



# Alberta Schools' Athletic Association Cross Country Running Championships 2024



**Wapiti Nordic Ski Center  
Grande Prairie**

**Saturday, October 19, 2024**

Hosted by Peace Country Wolves Athletics Club  
In partnerships with NWASAA

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## Location

Wapiti Nordic Ski Centre located in the County of Grande Prairie No. 1, Alberta  
<https://maps.app.goo.gl/4suVJ99ouGt1qeH66>

## Course Description:

The course is moderate difficulty. It winds through the Wapiti Nordic Centre and is a subalpine forest trail with a variety of inclines, descents and flat areas. There is a 2 km and extended 3 km loops. The 4 km will consist of 2 km loop done twice, the 5km is the 2 km loop followed by the 3 km loop and the 6 km is the 3 km loop done twice. Trails are a combination of hard trail surface and some grassy areas. Please refer to the Trailforks website for detailed course maps and elevations. Running spikes are recommended.

Trailforks.com 2km: <https://www.trailforks.com/route/2024-asaa-provs-2km/>

Trailforks.com 3km: <https://www.trailforks.com/route/2024-asaa-provs-3km/>

## Start Times

Date and Time	Event	
Thursday Oct 17 <sup>th</sup>	Coaches Meeting via Zoom – 1 representative per zone -	
Friday Oct 18 <sup>th</sup>	4:00 p.m.to 7:00 p.m. Registration at the WNSC Chalet Athletics Canada will be onsite for souvenir apparel purchases 5:30 p.m. Guided Course walk through	
Saturday Oct 19 <sup>th</sup>		
9:00 a.m.	Registration at the WNSC Chalet	
9:00 to 10:15 am	Course Open for Walkthrough.	
10:30 to 10:45am	Opening Ceremonies	
11:00 a.m.	Jr. Women 4km (2km loop x 2)	Lunches available for Pick-up 11:00 to 2:00 p.m.
11:30 a.m.	Jr. Men 4km (2km loop x 2)	
12:00 p.m.	Para Race 2km	
12:30 p.m.	Int. Women 5km (2km loop followed by 3km loop)	
1:15 p.m.	Int. Men 5km (2km loop followed by 3km loop)	
2:00 p.m.	Sr. Women 5km (2km loop followed by 3km loop)	
2:45 p.m.	Sr. Men 6km (3km loop followed by 3km loop)	
3:30 p.m.	Team Championship Ceremonies and closing remarks	

## Race Chute Assignment:

Chute	1	2	3	4	5	6	7	8
Jr. Women 4 km	NW	CEN	NC	NE	SC	EDM	S	CAL
Jr. Men 4 km	CAL	NW	CEN	NC	NE	SC	EDM	S
Para Race 2 km	S	CAL	NW	CEN	NC	NE	SC	EDM
Int. Women 5 km	EDM	S	CAL	NW	CEN	NC	NE	SC
Int. Men 5 km	SC	EDM	S	CAL	NW	CEN	NC	NE
Sr. Women 5 km	NE	SC	EDM	S	CAL	NW	CEN	NC
Sr. Men 6 km	NC	NE	SC	EDM	S	CAL	NW	CEN

Edmonton (EDM)  
North East (EN)

Calgary (CAL)  
North West (NW)

Central (C)  
South (S)

North Central (NC)  
South Central (SC)

## Classifications

Para

Junior Women/Men

-under 16 as of Sept. 1,  
2024

Intermediate Women/Men

-under 17 as of Sept. 1,  
2024

Senior Women/Men

-under 19 as of Sept. 1,  
2024

## 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 award presentation.
- Team awards for top 1A, 2A, 3A, and 4A schools will be announced at the end of the championship.
- Sportsmanship awards: Nomination cards can be picked up at registration and presented to either the ASAA Commissioner or an ASAA staff member throughout the day. Sportsmanship pins will be presented as soon as possible after the nomination if it is approved.

## Food:

- Athletes and coaches will receive a bagged lunch, which includes a chicken sandwich, snack & beverage. Tickets will be in the registration package and need to be redeemed when picked-up.
- A concession, located next to the clubhouse and will be open and available for all participants, coaches, community members, and spectators.

## **Facilities:**

Portable toilets will be on site. There is no running water on site so please bring your own drinking water. There will be a food truck available on site for spectators and athletes. There will also be a hospitality room for coaches and VIP's.

## **Results:**

Timing is being done by Results Canada: <http://www.resultscanada.com>

## **Medical Services:**

First aid will be available on-site through St. John's Ambulance and will be located near WNSC Chalet

## **Souvenir Apparel Purchases:**

Are located on the bottom floor of the Chalet near the start finish area. Product choices are noted on the Championship website <https://www.asaa.ca/cross-country/2024-asaa-cross-country-provincials#>

## **Registration Information:**

- 1. Entry and Eligibility Forms:** All athlete registrations will be submitted by the zone secretary **ONLY**. Zone secretaries will be contacted in regard to the registration procedures. Each zone is allowed to send 18 runners and all entries must be submitted by **Wednesday, Oct. 16th at 4:00 pm**.  
(NOTE: Schools **DO NOT** submit their own athletes to the host).  
**Para Athletes:** Please have the zone register the athletes on the para sheet of the zone registration form.
  - Schools are encouraged to check the MileSplit page ([ab.milesplit.com](http://ab.milesplit.com)) to ensure all of your students are registered correctly.
- 2. Accuracy of Registration:** It is each zone/school's responsibility to ensure their athletes are properly registered on SRS. Zone coaches are urged to double-check their registration sheets for the race categories to ensure the athletes' information is accurate (spelling of the name, race category, and school classification: 1A, 2A, 3A, 4A.)
- 3. Add/Scratch:** There will be no changes to the zone registrations after **Wednesday, Oct. 16th at 4:00 pm**. Any athlete who scratches after Wednesday, Oct. 16 will not be replaced and the athlete/school/zone is still responsible for the entry fee of the scratched athlete.
- 4. Zone Fees:** Zones will be required to enter the number of athletes going on the team order form online. The entry fee is **\$30.00 per athlete** (this will include the ASAA Loonie

Fee & a bagged lunch). Fees are to be paid at the race site registration table.  
PLEASE MAKE CHEQUES PAYABLE TO: “**WAPITI STRIDERS TRACK CLUB**”

5. **Athlete/School Bib Pick-Up:** Coaches can pick up their school packages on Friday/Saturday at the race course. School packages will be by zones.
6. **No-show fee:** For any athlete who is registered to compete, and for whom the ASAA does not receive a formal scratch from the zone for the athlete by Friday noon, their zone will still be responsible for the entry fee, and the athlete’s school will be charged a \$50 no-show fee.

### **Grievance Committee and Appeal Process:**

A Grievance Committee will be coordinated by the ASAA XC Commissioner and Executive Director. Three-head zone coaches will be asked to volunteer for this committee, with alternates chosen in the event of a conflict of interest. It is rare that grievances are lodged at Cross Country Provincials, and typically they surround athlete disqualifications, or athletes taking the incorrect path. If an athlete fails to show up on time for their event they will not be permitted to compete in a different age category.

**Parking:** Please follow posted signs.

- Lower Parking Lot near the Chalet is for individuals with Parking Passed only
- Zone Coaches may request a parking pass at registration.
- Upper Parking Lot is for Coaches and Volunteers with parking passes. These will be in your registration packages and distributed by zone coaches.
- Bus Parking is located just past the WNSC entrance on the north side of the road.
- Individual parking for athletes and spectators is located at the biathlon range just past the WNSC entrance on the north side of the road. Please follow instructions of parking attendants.

### **Further Information:**

- Spectators **Must** always remain behind the Barriers/ropes around the course ○ If there is a necessity to cross it must be done at one of the manned gates
- No pets on site
- Runners are NOT permitted to wear headphones during their race

## Accomodation

Hotel	Address	Room Rate
Sandman Hotel	<a href="tel:780-513-5555">780-513-5555</a> <a href="https://www.google.com/maps/place/9805+100+St,+Grande+Prairie,+AB+T8V+6X3">9805 100 St, Grande Prairie, AB T8V 6X3</a>	Room Type: (60) Two Queen King Room with Sofa Bed Room Rate: \$120 plus applicable fees and taxes. Denny's attached. To Book: Call the hotel directly and refer to the block code <b>2410A</b> for Cross Country Note: Rooms will be released back to the hotel on Oct 15th
Holiday In Express	<a href="tel:780-814-9446">780-814-9446</a> <a href="https://www.google.com/maps/place/10226+117+Ave,+Grande+Prairie,+AB+T8W+0C7">10226 117 Ave, Grande Prairie, AB T8W 0C7</a>	Room Type: (20) Double Queens / (4) Family Suites Room Rate: \$139 plus applicable fees and taxes / \$149 plus applicable taxes and fees Both include complimentary hot breakfast To Book: Call the hotel directly and refer to the block code <b>ASAA Cross Country</b>
Pomeroy Hotel & Conference Center	<a href="tel:780-532-5221">780-532-5221</a> <a href="https://www.google.com/maps/place/11633+100+St,+Grande+Prairie,+AB+T8V+3Y4">11633 100 St, Grande Prairie, AB T8V 3Y4</a>	Room Type: (40) Double Queens Room Rate: \$149 plus applicable taxes and fees - includes complimentary hot breakfast To Book: Call the hotel directly and refer to the block code <b>ASAA Cross Country</b>