



University of Calgary Athletics Club and Dinos Cross Country
are pleased to host:

2016 Alberta Cross Country Running Championships
In conjunction with

STEWART CUP CROSS COUNTRY

Saturday, October 29, 2016

Sanctioned by Athletics Alberta

LOCATION:

Canmore Park (formerly called North Capitol Hill Park), Calgary. (19 street and Chicoutimi Drive NW, Calgary).
Registration Tent on site

COURSE:

Canmore Park is a rolling course over grass with some crossing of paved paths.

Note: There are no change facilities or shelter on site. Portable toilets will be on site.

Age Category	Year of Birth	Women	Men	Race Time
Stewart Cup & Alberta Championship				
Open Women	1996 and earlier	6000m		12:00 pm
Junior Women	1997/1998	6000m		12:00 pm
Masters Women	35 + years of age	6000m		12:00 pm
Open Men	1996 and earlier		10,000m	12:40 pm
Junior Men	1997/1998		8000m	12:40 pm
Masters Men	35 + years of age		8000m	12:40 pm
Alberta Championship				
Youth Women	1999/2000	4000m		1:45pm
Youth Men	1999/2000		6000m	2:10pm
Midget Women	2001/2002	3000m		2:45pm
Midget Men	2001/2002		4000m	3:05pm
Bantam Women	2003/2005	2000m		3:30pm
Bantam Men	2003/2005		2000m	3:40pm
Pee Wee Girls	2005/2006	1200m		3:50pm
Pee Wee Boys	2005/2006		1200m	4:00pm
Tyke Girls	2007 or later	800m		4:10pm
Tyke Boys	2007 or later		800m	4:20pm

Athletics Alberta Junior Men who are members of a University team for the Stewart Cup will receive a time as they complete 8000m and can then run an additional 2000m loop to complete the 10 000m distance. They will be eligible for Athletics Alberta Junior awards in the Provincial Championships and will be eligible counters for the Stewart Cup. To maintain the above schedule, subsequent races may start before all runners have finished the previous race.

Athletics Alberta Membership: All competitors must be members of Athletics Alberta or their respective Provincial Athletics Association. If athletes are not members of their provincial association, then they can purchase a day of meet membership, cost \$5.00.

Only Athletics Alberta full members can receive Alberta Championship medals.

ENTRIES: **Due: Monday October 24, 2016**
Email: uofcathleticsentries@gmail.com

ENTRY FEES: \$25.00 per participant includes \$3.00 Alberta Championship fee

Entry Information should include:

- Club/ School (if applicable)
- First and Last name;
- Gender;
- Date of Birth (mm/dd/yy);
- Athletics Alberta Membership number

AWARDS

Provincial Championships:

- Provincial Championship Medals to top 3 Individuals and teams (scoring members)
- Non Championship medals will be awarded to Non Athletics Alberta Athletes that place in the top 3.
- Ribbons will be awarded to places 1st to 10th Individuals
- 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 team.
- Scoring - 1st place scores 1, 2nd place 2, 3rd 3 etc. Lowest total wins.
- 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 juvenile divisions, they must compete in their appropriate age group in this championship.
- Non Athletics Alberta registered athletes are not eligible for Alberta Championship medals.

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.

RESULTS

Unofficial results will be posted immediately after race. Official results will be posted on web by October 27.

PROVINCIAL CLUB XC CHAMPIONSHIPS

A point system will be used to determine the winner of the 2016 Alberta Provincial Club Cross Country Championships.
TBD

Medical: University of Calgary Athletic Therapy on site

2016 STEWART CUP MEMORIAL CROSS COUNTRY & Alberta Cross Country Running Championships

ENTRY FORM

Name of TEAM, CLUB or SCHOOL _____

Last Name	First Name	DATE of Birth mm/dd/yy	Male/Female
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

_____ Athletes @ \$25.00 = _____

Total = _____

Due: Monday October 24, 2016

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