

Athletics Alberta NB Cross Country Series Championship

Saturday October 24, 2020
Host: The Red Deer Michener Milers

This event will follow all COVID-19 rules, restrictions, and at a moment's notice could be cancelled due to Government restrictions. All safety rules laid out by Athletics Alberta and AHS must be followed by all Clubs and participants involved.

LOCATION: Riverbend Golf and Recreation Area, 3800 River Bend Drive, Red Deer, AB T4P 0Y4. The race start/finish area is located in front of the Biathlon range and adjacent to the natural pond area. Please see map for more detail.

ENTRY LIMITATION: Each race is considered a cohort so only 50 athletes per race will be allowed to enter.

COST: \$15.00 per entry (plus a \$1.43 processing fee).

ENTRY ELIGIBILITY

All athletes, club or unattached, must enter an Athletics Alberta # when registering and have a valid Athletics Alberta Membership. All athletes also must have completed the Assumption of Risk Waiver PRIOR to entering. If you require an Athletics Alberta # or to finish the Assumption of Risk Waiver please contact Athletics Alberta or your club directly. Any athletes who have not completed the waiver by the 10th will not be permitted to run.

Schools wishing to participate can register as a club with Athletics Alberta. Contact Kari Elliott at michenermilers@gmail.com for more details.

REGISTERING

All entries and payments must be done through Trackie. Enter by going to:
<https://www.trackie.com/online-registration/event/athletics-alberta-nb-series-championships/466839/#.X4XF7pNKiAx>

RESULTS/TIMING/PRIZES

Results and timing will be provided by Ellis Timing. Results will be posted at ellistiming.ca the day of the race. Cash prizes will be awarded to the top 3 men and women in the 8km open event. Prizes will be awarded to the top 3 in each age category: U20, 20-34, and 35+.

CONTACT

Kari Elliott: 403 630 6591 or michenermilers@gmail.com

Race Distances & Schedule

Age Group	Distance	Warm-Up Time	Start Time
Open Women	8 km	11:30	12 pm
Open Men	8 km	12:30	1 pm
High School Boys	5 km	1:30 pm	2 pm
High School Girls	5 km	2 pm	2:30 pm

COURSE DESCRIPTION

All races start and finish in front of the biathlon shooting range. The 5km will consist of one 2km loop followed by a 3km loop. The 8km will consist of one 2km loop and two times a 3km loop. The loops will take the participants up through some of the newly designed nordic ski trails. These trails are wide, well groomed and undulating.

3 km course map: <https://www.plotaroute.com/route/1296577?units=km>

ONSITE & PARKING

Parking is available in the main parking lot by the playground and clubhouse. Porta potties will be at the start/finish area.

COURSE WALK THROUGHS & WARM UP AREAS

Athletes are discouraged from doing course run throughs; courses are closed by 11:30 am on race day. If you want to run the course the night before you may pre-arrange that with the Meet Directors. Participants are encouraged to arrive in just enough time to start their warmups (30 minutes before the start time of race).

COOL DOWNS

Cool downs will also be done off course and participants are encouraged to leave the race site within 30 min of finishing their event.

COVID-19 RACE EVENT PROTOCOLS

Guidelines attached can be updated at any time without notice, and these protocols are following AHS, AC and AA Covid guides. If something is in question or you feel is missing please refer to AHS, AC and AC Back on Track Guides.

COVID PROTOCOL:

- All athletes must have completed the Assumption of Risk waiver (when registering with Athletics Alberta)
- All attendees must attest to their current health condition via the COVID Questionnaire.
- No spitting, high-fives, or physical contact of any kind.
- A safety officer must be designated to oversee operations and protocol.
- Course must be minimum 2m wide. Passing in areas less than 2m wide is not permitted.
- A wide startline must be provided to allow for athletes to be as physically distanced as possible.
- It is recommended that athletes warmup with a mask, can remove it along with warm up gear at 2min warning prior to race. They are also encouraged to put a mask back on after finishing for cooldown.
- Online registrations only.
- Coaches and spectators must physically distance as much as possible and wear a mask when distance is not possible. Spectating and extra coaches on site, unless they are volunteering, are discouraged.
- All clubs during the XC season must continue to follow contact tracing protocol and reporting. For any positive tests, all clubs and affiliated organizations with AA must follow quarantine protocol or will be disqualified from competition for the 2020 XC season.
- Athletes are required to stick with their cohorts before and after races, intermingling of athletes between groups is not allowed.
- No Awards Ceremonies. Awards will be handed directly to the winner at the completion of the race away from the finish line. A mask must be worn by the presenter of the award and the athlete receiving the award.
- No concession will be allowed.
- Races are capped at 50 athletes.
- Designated warm-up and cool down areas will be provided to athletes prior to race and after they are done.
- LATE / NO SHOWS: if you are late for your race, you will not be allowed to join a race of another category. Late athletes and no shows will not be refunded.
- If an athlete, coach, spectator, or event volunteer / staff develop symptoms of COVID-19 over the course of the day, they MUST leave the event immediately and contact AHS.