



2018 Alberta Cross Country Running Championships

Saturday, November 3rd, 2018

Sanctioned by Athletics Alberta

LOCATION: Cochrane Agriculture Society (43080 Bow Valley Trail, Cochrane)

MEET DIRECTOR: Meet Director – Christine Laverty
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Course Director – Travis Cummings
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Course: The Cochrane course has a wide start area, varied terrain, open areas, no pavement, rolling hills, plenty of room for passing throughout the course and a gentle uphill run to the finish line.

EVENTS:

Age Category	Year of Birth	Women	Men	Start Time
Senior Women	1983 - 1998	8000m		11:30 am
Under-20 Women	1999-2000	6000m		11:30 am
Master's Women	Born Nov. 3, 1983 or earlier	8000m		11:30 am
Senior Men	1983 - 1987		8,000 m	12:10 pm
Under-20 Men	1999 - 2000		8,000 m	12:10 pm
Master's Men	Born Nov. 3, 1983 or earlier		8,000 m	12:10 pm
Tyke Girls	2009 or later	1000m		1:15 pm
Tyke Boys	2009 or later		1000 m	1:25 pm
Pee Wee Girls	2007 - 2008	1200m		1:40 pm
Pee Wee Boys	2007 - 2008		1200 m	1:55 pm
Bantam Girls	2005 - 2006	2000m		2:10 pm
Bantam Boys	2005 - 2006		2000 m	2:25 pm
Midget Women	2003 - 2004	3000m		2:40 pm
Midget Men	2003 - 2004		4000 m	3:00 pm
Under-18 Women	2001 - 2002	4000m		3:25 pm
Under-18 Men	2001 - 2002		6000 m	3:45 pm

To maintain the above schedule, a race may start before all runners have finished the previous race. Walk-through for Under 20, Senior and Masters age groups will be offered at 10:45 am: at 12:45pm for all other age groups. (Please see course map later in this technical package)

ACCOMMODATIONS:

Ramada Inn Cochrane 403-932-6355
10 Westside Dr,
Cochrane, AB
T4C 1M1

50 rooms available for booking until 2 weeks out from the meet (book by Oct 19th) at a discounted rate of \$148.50 per room (based on double occupancy)

PARKING INSTRUCTIONS:

There are 3 Parking Lot areas available for spectators and Buses/Team vans.

- Adjacent to the Canopy Tent on the south side of the major road, will be the drop-off area for buses and Team vans. Parking is only available to the Coordinators and volunteers of the event in this area.
- On the North side of the road, parking is available for spectators at Canadian Baptist Seminary, there will be a field on the Seminary Grounds where buses and cars for spectators will be allowed to park, parking attendants will assist in parking cars and buses
- Overflow parking will be on the east side of the Agricultural Grounds by the BMX park, this will only be used if/once the Seminary Grounds cannot accommodate all vehicles, again parking attendants will aid in parking at this site

DIRECTIONS AND MAPS TO THE COCHRANE AGRICULTURAL SOCIETY:

From North End of Calgary, APPROACHING CALGARY SOUTHBOUND on Queen Elizabeth #2 Highway:

- 1. Take exit for STONEY TRAIL WEST, continue on Stoney Trail until the Crowchild Trail, Highway 1A exit (approx. 15-20 min from QE2)
- 2. Merge onto Highway 1A West, take 1A to Cochrane
- 3. Go through the town of Cochrane, at the Highway 22/Highway 1A intersection, turn RIGHT northbound onto Highway 22, take your first left at the crest of the hill onto Range Rd 43 (signs will say toward Shell Gas Plant)
- Parking will be on the right at Canadian Baptist Seminary, Agricultural Society Grounds will be on the south side of Range Rd 43, to the left as you approach the venue

From South End of Calgary, APPROACHING CALGARY NORTHBOUND on Queen Elizabeth #2 Highway:

1. Merge onto Highway 2A (Macleod Trail) at the fork between highway 2 (Deerfoot Trail) and Highway 2A
2. Take exit westbound for Highway 22x/Spruce Meadows Trail

3. Follow 22x for approximately 10 minutes, at 22x, Highway 22 (Cowboy Trail) intersection, keep straight to go northbound on Highway 22, follow Highway 22 to Bragg Creek, turn right at Highway 22/Highway 66 turnoff into Bragg Creek, go north to Cochrane
4. At Highway 22/Highway 1A intersection, go straight through the intersection
5. Take your first left at the crest of the hill onto Range Rd 43 (signs will say toward Shell Gas Plant)
6. Parking will be on the right at Canadian Baptist Seminary, Agricultural Society Grounds will be on the south side of Range Rd 43, to the left as you approach the venue

From Southbound Highway 22 (Cowboy Trail):

1. Highway 22 will take you through the communities of Sundre, Caroline, and Cremona close to Cochrane
2. Once you reach Cochrane southbound Highway 22, take your first RIGHT onto Range Rd 43.
3. Parking will be on the right at Canadian Baptist Seminary, Agricultural Society Grounds will be on the south side of Range Rd 43, to the left as you approach the venue

LUNCH/FOOD: Food trucks will be on site with food for purchase. Subway will be available for volunteers.

RESULTS: This race will be “chip timed”. Chips are attached to each athlete’s bib number.
Chips must be worn for the duration of the race
Do not fold or bend the bibs as this will damage the activation strip and the result will not be recorded.

Results will be posted as soon as possible after each race near the Timing Tower. Individual race results and Team point totals will be posted throughout the day. Final results can be accessed by going to the Calgary Track Council website.

AWARDS: Immediately after each race the top 3 finishers will be presented with Provincial Cross Country medals and places 4 through 10 will receive a place ribbon. Team Awards will be done as soon as possible after each event.

MEDICAL: Paramedical support will be on site and located near the finish area.

ON SITE: Registration Tent, Portable Toilets and Changing facilities and shelter will be available down the hill in the Pony Shed