



**Alberta Schools' Athletic Association
Cross Country Running Championships
2023**



**Trochu Golf and Country Club
Saturday, October 21, 2023**
Hosted by Strathmore High School

Meet Directors:

Sharline Visser

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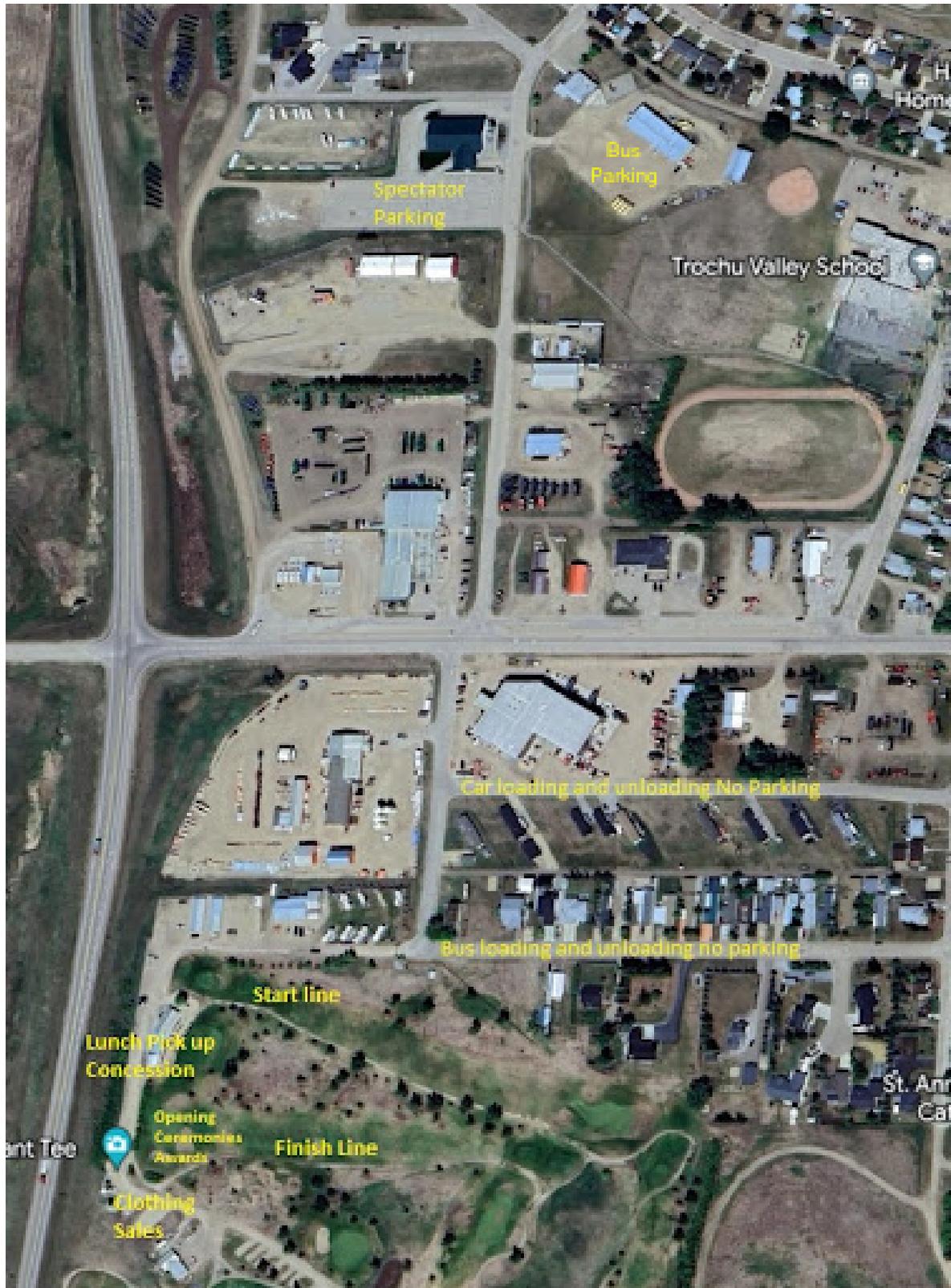
Jerry Flaws

Email: jerry.flaws@ghsd75.ca

Date: Saturday, October 21st, 2023

Location: Trochu Golf and Country Club

Site Layout: Town of Trochu



Course Map:



Elevation Profile 2km loop (31m ascent)



Elevation Profile 3 km loop (63m Ascent)



Events: There will be four race classifications for males and females.

Para: [Para Information](#), [Para Registration Form](#)

Junior: Under 16 as of September 1, 2023

Intermediate: Under 17 as of September 1, 2023

Senior: Under 19 as of September 1, 2023

EVENT SCHEDULE:

Friday, Oct 20th, 2023, 4:00-7:00 pm

- Registration and unguided walkthrough
- Athletics Canada will be on site for souvenir apparel purchases.

Saturday, October 21st, 2023

9:00 am	Registration
9:15 am	Unguided Walkthrough
10:55 am	Opening Ceremony
11:15 am	Course Closed
11:35 am	Jr. Girls 4km (2km loop x 2)
12:05 pm	Jr. Boys 4km (2km loop x 2)
12:35 pm	Para Race 2km
1:05 pm	Int. Girls 5km (2km loop followed by 3km loop)
1:50 pm	Int. Boys 5km (2km loop followed by 3km loop)
2:35 pm	Sr. Girls 5km (2km loop followed by 3km loop)
3:15 pm	Sr. Boys 6km (3km loop x 2)
4:00 pm	Team Championship announced

Individual Awards: Individual awards will be handed out after each race at the awards presentation area.

Race Chute Assignment:

Chute	1	2	3	4	5	6	7	8
Jr. Girls 4 km	Cen	NC	NE	SC	Edm	S	Cal	NW
Jr. Boys 4 km	NW	Cen	NC	NE	SC	Edm	S	Cal
Para Race 1	Cal	NW	Cen	NC	NE	SC	Edm	S
Int. Girls 5 km	S	Cal	NW	Cen	NC	NE	SC	Edm
Int. Boys 5 km	Edm	S	Cal	NW	Cen	NC	NE	SC
Sr. Girls 5 km	SC	Edm	S	Cal	NW	Cen	NC	NE
Sr. Boys 6 km	NE	SC	Edm	S	Cal	NW	Cen	NC

Edmonton (Edm)
Calgary (Cal)
Central (C)
South (S)

North West (NW)
South Central (SC)
North Central(NC)
North East (NE)

Souvenir Apparel Sales: Located at the shed near the porta potties, south of the finish line. Product choices are noted on the Championship website.

Parking: There will be a loading and unloading zone just outside the golf course parking lot. The road closest to the course will be used for the loading and unloading of buses. The 2nd road back from the course will be used for loading and unloading cars. There will be **no parking** on either of these roads. Buses can be parked at the [GHSD Bus Yard](#) during the day. Personal vehicles can be parked at the [Trochu Community Centre](#). There will be a bus looping between the parking lots and the golf course all day. Please park in assigned areas only. Street parking is not available to allow space for buses to navigate.

Pets: Please note: no pets are allowed on site.

Spectators: Must remain behind the ropes around the course, If crossing the course please ensure you are nowhere near a runner. At the finish line, there are 2 sets of ropes, one to mark the course and an outer rope to keep spectators back far enough to ensure the finishing line crew can see the athletes cross the finish line.

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 concession for spectators and athletes.

Timing: Results Canada: <http://www.resultscanada.com>

Medical Services: First aid will be available on-site and will be located near the start and finish lines. A local EMT will be on site all day, They will be situated near the finish line.

Coaches' Meeting: There will be a pre-competition meeting of all coaches, on **Thursday, October 19th at 7:30 pm**. [Zoom link](#) to join the virtual coach meeting.

Food for Athletes and Coaches: Athletes and coaches will receive a bagged lunch, which will include a sandwich, granola bar, fruit cup and water. Tickets will be included in the registration package and need to be redeemed at the time of pick-up. Lunch will be available for pick up from **11am and 3pm** at the concession stand, located next to the clubhouse.

Concession: A concession, located next to the clubhouse and will be open and available for all participants, coaches, community members, and spectators.

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. Nomination cards for sportsmanship awards 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.

Results: Individual race results and school classification(1A, 2A, 3A, 4A) school point totals will be posted online during the day.

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.

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. 18th at 4:00 pm**.
(NOTE: Schools DO NOT submit their own athletes to the host).
Para Athletes: Once the zone has registered the athlete, please submit the [Registration Form](#) to emily@asaa.ca
 - Schools are encouraged to check the MileSplit page (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. 18th at 4:00 pm**. Any athlete who scratches after Wednesday, Oct. 18 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 **\$28.00 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: "Strathmore High School"
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.

Accommodations:

Super 8 by Wyndham, Three Hills AB

208 18 Ave N, Three Hills, AB - 12 min drive

[Link to Hotel](#)

Best Western Diamond Inn, Three Hills AB

351 7 Ave NE, Three Hills, AB - 12 min drive

[Link to Hotel](#)

Multiple locations in Strathmore - 59 min drive

Multiple locations in Innisfail - 43 min drive

Multiple locations in Drumheller - 47 min drive

Multiple locations in Red Deer - 56 min drive