

**2018 South Central Zone Cross Country
Championships**

Date: Wednesday, October 10, 2018

Location: Strathcona-Tweedsmuir School

Distances:

Junior High:

Bantam Girls	2000 m	Bantam Boys	2000 m
Midget Girls	2000 m	Midget Boys	2000 m
Juvenile Girls	2000 m	Juvenile Boys	3000 m

Senior High:

Junior Girls	4000 m	Junior Boys	4000 m
Intermediate Girls	5000 m	Intermediate Boys	5000 m
Senior Girls	5000 m	Senior Boys	6000 m

Ambulatory 2000 m

Cost: \$5.00 per athlete. Please make cheques payable to Strathcona-Tweedsmuir School c/o Ken Zelez.

Registration:

Registrations (excel template – sent separately) to be emailed to rothd@sts.ab.ca no later than noon on Oct 9, 2018. Incomplete information will be sent back to the coach for completion.

Labels: STS will provide labels for all runners that will be generated through the registration system.

Classification:

Bantam	U13 as of Sept. 1, 2018
Midget	U14 as of Sept. 1, 2018
Juvenile	U15 as of Sept. 1, 2018
Junior	U16 as of Sept. 1, 2018
Intermediate	U17 as of Sept. 1, 2018
Senior	U19 as of Sept. 1, 2018

Schedule:

- 9:30 = Coaches meeting at finish line
- 9:30 = Walkthrough
- 10:00 = Bantam Girls
- 10:25 = Bantam Boys
- 10:45 = Midget Girls
- 11:05 = Midget Boys
- 11:25 = Juvenile Girls
- 11:45 = Juvenile Boys
- 12:10 = Senior Girls
- 12:45 = Intermediate Girls
- 1:20 = Intermediate Boys
- 1:55 = Junior Boys
- 2:25 = Junior Girls
- 3:00 = Senior Boys
- 3:30 = Ambulatory race (Please let us know if there will be runners).

Other:

There is no concession available at this meet. Students must bring a bag lunch. Garbage/recycling cans will be provided, and we ask for your help in ensuring that all garbage and recycling is deposited appropriately. Porta potty's are located near the finish line. We have a large 30x30 event tent set-up for everyone to use. Please refrain from going inside the school. Course maps are on separate PDF's.

Results and Awards:

When crossing the finish line, competitors will be marshaled in their finish order and asked to hand in their tags (labels) to the officials. This will ensure that the times and finish order are recorded accurately. STS will also have an electronic system in place (with a backup system as well). Medals will be awarded to first, second and third place finishers. Final results will be emailed back to all schools.

Directions to STS – [CLICK HERE](#) – Please use this link!

Mailing Address:

Strathcona-Tweedsmuir School
RR 2
306 Ave. West & 32 St. West
Okotoks, Alberta
Canada T1S 1A2

Meet Host:

Ken Zelez
Director of Athletics Strathcona-Tweedsmuir
School zelezk@sts.ab.ca
(403) 938-8310 (Office)
(403) 680-1256 (Cell)

