

**Ocean Athletics Festival of Cross Country**  
**Saturday October 3, 2015**  
**Crescent Park, South Surrey**  
**Lower Mainland Cross Country Series #4**  
**Sanctioned by BC Athletics**

**Schedule:** (distances in accordance with BC Athletics guidelines)

Time	Event #	Category	Birth Yr.	Distance
10:00am	1	Track Rascals	2007/2008	1km
10:10am	2	9 yr old girls 9 yr old boys	2006	1.5km
10:30am	3	10 yr old girls 10 yr old boys	2005	2km
10:50am	4	11 yr old girls 11 yr old boys	2004	2km
11:10am	5	12 yr old girls 12 yr Old boys	2003	3km
11:30am	6	HS Jr Girls (gr8-10) 13,14,15 yr old girls	2000/01/02	3km
11:55am	7	HS Jr Boys (gr8-10) 13,14,15 yr old boys	2000/01/02	3km
12:20pm	8	HS Sr Girls (gr8-12 eligible)	1997-2002	4km
12:45pm	9	HS Sr Boys (gr8-12 eligible)	1997-2002	5km

Boys and girls will run together in their age categories for the Track Rascals (2007-2008) and Junior Development athletes, ages 9-12 (2006 – 2003). High school categories will be gender separated. High school teams consist of 4 to score. Club teams not eligible for high school team awards.

**NOTE:** Junior, Senior and Master athletes will compete in the Semiahmoo Sun Runners event – 9am start – **CHANGE FOR 2015!! - SAME START AS FESTIVAL RACES ON THE UPPER FIELD**

- Park at parking lot off Crescent Road (race finish & awards at lower picnic area)
- Contact: Greg Anslow 604-831-5510 [crescentparkcrosscountry@gmail.com](mailto:crescentparkcrosscountry@gmail.com)  
[www.sunrunners.ca](http://www.sunrunners.ca)

**Course:**

- Grass and forest trails over undulating terrain
- Short spikes can be used, but running shoes are also adequate
- Toilets are available but no change rooms
- Course will be open from 9am onward but runners and coaches need to be aware that the Semiahmoo Sun Runners XC event for open athletes will be on some sections of the course from 9 to 10am. These athletes have priority on the course until our event starts. Please take care to not interfere with their ability to run their course.
- Direction map to Crescent Park available at [www.oceanathletics.org](http://www.oceanathletics.org) under Events and Festival of Cross Country. Park is located on 132<sup>nd</sup> street off of 24<sup>th</sup> Avenue in South Surrey.

**Concession available:** This year we will introduce our fresh, hot Tomato Soup and Bread item! Tomatoes from our local sponsor Windset Farms will be transformed into an incredible soup in the kitchens of Famoso Neopolitan Pizzeria ! Don't miss getting your own hot bowl! Coffee and home baked goods will also be available .

### Entry procedure

Entry is through Trackiereg at <https://www.trackie.com/online-registration/register.php?id=2426>

If you do not know your BC Athletics # please go to <https://www.trackie.com/members/lookup.php>

If you are entering a team of more than 15 athletes (can be different age groups) please attach an excel spreadsheet (please do not paste into the body of an email) with the following information and email to Maureen as indicated below. Clubs/Schools are responsible for the entry fee for all athletes entered.

Event #, Last Name, First Name, Gender, Club/School, Birthyear, BC Athletics #. (or School BCA#)

For more information, please email [Maureen de St. Croix](mailto:Maureen.de.St.Croix) or call her at 604 535-2062.

### Entries due: Wednesday, September 30 Midnight

Entries received after September 30, including race day entries, will be subject to a \$3 per athlete inconvenience fee. Please help us to keep the races on time and avoid long waiting lines on race day as well as late fees by getting your entries in by the deadline.

**Entry fees:** On line with a credit card via the Trackiereg site.

Large Club & School entries may be paid with by cheque on October 3 if entries have been sent previously with an excel spreadsheet. Cash or Cheques payable to Ocean Athletics.

Day of Entries may be paid with cash or club cheque (subject to late fee of \$3)

Receipts available

\$3/athlete: Track Rascals (Event #1) - \$5 after September 30<sup>th</sup> including race Day October 3

\$7/athlete: 2006-1997 - \$10.00 if rec'd after September 30th deadline.

\$3/athlete BC Athletics day of entry fees apply to individuals not registered with BC Athletics (\*\* note: training memberships still require the \$3.00 day of entry fee) The day of entry fee for non BCA members is in addition to the entry fee. It is important to indicate on the entry lists whether or not an athlete is a member of BC Athletics and provide their BCA# (number can be found at <https://www.trackie.com/members/lookup.php>) School BCA numbers can only be used by individuals racing for their schools in their school jerseys.

### Parking

- 3 parking lots available along 132<sup>nd</sup> Street
- 2 parking lots at lower end of park off Crescent Road
- Another lot off 128<sup>th</sup> Street at 25<sup>th</sup> Avenue (tennis courts parking)
- **Please do not park on 132<sup>nd</sup> Street – the bylaw officer will ticket you!**

### Awards

Event 1 - Track Rascals: participation ribbons

Events 2 to 5 – JD ages 9-12: 1-3 medals, 4th-15th ribbons

Events 6 & 7 - HS Jr. Girls & Boys: medals 1-3 overall, ribbons 1-8<sup>th</sup> for each age group (13, 14, 15yrs)

Events 7 & 8 - HS Sr. Girls & Boys: medals 1-3, ribbons 4-8th (age groups not separated)

## Awards con't

School Team Event (club teams do not qualify – athletes must wear school uniforms)

- 4 to score – last scoring runner's place will be used to break a tie
- No displacement – individual runners will not be removed from the results to score team points
- Team award to top 3 teams, individual ribbons to first place team members in each category (JG, JB, SG, SB)

