**

There will be a pre-competition meeting for all ZONE COACHES (1 PER ZONE) 10:30 am on Saturday. The meeting will take place in the concession building.

**LUNCH:**

A concession, located in the swim centre building, will be open and available for all spectators including both hot and cold food choices. Athletes will receive a bagged lunch, which will include a sandwich, beverage and snack. Tickets will be included in registration package and need to be redeemed at time of lunch pick up.

**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. Nominations for sportsmanship awards can be made throughout the day in the concession.

**RESULTS:**

Individual race results and division school point totals will be posted during the day. Individual race tickets will also be available for print as a souvenir. Athletes bib number is required. Results will also be posted on the website in a timely manner.

**REGISTRATION INFORMATION:**

1. **Entry and Eligibility Forms**: All athlete registrations will be submitted by the zone secretary via the google sheet. Zone secretaries will be contacted in regards to the registration procedures. Each zone is allowed to send 18 runners and all entries must be submitted by ***Wednesday, Oct. 16 at 4:00pm***. All registrations must use the specific google sheet provided. For access or questions please contact Marg Derbyshire cell number **403 548-1784** and email mderb@shaw.ca

2. **Accuracy of Registration:** It is each zone/school responsibility to ensure their athletes are properly registered on ExNet. Zone coaches are urged to double check their registration sheets for the six race categories to ensure the athletes information is accurate (spelling of the name, race category, and school classification: 1A, 2A, 3A, 4A. PLEASE USE THE TRACK & FIELD SCHOOL CODES. (ie. Wetaskiwin Comp. Should be WECO)

3. **Add/Scratch**: There will be no changes to the zone registrations after ***Wednesday, Oct. 16 at 4:00pm.*** Any athlete that scratches after Wednesday, Oct. 16 will not be replaced and the athlete/school/zone is still responsible for the entry fee.

4. **Fees Zones**: Zones will be required to enter the number of athletes going on the team order form online. The entry fee is $21.00 per athlete (this will include meal ticket for lunch and the ASAA Loonie Fee). Please add $10 per coach for a lunch ticket. Fees are to be paid at the race site registration building on the evening of Friday, October 18th or Saturday, October 19th by the zone coaches with the cheque issued by his/her respective zone.

***Map of area***

