

(as of October 25, 2016)

STEWART CUP CROSS COUNTRY
Alberta Cross Country Running Championships
Pee Wee, Bantam, Midget, Youth, Junior, Masters and Senior
Saturday, October 29, 2016

11:55pm at the Start Line

Moment of Silence in Memory of Brian Stewart, Gerry Stewart and Isaak Kornelson

Race Time	Age Category	Year of Birth	Distance	Loops
	Stewart Cup & Alberta Championship			
12:00 pm	Open Women	1996 and earlier	6000m	3 x 2000m
12:00 pm	Junior Women	1997/1998	6000m	3 x 2000m
12:00 pm	Masters Women	35 + years	6000m	3 x 2000m
12:40 pm	Open Men	1996 and earlier	10,000m	5 x 2000m
12:40 pm	Junior Men	1997/1998	8000m	4 x 2000m
12:40 pm	Masters Men	35 + years	8000m	4 x 2000m
	Alberta Championship			
1:45pm	Youth Women	1999/2000	4000m	2 x 2000m
2:00pm	Open / Junior / Masters		Awards	
2:10pm	Youth Men	1999/2000	6000m	3 x 2000m
2:45pm	Midget Women	2001/2002	3000m	1000m-2000m
3:05pm	Midget Men	2001/2002	4000m	2 x 2000m
3:30pm	Bantam Women	2003/2004	2000m	1 x 2000m
3:40pm	Bantam Men	2003/2004	2000m	1 x 2000m
3:45pm	Youth / Midget		Awards	
3:55pm	Pee Wee Girls	2005/2006	1200m	1 x 1200m
4:05pm	Pee Wee Boys	2005/2006	1200m	1 x 1200m
4:20pm	Tyke Girls	2007 or later	900m	1x 900m
4:30pm	Tyke Boys	2007 or later	900m	1x 900m
4:50pm	Pee Wee / Tyke		Awards	

COURSE:

Canmore Park is a rolling course over grass with several crossings of paved paths.

Blue Flags on the Left Pink flags on the Right

Yellow/Orange flags will mark possible hazards.

START PROCEDURES

15' warning

5' warning

2' before start – Sweats off Command

COMPETITOR NUMBERS:

White Numbers are worn on the front.

Alberta Championships Juniors (BLUE) and Masters (RED)

Will have 2 bibs - colored bib on front white number on back

Do not remove the tear off section. This will be removed in the Finish Chute to determine placing.

TEAMS:

Stewart Cup, Men and Women: 5 scorers and 2 displacers
Provincial Championships 4 scorers and 2 displacers

AWARDS

Provincial Championships:

- Provincial Championship Medals to top 3 Individuals and teams
- Ribbons 1st – 10th individuals in each race
- Non Athletics Alberta registered athletes are not eligible for Alberta Championship medals. Non Championship medals will be awarded to those that place in the top 3.
- Athletics Alberta Team Championships: Teams are 6 runners with 4 to score. If a club does not designate their team members prior to the start of the race, the first 6 athletes finishing will be considered the “A” team. Remaining runner will be set into B and C teams if there are enough. Scoring - 1st place scores 1, 2nd place 2, 3rd 3 etc. Lowest total wins.
- Alberta Senior, Junior and Masters results will be taken from Stewart Cup results, after non-Alberta team have been removed from the scoring. Also, Varsity athletes who are members of Alberta Clubs can score as Varsity or Club. Please notify Doug, if you have athletes in this situation and what your preference.
- Junior and Masters men will get a time for their Alberta Championships 8000m and have the opportunity to carry on to score in the Stewart Cup 10000m. Please Notify Doug prior to the race, if you plan to do this.
- Masters – Medals will be awarded for overall placing in Masters category
- In accordance with A.A. policy, for runners to be considered for the end-of-year recognition as cross-country runner of the year in the pee wee through youth divisions, they must compete in their appropriate age group in this championship.

Stewart Cup Memorial (for University and Alumni Teams):

- Top 5 runners for team score.
- Scoring as above i.e. 1 point for 1st, 2 points for 2nd etc.
- Stewart Cup awarded to best overall team results between University of Alberta and University of Calgary.
- Stewart Cup will be scored with all competitors.

Medical: University of Calgary Athletic Therapy on site

Note: There are no change facilities or shelter on site. Portable toilets will be on site. Locker room and shower facilities are available in the Kinesiology building on Campus (approximate 10’ drive from course). Towel rental available: \$6.00/\$5.00 refunded when towel returned.

RESULTS

Unofficial results will be posted after race. Official results will be posted on web by October 30, 2016

PROVINCIAL CLUB XC CHAMPIONSHIPS

A point system will be used to determine the winner of the 2012 Alberta Provincial Club Cross Country Championships. TBD