

Ocean Athletics Festival of Cross Country
Saturday October 1st, 2011
Crescent Park, South Surrey
Lower Mainland Cross Country Series

Sanctioned by BC Athletics

Schedule: (distances in accordance with new BC Athletics guidelines)

Time	Event #	Category	Birth Yr.	Distance
10:00am	1	Track Rascals	2003-2005	1km
10:10am	2	9 yr old girls 9 yr old boys	2002	1.5km
10:30am	3	10 yr old girls 10 yr old boys	2001	2km
10:50am	4	11 yr old girls 11 yr old boys	2000	2km
11:10am	5	12 yr old girls 12 yr Old boys	1999	2km
11:30am	6	HS Jr Girls 13,14,15 yr old girls	1996-1998	3km
11:55am	7	HS Jr Boys 13,14,15 yr old boys	1996-1998	3km
12:20pm	8	HS Sr Girls Youth girls 16, 17	1994-95	4km
12:45pm	9	HS Sr Boys Youth boys 16, 17	1994-95	5km

*** note: Junior, Senior and Master Athletes will compete in the Semiahmoo SunRunners event – 9am start – lower picnic area Park at parking lot off Crescent Road. Contact: Shonna Morgan at crescentparkcrosscountry@gmail.com

Boys and girls will run together in their age categories for the Track Rascals (2003-2005) and Junior Development athletes age 9-12 (2002 – 1999). Junior Development ages 13, 14, 15 and Youth races will be gender separated.

Team Events

There will be Junior & Senior High School Team competitions. Team events will be scored on the first 4 runners. The Junior High School Girls and Boys Teams must be comprised of athletes from the same high school with birth years 1996-1998 running in events 6 & 7 respectively, and the Senior High School Girls and Boys Teams of athletes from the same school with birth years of 1994-1995 running in events 8 & 9 respectively. School jerseys must be worn. Club teams are not eligible. Awards for first three teams in each of the 4 HS categories.

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. Direction map available at www.oceanathletics.org - link to Events - Festival of Cross Country

Concession Available

Entry Procedure

Email entries in excel format as follows (one column per item) to tdsc@sotique.com

Last name, First Name, Gender, School / Club, birthdate, Event #, BC Athletics # if a BC Athletics Member

See the Ocean website for more entry information www.oceanathletics.org

Online entries: <http://oceanathleticsonline.dyndns.org/oamr> .

Further information via email to Maureen de St. Croix mdestcroix@sotique.com or in the evenings by phone at 604 535-2062

Entries due Wednesday, September 28. Entries received after Wednesday, including race day entries will be subject to a \$4.00 per athlete inconvenience fee. Please help us to keep the races on time and avoid long waiting lines on race day by getting your entries in by the deadline.

Entry Fees (payable to Ocean Athletics or cash):

\$2.00 - Track Rascals (Event #1)

\$6.00 - All other Events

\$3.00 - BC Athletics day of entry fees apply for non-BCA members (individual or school membership) if not registered with BC Athletics. This is in addition to the entry fee. It is important to indicate on the entry lists whether or not an athlete is a member of BC Athletics or not.

\$4.00 – All entries received after September 28th.

Parking: 3 parking lots available along 132nd Street, 2 parking lots at lower end of park off Crescent Road, and another 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 - Track Rascals - participation ribbons

Events 2 to 5 – JD ages 9-12: 1-3 medals, 4th-15th ribbons

Events 6 & 7 - HS Jr. Girls and HS Jr. Boys: medals 1-3 overall, 1-15th ribbons for each age group 13, 14, & 15

Events 7 & 8 - HS Sr. Girls and HS Sr. Boys: medals 1-3, ribbons 4-15th (age groups not separated)

Team rosettes to first 3 teams in Events 6, 7, 8 and 9

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, 12 year olds - 2.2K	
13, 14, 15 year olds - 3.2K (Jr High)	
Youth Girls (Sr High) - 4K	 +  2x
Youth Boys (Sr High) - 5K	 +  2x

