

# **MEET TECHNICAL PACKAGE**

## **2016 ASAA CROSS-COUNTRY CHAMPIONSHIPS Cochrane Agricultural Society in Cochrane, Alberta**

**DATE:** Saturday, October 15<sup>th</sup>

**VENUE:** Cochrane Agricultural Society

### **MEET DIRECTORS:**

Meet Technical Director	Mike Van Tighem
Email:	<a href="mailto:mike.vantighem@cssd.ab.ca">mike.vantighem@cssd.ab.ca</a>
Phone:	403-500-2041

Meet Course Director	Mike Dinell
Email:	<a href="mailto:madinell@cbe.ab.ca">madinell@cbe.ab.ca</a>
Phone:	403-228-5363

Facilities Coordinator	Travis Cummings
Email:	<a href="mailto:travis.cummings@cssd.ab.ca">travis.cummings@cssd.ab.ca</a>
School Phone:	403-500-2106
Cell:	403-863-0085

**HOST SCHOOL:** St. Timothy – Cochrane: 403-500-2106  
Western Canada – Calgary: 403-228-5363

**LOCATION:** Cochrane Agricultural Society  
43080 Bow Valley Trail – Cochrane

**COURSE:** A long loop (3 km) and a short loop (2 km) will be used. The course is on a horse training area and consists of a number of rolling hills on mainly grass trails.

**EVENTS:** Four race classifications for males and females:

PARA RACE:	As per the ASAA guidelines
JUNIOR:	Under 16 as of September 1 <sup>st</sup> , 2016
INTERMEDIATE:	Under 17 as of September 1 <sup>st</sup> , 2016
SENIOR:	Under 19 as of September 1 <sup>st</sup> , 2016

## **ACCOMMODATIONS:**

ASAA Partner Hotel

- Deerfoot Inn and Casino--[11500 35 St SE #1000, Calgary, AB T2Z 3W4](#)  
(NOTE: this hotel is approximately 50 – 60 minutes to the site)

## **PARKING INSTRUCTIONS:**

There are 3 Parking Lot areas available for spectators and Buses/Team vans.

- **DROP OFF AREA FOR BUSES AND TEAM VANS:** Adjacent to the house/garage on the south side of the major road. Parking is only available to the Coordinators and volunteers of the event in this area. Parking attendant will assist buses with directions to drop off.
- **SPECTATORS:** On the North side of the road at the Canadian Baptist Seminary there will be a field where busses and cars for spectators will be allowed to park. Parking attendants will assist in parking cars and buses.
- **OVERFLOW:** Overflow parking will be on the east side of the Agricultural Grounds by the BMX park. This will only be used if/once the Canadian Baptist Seminary Grounds cannot accommodate all vehicles. Parking attendants will aid in parking at this site.

## **DIRECTIONS TO THE COCHRANE AGRICULTURAL SOCIETY:**

**From North End of Calgary, APPROACHING CALGARY SOUTHBOUND on Queen Elizabeth #2 Highway:**

1. Take exit for STONEY TRAIL WEST, continue on Stoney Trail until the Crowchild Trail, Highway 1A exit (approx. 15-20 min from QE2)
2. Merge onto Highway 1A West, take 1A to Cochrane
3. Go through the town of Cochrane, at the Highway 22/Highway 1A intersection, turn RIGHT northbound onto Highway 22, take your first left at the crest of the hill onto Range Rd 43 (signs will say toward Shell Gas Plant)
4. Parking will be on the right at Canadian Baptist Seminary, Agricultural Society Grounds will be on the south side of Range Rd 43, to the left as you approach the venue

**From South End of Calgary, APPROACHING CALGARY NORTHBOUND on Queen Elizabeth #2 Highway:**

1. Merge onto Highway 2A (Macleod Trail) at the fork between highway 2 (Deerfoot Trail) and Highway 2A
2. Take exit westbound for Highway 22x/Spruce Meadows Trail
3. Follow 22x for approximately 10 minutes, at 22x, Highway 22 (Cowboy Trail) intersection, keep straight to go northbound on Highway 22, follow Highway 22 to Bragg Creek, turn right at Highway 22/Highway 66 turnoff into Bragg Creek, go north to Cochrane
4. At Highway 22/Highway 1A intersection, go straight through the intersection
5. Take your first left at the crest of the hill onto Range Rd 43 (signs will say toward Shell Gas Plant)
6. Parking will be on the right at Canadian Baptist Seminary, Agricultural Society Grounds will be on the south side of Range Rd 43, to the left as you approach the venue

**From Southbound Highway 22 (Cowboy Trail):**

1. Highway 22 will take you through the communities of Sundre, Caroline, and Cremona close to Cochrane
2. Once you reach Cochrane southbound Highway 22, take your first RIGHT onto Range Rd 43
3. Parking will be on the right at Canadian Baptist Seminary, Agricultural Society Grounds will be on the south side of Range Rd 43, to the left as you approach the venue

## **LUNCH/FOOD:**

Food trucks will be on site with food for purchase. Competitors and coaches will receive lunch tickets in their registration package and must be provided to collect their bagged lunch. Subway platters will be available for volunteers.

We are going GREEN!! The CSHSAA is piloting a new partnership with [Do It Green \(DIG\)](#) and [RBC's Blue Water Project](#). For all of our 2016 cross-country meets (including the Provincial Championships in Cochrane), we ask that everyone only brings **reusable water bottles**! DIG's Sr. H<sub>2</sub>O buggy will supply an uninterrupted stream of chilled, filtered water for racers, coaches and spectators to access from fountains and water-bottle filling taps. This station will drastically reduce the number of single-use plastic water bottles used, which often end up in our waterways and is a major global issue.

Therefore we ask for your cooperation and that you **please communicate** to your athletes (and spectators) that they **only bring reusable water bottles** to the Provincial cross-country site. Again, this will eliminate the trash left behind and preserve our environment.

## **SCHEDULE:**

<b>FRIDAY OCTOBER 14:</b>	3:00-6:00pm	Registration and walk through at the Cochrane Agricultural Society site
		Gimmicks will be on site
<b>SATURDAY OCTOBER 15:</b>	9:00am	Registration
	9:30am	Walk through until 10:15 am
	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 15<sup>th</sup> and will be run in accordance with the ASAA Cross Country Policy and Procedures. The meeting will take place at the house on-site at the Cochrane Agricultural Society. This is a mandatory meeting for all zone coaches.

## **REGISTRATION:**

- Please make sure your athletes are registered in ASAA SRS (Sports Registration System) and you use PROPER HYTEK SCHOOL CODES from ASAA.
- **Entry Fee will be \$17/athlete; cheques to be made payable to Calgary Senior High School Athletic Association**, and submitted to Travis Cummings at St. Timothy High School. (\$1.00 from each student entry fee is being allocated to the ASAA's *Pay It Forward* scholarship.)
- The Zone Secretary from each zone must send their Zone Entries via email on an Excel spreadsheet to Travis Cummings (travis.cummings@cssd.ab.ca) by Tuesday, October 11, 2016 @

4:00 pm. The following information must be included for each athlete entered: school, gender, name, age group, tier (1A, 2A etc).

- Any substitutions must be submitted by the Zone Secretary via email on an Excel spreadsheet to Travis Cummings (travis.cummings@cssd.ab.ca) by 4:00 pm on Wednesday, October 12, 2016; no changes can be made to team entries after this time.
- NO SHOW FEE: Athletes scratching after Wednesday, October 12, 2016 @ 4:00 pm will be penalized \$50 per school, up to a total of \$250.

### **MEET TECHNICAL PACKAGE PICKUP:**

- Friday, October 14, 2016 between 3:00-6:00 pm at the Cochrane Agricultural Society grounds
- Saturday, October 15, 2016 after 9:00 am at the Cochrane Agricultural Society grounds

### **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 Timing Tower. 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 2<sup>nd</sup> and 3<sup>rd</sup> 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.

Maria Bernard and Jessica O’Connell will be presenting awards – two Rio Olympians!

### **MEDICAL:**

Paramedical support 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, MP3 players or any other device that requires **headphones** will be allowed to be worn during the ASAA Provincial Cross Country Meet.

### **SOUVENIRS:**

Gimmicks will be on site selling souvenir apparel from near the garage on-site.