

# NWASAA Zone Cross Country Running Championships

Wednesday, October 9, 2018

George Lake

Hines Creek, Alberta

On behalf of Hines Creek Composite and Peace River School Division No. 10, we are excited to host the 2019 NWASAA Cross Country Running Championships here in Hines Creek!

## Location:

George Lake Trail and Campground.

Hines Creek, Alberta

\*See Maps further down this document for specific directions

## Categories/Start Times:

11:00 am	Jr High Junior Girls / Jr High Intermediate Girls -2 km
11:25 am	Jr High Senior Girls / Jr High Junior Boys - 3 km
11:55 am	Jr High Intermediate Boys - 3 km
12:20 pm	Jr High Senior Boys - 4 km
12:50 pm	Sr High Junior Women - 4km
1:30 pm	Sr High Junior Men - 4 km
2:00 pm	Sr High Intermediate Women / Sr High Senior Women - 5 km
2:30 pm	Sr High Intermediate Men - 5 km
3:05 pm	Sr High Senior Men -6 km

### Junior High students

Junior Girls/Boys	-under 13 as of Sept. 1, 2019
Intermediate Girls/Boys	-under 14 as of Sept. 1, 2019
Senior Girls/Boys	-under 16 as of Sept. 1, 2019

### Senior High and overage Junior High students

Junior Women/Men	-under 16 as of Sept. 1, 2019
Intermediate Women/Men	-under 17 as of Sept. 1, 2019

Senior Women/Men

-under 19 as of Sept. 1, 2019

### **Course:**

The George lake wilderness trail should provide a great setting for the XC zones this year. We have never hosted Cross country Zones before so please forgive us as we try to accommodate the needs of the athletes in this exciting event.

### **Awards:**

Medals will be given out for the Top 3 in each category

### **Registration:**

\$11 per entry. Enter online through the URL below.

<https://zone4.ca/register.asp?id=21950>

Please bring a cheque payable to Hines Creek Composite School to the meet and pay when you pick up your race bibs. **The deadline to register is October 4th at 8 pm.**

### **Bib/Number pick-up:**

Pick your bibs up and pay at the George Lake Camp Shelter when you arrive on-site. You will also need to return your tracking chip. If you do not your school will be charged 5 dollars for the missing chip.

### **Facilities:**

George Lake Campground is equipped with washrooms (a single shower in each washroom if necessary) and plenty of space in the Ball diamonds and campground for teams to set up a tent if necessary. We also have a covered shelter if it starts to rain. Please refer to the map provided. We would ask everyone to please keep near the ball diamond and camp stalls during race day. Medal presentations will be directly outside the hall if weather permits (inside hall if necessary). We have no concession available so please bring snacks. We will provide 2 first responders trained in First Aid.

### **Headphones:**

Runners are NOT permitted to wear headphones during their race.

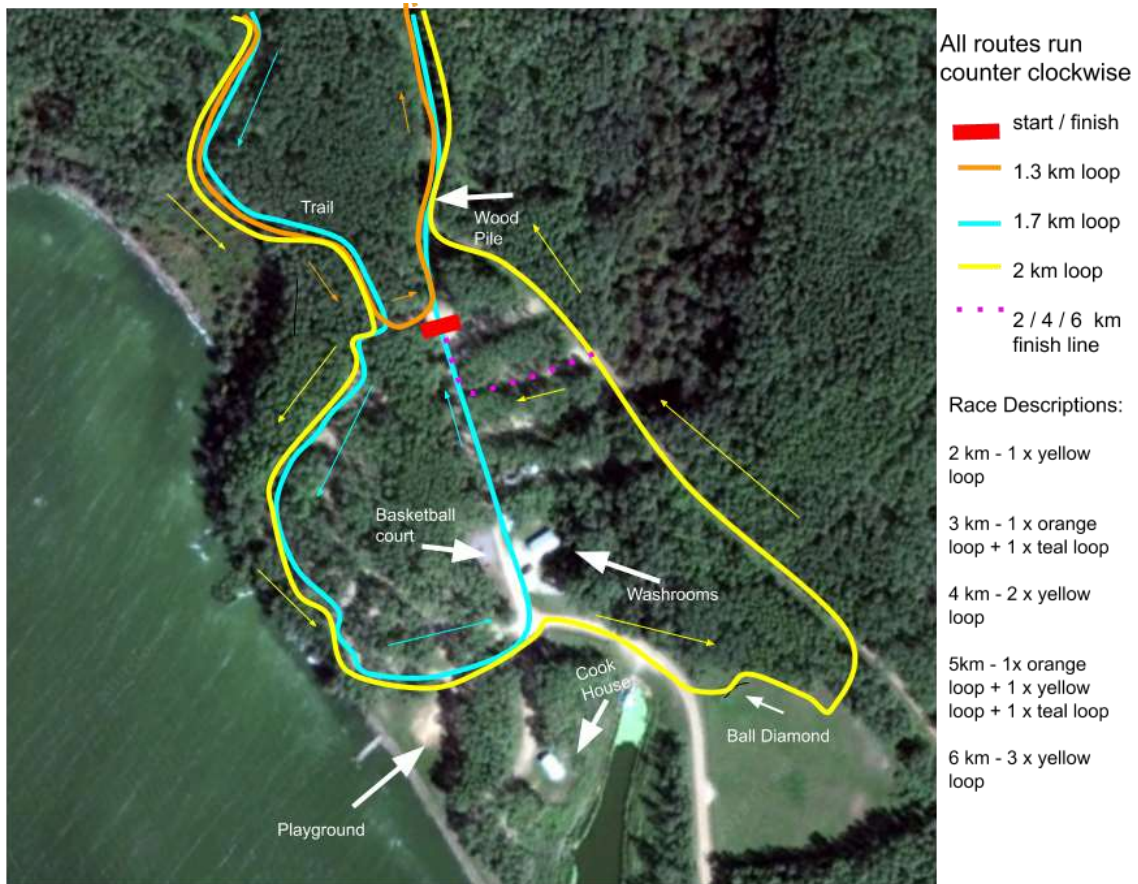
### **ASAA High School Provincials:**

The Northwest Zone Championships is a qualifier for the 2019 Provincial Competition held at Eagle Butte High School, South Zone. ASAA Provincial Senior High School Championships at Eagle Butte High School should be held on Saturday, October 19th. Athletes need to declare their intentions for provincials on October 9 at Zones and substitutions can be made up until Oct. 16. After Oct. 16 at 4:00 pm no substitutions can be made. If an athlete declares for provincials and does not show up but does not scratch prior to the race they will be subject to a fine. Top 18 in each Senior High race qualifies for Provincials.

## Further Information:

See below for trail information. If you have any questions or concerns regarding this event, please feel free to contact me.

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Athletic Director  
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**Check Google Maps for Location**

<https://www.google.com/maps/place/George+Lake+Recreational+Area/@56.2160358,-118.5487874,17z/am=t/data=!3m1!4b1!4m5!3m4!1s0x5396be9b6b0ae93b:0x930475ac1c4c6d0f!8m2!3d56.2160328!4d-118.5465987>