



A.S.A.A
South Central Zone
Cross-Country Championships

October 11, 2017
Snake Hill
(Sundre High School /
River Valley School)
Sundre, Alberta



Welcome to the 2017 South Central Zone A.S.A.A. Cross-Country Championships. We are excited to be hosting this event and look forward to a great day of competition. If you have any questions please do not hesitate to call.

Ian Mulholland	Ashley Bellamy
River Valley School	Sundre High School
403-638-3939 (ext. 4006)	403-638-4545
403-636-0262 (cell)	
imulholland@cesd73.ca	abellamy@cesd73.ca

Registration

1. Registration is online only.
2. Payment is made at the event, prior to the first race. Please go to the registration table for race package pickup and payment. Receipts will be available 1-2 hours after registration.
3. One payment for each team. Cheques made payable to **Sundre High School**. (Please ignore the individual runner payment indicated on the on-line registration form.)
4. Cost is \$5.00 per athlete.

Coaches Meeting

Time: 9:30 a.m. by the registration table
(Hot chocolate, coffee, assorted fruit and pastries will be provided)

Agenda:

1. Review of timetable
2. Review Course
3. Selection of Jury

Timetable

9:30 Coaches Meeting
9:30 Walk through (Recommended for all competitors)
10:00 Bantam Girls
10:30 Bantam Boys
11:00 Midget Girls
11:30 Midget Boys
12:00 Juvenile Girls
12:30 Juvenile Boys
1:00 Junior Girls
1:30 Senior Boys
2:00 Intermediate Boys
2:30 Junior Boys
3:00 Intermediate Girls
3:30 Senior Girls

Distances -- Junior High

Bantam Girls	2000 meters (green loop)
Bantam Boys	2000 meters (green loop)
Midget Girls	2000 meters (green loop)
Midget Boys	2000 meters (green loop)
Juvenile Girls	2000 meters (green loop)
Juvenile Boys	3000 meters (blue loop)

Distances -- Senior High

Junior Girls	3000 metres (blue loop)
Senior Boys	6000 metres (2 red loops)
Intermediate Boys	5000 metres (1 red and 1 blue loop)
Junior Boys	4000 metres (1 red loop)
Intermediate Girls	4000 metres (1 red loop)
Senior Girls	4000 metres (1 red loop)

Junior High Categories (Grades 7,8,9)

Bantam – under 13 as of Sept. 1 and in Grade 7

Midget - – under 14 as of Sept. 1 and in Grade 7 or 8

Juvenile – under 17 as of Sept. 1 and no higher than grade 9

High School Categories (Grades 10,11,12)

Junior under 16 before September 1 of this school year.

Intermediate under 17 before September 1 of this school year.

Senior under 19 before September 1 of this school year.

Note to Coaches and Supervisors

1. Bring first aid supplies.
2. We will be outside all day. Bring appropriate clothing/shelter.
3. Athletes should be wearing clothing that indicates the school they represent.
4. Remind athletes, volunteers and spectators to pick up garbage and debris.
5. Athletes may not be at the venue unsupervised. Adult supervision of athletes is required at all times.
6. If the team coach is on the walk through with the athletes please send a representative to the Coaches Meeting.
7. ***The walkthrough is the only time available to become accustomed with the course. Be prepared for your races***

Registration Information

This year we are using online registration and chip timing. The process for registration and tracking runners is listed below:

Deadline: October 9 at Midnight

1. Go to <https://zone4.ca/reg.asp?id=16223>
2. Enter Registration Info. (Complete all mandatory fields) and continue.
3. Add first athlete – complete all fields and continue.
4. Add second athlete and continue or check out.
5. **You Must Get A Receipt** by inputting your email and continuing. **If you don't do this step, your entries will be void.**
6. Please make sure that your team is accurate and complete before you register. The deadline is set very late so this allows coaches plenty of time to finalize their team members before registering them on-line. Once you have completed your registration it cannot be edited except by an administrator (if absolutely necessary contact Ian Mulholland at imulholland@cesd73.ca for any changes).

Adding and deleting athletes on race day is allowed but is time consuming for us.

7. Registration packages with numbers will be ready for you at the registration desk. Coaches ... please make sure that your athletes know what their assigned number is prior to them entering the starting area (written on their hand / wrist) - they will be given the timing chip that corresponds with their number (wrist / ankle band).
8. All athletes at the start line must be wearing their timing chip. The chip will be used for placing and timing. Any athlete who does not have a number and chip at the finish line will not have a recorded time or place.
9. Please make sure that your team is accurate and complete before you register. The deadline is set very late so this allows coaches plenty of time to finalize their team members before registering them on-line.

10. You must include your **School Code** beside your school name when registering your team. This ensures that your team's points will be calculated for banner purposes. School codes can be provided to you from your Athletic Director.
11. **Fees** will be collected at the registration table. Do not fill out a fee for each runner on the registration form. Please bring one cheque in the name of **Sundre High School** or cash to cover the cost of your entire registered team. (@ \$5.00 per registered runner).

Event Check In by Athletes

- All athletes should be at the start line at least five minutes prior to the start of their race with their timer number ready.
- Once an athlete has entered the starting area they cannot leave.
- Athletes should follow the meets progress, for the schedule is tentative and the meet may fall behind schedule. We will make every attempt to run on schedule. It is the responsibility of individual coaches to ensure athletes are in the correct race at the correct time.

Awards

1. Medals will be awarded to the top 3 finishers in each category with ribbons awarded for 4th to 10th place.
2. Awards will take place immediately after each race.

Athlete Services:

1. There will not be a concession available; please have your athletes bring food/snacks for the day.
2. We will be outside all day, please bring appropriate clothing/shelter.

Results:

1. Results will be posted ASAP following each event. If there are questions please contact the race directors within 30 min. of the conclusion of the event.

A.S.A.A. Provincials

A.S.A.A. Provincial Championships
Rundle Park (2909 - 113 Ave NW),
Edmonton, Alberta
Saturday, October 21, 2017

Provincial Championship Website

<https://www.asaa.ca/championships/site/2017-cross-country-provincials/information-package>

Eighteen (18) athletes in the High School categories are eligible to attend the Provincial A.S.A.A. Cross-Country meet.

The first eighteen athletes in each category will be entered as the zone representatives. Coaches **MUST** inform Michael Brown (River Valley School), Ashley Bellamy (Sundre High School), or the registration personal, if their qualified athlete will **NOT BE ATTENDING** Provincials. This must be done on race day immediately after the results are posted. This allows us time to find a replacement runner and create the Provincial SCZ team. Once the Our Zone Registration is submitted, there are NO substitutions.

A.S.A.A. Provincial Championships
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School Classifications:

Junior High Classification

No. of Students	Classification
325 plus or 100 plus grade 9's	4J
160-324 with less than 100 grade 9's	3J
90-159 with less than 60 grade 9's	2J
1-89 with less than 40 grade 9's	1J

Senior High Classification

No. of Students	Classification
800 plus	4A
300-799	3A
100-299	2A
1-99	1A

Course Information

There is a map of the trails to be used that will be posted on the SCZ website. Please look at the distances and the corresponding "colored loops" to be used. There will be colored arrows spray painted on the trails to direct the athletes. Spotters will be present on the course to help make sure they are going the correct way and help with any injuries there may be.

We look forward to seeing Everyone on race day !!!

Thank You,

Ian and Ashley