

and traditional medicine picking. Enoch Cree Nation is proud and excited to welcome all participants to this event and looks forward to an incredible and historic day of competition.

Meet Directors:

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Course Director:

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Date: Saturday October 15th, 2022

Location: [Enoch Cultural Pavilion](#): Please check google maps for directions.
Enoch Cultural Pavilion

Site Layout: Map



Course Map:

2km Race- 1km loop, followed by a 1km loop (Para Race)

4km Races- 3km loop, followed by a 1km loop

5km Races- 1km loop, followed by a 3km loop, followed by a 1km loop

6km Race- 3km loop, followed by a 3km loop

1km Loop



3km Loop



Course Description: Located in the heart of Enoch Nation, the land of medicine. The course is of easy to medium level with limited elevation gain. The start line is a wide open area that will funnel down to a more narrow trail about 150m beyond the start line. The 1km course runs along the outside perimeter of the old cultural grounds on a flat, grassy lap. The 3km heads out along stunning Yekau lake. The athletes will cross through treed sections, hard sand and grassy areas. There are 4 small rolling hills on the 3km loop and no hills on the 1km loop. Trails are eight to twelve feet in width providing many areas for passing. Running spikes or racing flats are recommended.

Drummers from Enoch Cree Nation will be playing during the races which will inspire and uplift the participants to special race day experiences.

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

PARA: [Para Information](#), [Para Registration Form](#), [Para Cross Country Information](#)

Junior: Under 16 as of September 1, 2022

Intermediate: Under 17 as of September 1, 2022

Senior: Under 19 as of September 1, 2022

EVENT SCHEDULE:

Friday, Oct 14, 2022

4:00-7:00pm

- Registration and unguided walk through start area.
- Traditional tipi raising ceremony
- Athletics Canada will be on site for souvenir apparel purchases.

Saturday October 15th, 2022

9:00 am - 3pm Registration

9:15 am - Guided Walkthrough till 10:15 am

10:55 am - Opening Ceremony

11:15 am - Course Closed

11:35 am - Jr. Girls 4km

12:05 pm - Jr. Boys 4km

12:35 pm - *Para Race 2km*

1:05 pm - Int. Girls 5km

1:50 pm - Int. Boys 5km

2:35 pm - Sr. Girls 5km

3:15 pm - Sr. Boys 6km

Closing Ceremonies

2022 Team Chutes

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

Edmonton (Edm)

Calgary

Central (C)

South (S)

North West (NW)

South Central (SC)

North Central (NC)

North East (NE)

Souvenir Apparel Sales: located under the cultural pavilion. Products: **Nike product choices are noted on the Championship website**

Parking: Upon entering the old cultural grounds all vehicles and buses will be directed to park in marked areas. There will be attendants and signs directing you. Please park in assigned areas only. There will be a 250 - 350m walk down to the tent set up area, finish and start line.

Pets: Please note no pets are allowed on site.

Facilities: Portable toilets will be onsite, no running water on site so please bring your own. Water will be available for sale at the concession.

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

Medical Services: First aid will be available and onsite and will be located near the start and finish line as well as on course.

Coaches Meeting: There will be a pre-competition meeting for all ZONE HEAD COACHES (1 PER ZONE) virtually on Thursday, October 13th at 7:00pm. All other coaches please join virtually at 7:30pm.

[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, beverage and snack. Tickets will be included in the registration package and need to be redeemed at time of lunch pick up. Lunch will be available for pick up from 11am-3pm at the arbor. The meal sponsor is [TeachNutrition.ca](#).

Concession: A concession, located next to the Old Cultural Pavilion, will be open and available for all participants, coaches, community members and spectators. Snack items, gatorade, veggie cups 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 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 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 via the google sheet provided to them by the ASAA. 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. 12th at 4:00pm. All registrations must use the specific google sheet provided. (NOTE: Schools DO NOT submit their own athletes to the host). Para Athletes: Once the zone has registered the athlete via the google sheets please submit the [Classification Registration Form](#) to emily@asaa.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).
3. **Add/Scratch:** There will be no changes to the zone registrations after Wednesday, Oct. 12th at 4:00pm. Any athlete that scratches after Wednesday, Oct. 12 will not be replaced and the athlete/school/zone is still responsible for the entry fee of the scratched athlete.
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 the ASAA Loonie Fee). Fees are to be paid at the race site registration table - PLEASE MAKE CHEQUES PAYABLE TO: “**Ever Active Schools**”
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.
- 5: **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:

River Cree Resort and Casino

300 East Lapotac Boulevard, Enoch, AB T7X 3Y3

10 min drive to the race course

\$119.00 plus taxes for four person occupancy

Booking link: <https://reservations.travelclick.com/104191?groupID=3660459>

Four Points by Sheraton Edmonton West

18540 100 Ave NW, Edmonton, AB T5S 0K6

15 minute drive to the race course

\$119 plus taxes for four person occupancy, breakfast included

Book using this link until Sept. 30, 2022:

<https://www.marriott.com/events/start.mi?id=1660923099155&key=GRP>

Best Western West Edmonton

10017 179A Street NW | Edmonton | AB | T5S 2L4

15 minute drive to the race course

\$159 plus taxes for four person occupancy

Call 780.483.4000 and reference 1015AASAP

Cree Language Translations

pimipahtâwin (bim-bah-dah-win) - a race

nitataminân (nih-dah-dah-mih-naan) - I am grateful

maskekosak (muss-keg-go-suck) - Enoch

pimipahtâk (bim-bah-dah-k) - You all run now! (Go!)

kêhtêyak (gih-day-yak) - Elders

takahki (dah-gah-gay) - Good job!