

Ocean Athletics Festival of Cross Country
Saturday September 29, 2018
Crescent Park, South Surrey
Lower Mainland Cross Country Series #4

Sanctioned by BC Athletics

** distances are in accordance with BC Athletics guidelines. The BC High School distances are 4km for Juniors and 6km for Seniors. The Festival of Cross Country HS races will be short of the full BC HS distances due to this event following the BC Athletics distances and this event being early in the X-country season)

Time	Event #	Category	Birth Yr.	Distance
9:00am	1	Open/Masters	2000 & older – Males & Females	7km
10:00am	2	Track Rascals	2010-2013 (5 - 8 yrs)	1km
10:10am	3a	9 yr old girls	2009 (9yrs)	1.5km
	3b	9 yr old boys		
10:30am	4a	10 yr old girls	2008 (10yrs)	2km
	4b	10 yr old boys		
10:50am	5a	11 yr old girls	2007 (11yrs)	2km
	5b	11 yr old boys		
11:10am	6a	12 yr old girls	2006 12yrs)	3km
	6b	12 yr Old boys		
11:30am	7a	HS Jr Girls (gr8-10) 13,14,15 yr old girls	2005/04/03	3km
11:30am	7b	HS Jr Boys (gr8-10) 13, 14, 15 yr old boys	2005/04/03	3km
12noon	8a	HS Sr Girls (gr8-12 eligible)	2001-2005	4km
12noon	8b	HS Sr Boys (gr8-12 eligible)	2001-2005	5km

Males and Females will run together in the Open Category (Race#1), Track Rascals (2010--2013)(Race #2) and Junior Development athletes, ages 9-12 (2009 – 2004)(Races #3-6). Junior High Males and Females will run together. Senior High Males and Females will run together – a course split will occur to allow Males to run 5km and Females 4km.

Course:

- Grass and forest trails over undulating terrain
- Short spikes can be used, but running shoes are also adequate
- Toilets are available but no change rooms
- Course will be open from 8am onward but runners and coaches need to be aware that once the event starts at 9am, the athletes racing have priority on the course. Please take care to not interfere with the ability of athletes to run their course.
- Direction map to Crescent Park available at www.oceanathletics.org under Events and Festival of Cross Country. Park is located on 132nd street off of 24th Avenue in South Surrey.

Limited Concession available: coffee, juice, water, fruit, and candy. Coffee courtesy of Bean Around the World Coffee (located at 152nd and Thrift)

Entry procedure

Please enter at Trackiereg.ca –Find an Event – BC – Cross Country – Festival of Cross Country –

www.trackiereg.com/2018FestivalofCrossCountry

** if you do not know your BC Athletics number, you can use the Trackiereg Lookup - <https://www.trackie.com/members/lookup.php>

For more information, please email [Maureen de St. Croix](mailto:Maureen.de.St.Croix@bcathletics.ca) or call her at 604 535-2062.

Entries due: Tuesday, September 25, midnight

Entries received after September 25, including race day entries, will be subject to a \$5 per athlete inconvenience fee. Please help us to keep the races on time, avoid long waiting lines on race day and avoid paying extra fees by getting your entries in by the deadline.

Entry fees:

\$5: Track Rascals (Event #1), \$10 if received after September 25th deadline

\$8: JD & older athletes - \$13.00 if rec'd after September 25th deadline.

\$3: BC Athletics day of entry fees apply to individuals who are not currently registered with BC Athletics (Athletes with a school membership must run for their school in their school jersey school ** note: BCA training memberships still require the \$3.00 day of entry fee). The day of entry fee is in addition to the regular entry fee. Athletes registering on race day must provide their BCA membership number to avoid paying the day of registration fee.

Parking

- 3 parking lots available along 132nd Street
- 2 parking lots at lower end of park off Crescent Road
- Another lot off 128th Street at 25th Avenue (tennis courts parking)
- Please **do not** park alongside the road on 132nd Street – the bylaw officer will ticket you!

Awards

Event 1 – Open/Masters Males & Females – Medals to first 3 Males & Females overall. Ribbons for places 4-15 for Males and Females overall

Event 2 - Track Rascals: participation ribbons + treat

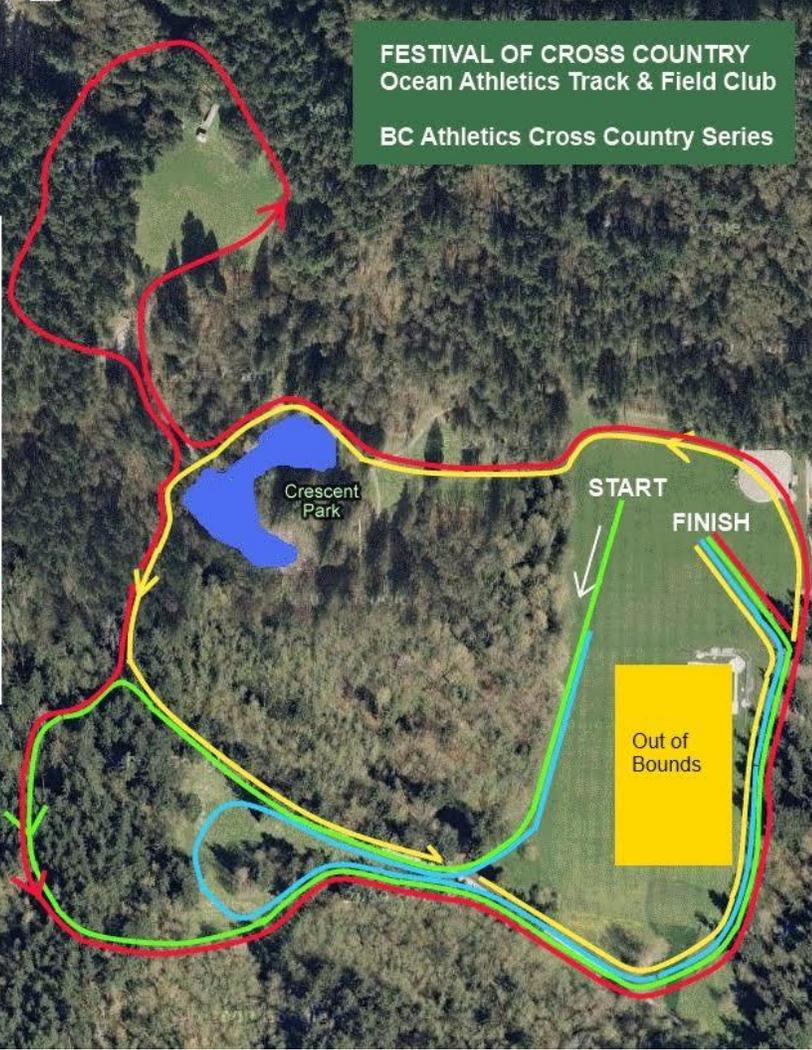
Events 3 to 6 – JD ages 9-12: 1-3 medals, 4th-15th ribbons

Events 7 & 8 - HS Jr. Girls & Boys: medals 1-3 overall, ribbons 1-8th for each age group 13, 14, 15yrs

Events 9 & 10 - HS Sr. Girls & Boys: medals 1-3, ribbons 4-15th (age groups not separated)

FESTIVAL OF CROSS COUNTRY
Ocean Athletics Track & Field Club
BC Athletics Cross Country Series

Race Distances	
Track Rascals - 1.0K	
9 year olds - 1.5K	
10,11 year olds - 2.0K	
12, 13-15 year olds - 3K (Jr High)	 + 
Youth Girls (Sr High) - 4K	 +  + 2x
Youth Boys (Sr High) - 5K	 +  + 2x
Open 18+ - 7K	 +  + 3x



128 St
2000
128 St
2000
25 Ave
12800
128 St

132 St
132 St
132 St
132 St
132 St