

# Riverbend Golf Course

ASAA CROSS COUNTRY

RUNNING CHAMPIONSHIP

OCTOBER 16, 2021

Hosted by

Central Zone



## **Welcome to the 2021ASAA Cross Country Championships!**

Central Zone is very excited to be hosting this event and hope that you enjoy your visit to Red Deer. We look forward to a great day of competition.

### **DATE:**

Saturday, October 16, 2021

LOCATION: Riverbend Golf Course

Address: 3800 Riverbend Drive, Red Deer, T4P 0Y4

### **MEET DIRECTOR:** Meet Director – Shawna Pearman

Contact Email: [spearman@telusplanet.net](mailto:spearman@telusplanet.net)

Cell – 403-704-3314

### **Course Director:**

Brian Madill 403-396-6038

### **COURSE DESCRIPTION:**

The course is fairly difficult, with a great deal of elevation change including ascents and descents that happen regularly. The setting is a recreational area where cross country ski races are held, so the trail is 6 metres wide on average, well-guarded from traffic and does not cross any roads or major pavement. After leaving the wide-open start area, situated at a biathlon range, runners journey 400 metres near the Red Deer River, before encountering an aggressive climb that takes them into a beautiful treed area. From here the course takes them up and down challenging but short climbs, slow curves and fast downhill, before returning to the start area. Each race category's course consists of two loops with a short, 75 m section of two-way traffic. Near the start, athletes will encounter a well-marked lap turn around, where they will embark on their second and final loop. The 6km course consists of a 2.5km loop, followed by a 3.5km loop. The 5km course consists of two 2.5 km loops. The 4km course is made up of a 1.5km loop followed by a 2.5km loop. Finally, our para athletes will run two laps of a 1.0km loop. Consult the race maps for a better idea of how the loops are constructed, visually. Major sections of all race courses are identified with names, which will be visible on the course. The course consists of well-maintained grassy trails with moderate wear. Running spikes are recommended.

**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, 2021  
 Intermediate    Under 17 as of September 1, 2021  
 Senior            Under 19 as of September 1, 2021

**EVENT SCHEDULE: Saturday, October 16th: Tentative Schedule**

There will not be a Walk thru so a Virtual Walk Thru will be posted on the website

In the event we do not have any Para athletes registered we will adjust the schedule accordingly.

9:00am Registration opens and will be open all day

10:00 am - Para race 2 km  
 10:45 am - Jr. Girls 4 km  
 11:30 pm - Jr. Boys 4km  
 12:15 pm - Int. Girls 5km  
 1:15 pm - Int Boys 5km  
 2:10 pm - Sr. Girls 5 km  
 3:10 pm - Sr. Boys 6 km.

**Chutes 2021 Riverbend Golf Course**

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

**APPAREL SALES:** Will be online only. Apparel display at the event

**PARKING:**

Upon entering the park all vehicles and busses will be directed to the athlete drop off area.. There will be attendants and signs directing busses and vehicles where to park. 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) virtually on Thursday, Oct 14<sup>th</sup> at 7:00pm. ASAA will send out a meeting link to all designated Head coaches.

**ONSITE FOOD:**

**NO LUNCH WILL BE PROVIDED FOR ATHLETES AND COACHES. Athletes and coaches are encouraged to bring their own lunch and water (will not be provided). NO ONSITE FOOD WILL BE AVAILABLE.**

**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. Team awards for top 1A, 2A, 3A, and 4A schools will be announced on Monday following the competition. Nominations for sportsmanship awards can be made throughout the day and handed in at the Woody's trailer.

**RESULTS:**

Individual race results and division school point totals will be posted during the day.

## **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 10 runners and all entries must be submitted by ***Wednesday, Oct. 13 at 4:00pm***. All registrations must use the specific google sheet provided. For access or questions please contact Shawna Pearman cell number **403 704-3314** and email [spearman@telusplanet.net](mailto:spearman@telusplanet.net)
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. 13 at 4:00pm***. Any athlete that scratches after Wednesday, Oct. 13 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 \$15.00 per athlete (this will include the ASAA Loonie Fee). Fees are to be paid at the race site registration building - Woody's Trailer on Saturday, October 16th by the zone coaches with the cheque issued by his/her respective zone. **PLEASE MAKE CHEQUES PAYABLE TO CASAA**
5. **Athlete/School Bib pick up:** Coaches can pick up their school packages on Saturday at the Woody's trailer. School packages will be by zones.