**Cross Country Running**

**2022 Zone Championships**

**Date:** Wednesday, October 5th, 2022

**Host School:** Red Deer High Schools

**Race venue:** Riverbend Golf Course, Red Deer, 3800 Riverbend Dr

**Fees:** $ 7/athlete – Shawna will invoice schools after the championships

Portable toilets will be on site.

**Entry Deadline: Monday, October 3rd at 4:00pm**

**Course Director**: Jonas Marchinko

**Race Bib pick up** 9:00 AM

**Coaches’ Meeting** 10:00 AM

**Course Walk-Through** 10:15 AM

**Para Race 2 km**  11:10 AM

**Junior Girls** **4 km**  11:30 AM

**Junior Boys** **4 km** 12:00 PM

**Intermediate** **Girls 5Km** 12:30 PM

**Intermediate** **Boys 5 km** 1:15 PM

**Senior Girls 5km** 2:00 PM

**Senior Boys** **6 km** 2:45 PM

**Awards** will be presented 30 minutes after each race is completed and the results are official.

**Age Classifications:**

Junior: under 16 as of September 1st, 2022

Intermediate: under 17 as of September 1st, 2022

Senior: under 19 as of September 1st, 2022

Check ASAA website for other eligibility restrictions.

**Teams:** A school may enter 10 competitors in an event.

**Medals and Team Awards**: Medals are presented to the top 3 runners in each event. Schools will earn team points up to a maximum of 4 runners per school per category will count toward to the overall school aggregate points. Point system will be 1st place 30 points – 25th 6 points and all other places receive 1 point. An overall 1A, 2A, 3A and 4A Zone Champion will be awarded based upon the total aggregate points.

**Registration:** All entries must be completed no later than Monday, October 3rd at 4:00 pm.

There will be no changes to entries after Monday, October 3rd at midnight.

Please use the attached spreadsheet form to submit your team entries. There are tabs at the bottom of the spreadsheet with each category and gender. . Feel free to add rows if required.

It is each school’s responsibility to ensure their athletes are properly registered. 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.)

Individual school packages will be available for pick-up by coaches starting at 9:00am. Packages can be picked up all day but must be picked up 30 minutes prior to the start of the athletes race. The package will include a bib number and name label for each runner.

**Provincials: Saturday, October 15thth. Enoch First Nation, North Central**

The top 18 athletes in each category qualify for Provincials. If your athlete qualifies, they must state, at the end of the race, their intention to attend provincials or not. We will ask the top 25 as alternates may be added to our zone team once we set our roster, so please prepare your athletes to respond, as they finish the zone race, with a clear “yes” or “no” about attending Provincials.

Remember, for athlete safety, no iPods, MP3 players or any other device that requires headphones will be allowed to be worn during the zone cross country races.

For more info. Contact Shawna Pearman by phone at: 403-704-3314 or by email at: [spearman@telusplanet.net](mailto:spearman@telusplanet.net)

**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 downhills, 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.

**Course Maps - attached**