

# 2023 Cross Country CWAJHAA

Thursday, October 19, 2023

Hosts: Caroline School

## LOCATION:

[Prentice Creek Equestrian Center](#), Rocky Mountain House, AB, T0M 0C0

**Directions:** Head West on hwy 11. Turn right onto 756 Rd/AB-756 N (signs for Sunchild First Nations/O' Chiese First Nations). Head past Twin Lakes Provincial Park. Destination is on your right. Look for the blue sign that says Prentice Creek Equestrian Center.

## COST:

Plan for \$10 per entry/runner. You will receive an invoice post race. Please make cheques payable to your school division CWAJHAA rep. **One cheque per school division payable to Caroline School.**

## ENTRY DEADLINE:

All entries are due by **Monday, October 16th** by 4:00 pm.

## REGISTERING:

All entries must be filled out on the shared and attached Google Sheet. Every school will have their own tab. Please make sure there is a contact name and email provided.

## TIMING:

We are pleased to welcome Ellis Timing! Every runner will have their time recorded for their distance.



## **FACILITIES AND PARKING:**

Parking is available on site. Please respect the “No Parking” signs placed on the premises.

## **CONCESSION**

There will be a concession available for purchase of food, snacks and drinks.

## **DISTANCES AND RACE SCHEDULE**

(Times are **approximate** and are subject to change. Some races may begin before others are completed)

**9:00 am Registration & package pick up opens and will be open all day.**

**10:00 am - Course Walk Through (All grades)**

**10:45** Grade 6 Boys ~ 2 km

**11:15** Grade 6 Girls ~ 2 km

**11:45** Grade 7 Boys ~ 2 km

**12:15** Grade 7 Girls ~ 2 km

**12:30 pm Grade 6 and 7 Awards**

**1:15** Grade 8 Boys ~ 3 km

**1:30** Grade 8 Girls ~ 3 km

**1:45** Grade 9 Boys ~ 3 km

**2:00** Grade 9 Girls ~ 3 km

**2:30 Grade 8 and 9 Awards**

**If there are any changes to the schedule you will be notified in advance via email.**

## **AWARDS AND RIBBONS**

- Medals for 1st, 2nd, and 3rd finishers.
- Ribbons for 4th - 10th.
- Refer to schedule for approximate award times.
- Runner’s results/placings will be sorted according to grade.

## **COURSE DESCRIPTION:**

All courses feature varied terrain, rolling hills, and mostly grassy footing. There is no pavement and very little gravel. All parts of each course feature enough width to accommodate many runners at one time. There are no single track or bottle neck areas. The start line and finish line will be in different areas. The start line will be close to the grass ring across the dirt lane way, and the finish area will be in the little parking lot close to the concession.

## **CANCELLATION DATE:**

Even though cross country meets run rain or shine, there is a likelihood that we may have a lot of snow on the ground by this date. If this ends up being the case, this race will be postponed to another date.

**For more information please contact:**

**Kailey Fauville at 403-845-9196 or [kailey.fauville@wrsd.ca](mailto:kailey.fauville@wrsd.ca)**

**or**

**Sara Barr at 403-847-8030 or [sara.barr@wrsd.ca](mailto:sara.barr@wrsd.ca)**