

**Stewart Cup Cross Country / Alberta Championships**  
**Saturday October 2, 2021**  
**Stoney Creek Centre Park, Camrose, AB**

**Bring:**

Competition Gear:  
U of Calgary Singlet and Black Shorts  
Spikes  
Track Suit  
Extra clothing for bad weather  
Bring food and water for the Bus trip

**Saturday October 2, 2021**

Depart: Calgary. 7:30am      North entrance to Olympic Oval  
No Stops

Directions to Stoney Creek Centre Park, 5320---40 Ave., Camrose, AB. Plenty of parking on site for cars/vans/busses. **Directions:** Follow 53 Street south from Highway 13 (48 Avenue). When 53 Street curves west turning into Parkview Drive keep to the left and then turn at the first left onto 39 Avenue. Look for street signs directing you to Stoney Creek Centre.

Arrive: Camrose, 10:30am

**Schedule:**

<b>11:30am</b>	<b>Men 8000m</b>	<b>2 x 4km Loops.</b>
<b>12:15pm</b>	<b>Women 6000m</b>	<b>2km Loop + 4km Loop</b>
<b>TBD</b>	<b>Stewart Cup Memorial Run (Warm-down)</b>	

**FACILITIES:** We will provide several Port---A---Toilet washrooms. General washrooms are also available from the main level of the Stoney Creek building outside side entrance. There is a large constructed covered gazebo. However, teams are encouraged to bring their own tents for weather purposes.

**COURSE:** The course allows for both 2 km and 4 km loops, which follow the grass cross---country trails in the Stoney Creek Valley (approximately 1/3 up, 1/3 down, and 1/3 flat). The course starts and ends in the stadium area below the Stoney Creek Centre. The course crosses one wooden bridge and a paved path in a few places. It is very suitable for spikes. The course will be well marked and flagged. Course maps are below and a course video is posted at:

[Augustana Race – Augustana Cross Country Running \(augustanarunning.ca\)](http://augustanarunning.ca)

**After Arrival:**

Get competitor numbers from Coaches or Trainer  
Course tour can be done as part of Warm-up

Bus will depart after warm downs completed and awards have been collected.

This should be about 1:30-2:00pm

We will stop on the way out of Camrose to eat.

Arrive back in Calgary about 6:00pm

Sunday: medium to long easy recovery run

Monday: On your own - Short to Medium Run

Cell #'s

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