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Vermilion, Alberta

ASAA Cross Country
Running Championship

October 20, 2018

J.R. Robson School
Vermilion, Alberta

Welcome to the 2018 ASAA Cross Country Championships!

J.R. Robson is proud to be hosting this event and hope that you enjoy your visit to our town. We look forward to a great day of competition.

DATE: Saturday, October 20, 2018

LOCATION: Vermilion Provincial Park is in the Northwest corner of the town of Vermilion in the river valley. The Town of Vermilion is located on Hwy 16 about 35 minutes west of Lloydminster. To find the park, enter Vermilion on Hwy 41 and turn west on College Drive. Proceed west and turn north on Beckie Scott Trail. This Trail will lead you into the park. You can also follow the signs within town to get to Vermilion Provincial Park. ([53°21'55.0"N 110°52'57.1"W](#))

MEET DIRECTOR:

Meet Director – Kelly Scully
Contact Email: Kelly.scully@btps.ca
Contact Phone: Office - 780-853-4177
Cell - 780-581-4895

Course Directors – Cheryl Felt & Todd Ree
Contact Email: toddree77@gmail.com

JRR Athletic Director: Lee Woodward
Contact Email: lee.woodward@btps.ca

COURSE DESCRIPTION:

The course is of medium to difficult in level. The course winds through the Vermilion Provincial Park trails and then runs along the Vermilion River. Trails are wooded, providing excellent wind break in case of inclement weather. Trails are also eight to twelve feet in width providing many areas for passing. There are no loops in these trails, each race has a full 2km, 4km, 5km, or 6km trail to run. The trails are a combination of grass fields and groomed forest trails with elevation changes. Please refer to the website for detailed course maps. Running spikes are recommended. There is no pavement or cement to cross on the courses.

EVENTS:

There will be four race classifications for males and females.

PARA Race	As per the ASAA Guidelines
Junior	Under 16 as of September 1, 2018
Intermediate	Under 17 as of September 1, 2018
Senior	Under 19 as of September 1, 2018

EVENT SCHEDULE:

Friday October 19th:

4:00-6:00pm – Registration and unguided walk through at Soccer Fields. Athletics Canada will be on site for souvenir apparel.

Saturday October 20th:

9:00am – Registration
9:30am – Guided walk through until 10:15am
10:30am – Zone coaches meeting
11:00am – Opening Ceremonies
11:30am – Course closed
Para Race – 2km
12:00pm – Intermediate Men – 5km
12:45pm – Intermediate Women – 5km
1:35pm – Senior Women – 5km
2:05pm – Junior Women – 4km
2:35pm – Junior Men – 4km
3:10pm – Senior Men – 6km

PARKING: Upon entering the park all vehicles and busses will be directed to park in marked areas. There will be attendants and signs directing you. Please park in assigned areas only.

TIMING: Chip timing will be used. All athletes will receive their specific bibs with chips attached from their coaches. Please only wear your assigned bib. The bibs must be worn for the duration of the race on the athlete's chest (not leg). Chips will be returned at the finish line. Athletes who cross the finish line without a chip will be disqualified.

MEDICAL SERVICES:

First Aid will be available on site and will be located near the finish/start area as well as on the course.

COACHES MEETING:

There will be a pre-competition meeting for all zone coaches and any coaches wishing to come at 10:30 am on Saturday and run in accordance with the ASAA Cross Country Policy and Procedures. The meeting will take place in the concession building.

LUNCH:

A concession, located in the soccer building, will be open and available for all spectators including both hot and cold food choices. Athletes will receive a bagged lunch, which will include a Subway 6"sub, beverage and snack. Tickets will be included in registration package and need to be redeemed at time of lunch pick up building.

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 race. After the completion of the meet, the top 1A, 2A, 3A and 4A school teams will be presented with an ASAA provincial banner and plaque. These presentations will be made as soon as possible after the completion of the final race of the day. Nominations for sportsmanship awards can be made throughout the day in the concession.

RESULTS:

Individual race results and division school point totals will be posted during the day. Individual race tickets will also be available for print as a souvenir. Athletes bib number is required. Results will also be posted on the website in a timely manner.

REGISTRATION INFORMATION:

1. Entry and Eligibility Forms

All athlete registrations will be submitted by the zone secretary via the google sheet. Zone secretaries will be contacted in respect to the registration procedures. Each zone is allowed to send 18 runners and all entries must be submitted by Wednesday, Oct. 16 at 4:00pm. All registrations must be used the specific google sheet provided. For access or questions please contact Lee Woodward.

2. Accuracy of Registration

It is each **zones/schools** 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. PLEASE USE THE TRACK & FIELD SCHOOL CODES.(ie. Wetaskiwin Comp. Should be WECO)

3. Add/Scratch

There will be no changes to the zone registrations after Wednesday, Oct. 16 at 4:00pm. Any athlete that scratches after Wednesday, Oct. 16 will not be replaced and the athlete/school/zone is still responsible for the entry fee.

4. Fees

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 meal ticket for lunch and the ASAA Loonie Fee). Please add **\$5** per coach for a lunch ticket.

Fees are to be paid at the race site registration building on the evening of Friday, October 19th or Saturday, October 20th by the zone coaches with the cheque issued by his/her respective zone office. **One cheque per zone.** Please make the cheque payable to **JR Robson High School.**

ACCOMMODATIONS:

Please contact Kelly Scully if you have any questions regarding accommodations.

1. Pomeroy Inn & Suites Vermilion

4111 51 St., Vermilion, AB

780-853-3066

Double rooms booked \$119/room + taxes– please reference ASAA Cross Country Provincials

Kitchen suites booked \$129/room + taxes- please reference ASAA Cross Country Provincials

*additional rooms at their sister hotel Pomeroy Inn & Suites Vegreville

6539 Hwy 16A west, Vegreville, AB 780-632-2094

2. Super 8 by Wyndham, Vermilion, AB

5108 47 Ave., Vermilion, AB

780-853-4741

-double rooms booked \$129 + taxes – please reference ASAA Cross Country Provincials

-3 double beds booked \$144 + taxes – please reference ASAA Cross Country Provincials

3. Days Inn

4807 51 St., Vermilion, AB

780-853-4771

-double rooms, and king rooms with pullouts booked for \$99 + taxes - please reference ASAA

Cross Country Provincials

4. Hampton Inn

8288 44 St., Lloydminster, AB

780-874-1118

-double rooms booked \$114 + taxes – please reference ASAA Cross Country Provincials

All hotels include breakfast.

Arial View of Facility

