

## LOCATION

**Brockton Oval, Stanley Park**, downtown Vancouver.  
Change facilities available at Brockton Pavilion.

## PARKING

There is plenty of pay parking in Stanley Park.

## ACCOMMODATION

Empire Landmark Hotel  
1400 Robson St, Vancouver, BC V6G 1B9  
Tel: 604-687-0511

**Reservations:** 1-800-830-6144; or  
fax 604-687-2801

**Quote "BC Cross Country Championships"** to receive special rate of \$69 Single/Double standard room, \$89 Deluxe room, or \$109 Executive room.

## FERRY TRAVEL ASSISTANCE

Through the Sporting Life on the Coast program, BC Ferries and Sport BC will assist with ferry travel costs for athletes participating in the BC Championships. For further details, see the Sport BC website: [www.sport.bc.ca/SpecialOffers/bcFerriesProgram.asp](http://www.sport.bc.ca/SpecialOffers/bcFerriesProgram.asp). Applications for travel assistance must be received at least two weeks before the Championship.

## COURSE

Each loop is 1 or 2km, consisting of grass and trails.  
Spikes are suitable.

## FOOD AND BEVERAGES

Will be available at Brockton Pavilion.



## ENTRY FEES

Non Provincial/National Association members **ADD \$3** to fees listed below. **NO RACE DAY ENTRIES.**

Fee Type	By Oct.26	After Oct.26
JD & High School .....	\$ 7.00 .....	\$12.00
All Others.....	\$12.00 .....	\$17.00

**Online Entry:** [www.eventsonline.ca/events/bcxc](http://www.eventsonline.ca/events/bcxc)

**Mail to:** Hershey Harriers, 2903 W. 21<sup>st</sup> Ave,  
Vancouver, BC V6L 1K7.

**Fax to:** 604-333-3551. Faxed entries must have cheque payable to 'Hershey Harriers' mailed prior to arriving at event. No credit cards accepted on faxed entries.

Completed entries with payment and all BCA membership numbers must be **received no later than Monday, Oct. 26<sup>th</sup>, 2009.** Cheques payable to 'Hershey Harriers'. **NO RACE DAY ENTRIES**

## BC ATHLETICS MEMBERSHIP

BC Athletics requires that all participants in events sanctioned by BC Athletics must have BC Athletics Membership (or equivalent from another Province or Country). To provide for this and to give complete insurance coverage a school or individual may take advantage of one of the following choices (for more information see [www.bcatletics.org](http://www.bcatletics.org)):

1. Athlete Membership (Competitive, Recreational or Masters) or equivalent.
2. School Club / School District Membership: see [www.bcatletics.org/main/schools.htm](http://www.bcatletics.org/main/schools.htm)
3. Individual / School Day of Event Membership \$3.00. Valid for this event only.

## SOUVENIRS

Multi-coloured, short & long sleeved garments will be for sale: \$20 & \$25.

## CANADIAN X-C CHAMPIONSHIPS

The BC Cross Country Championships serve to select the BC team to attend the National Cross Country Championships in Guelph, ON on November 28, 2009. For selection criteria see [www.bcatletics.org/main/sportspecific.htm](http://www.bcatletics.org/main/sportspecific.htm).

## HOST CLUB

Hershey Harriers

## SUPPORTING SPONSORS



# 2009

## PROVINCIAL

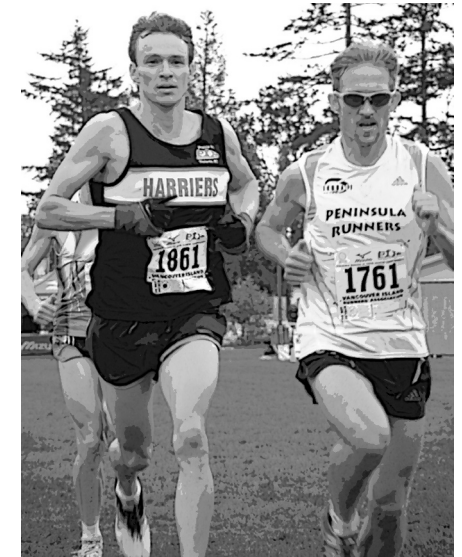
# CROSS COUNTRY

## CHAMPIONSHIPS

Saturday, October 31<sup>st</sup>, 2009

Stanley Park, Vancouver, BC

**"Everyone Welcome!"**



All-Comers' race 10:00 AM  
JD & School races from 10:40 AM  
Juv./Jr./Sr./Mast. races from 12:40 PM



Hershey Harriers

[www.bcatletics.org](http://www.bcatletics.org)

