

Ocean Athletics Festival of Cross Country
Saturday September 28, 2019
Crescent Park, South Surrey
Lower Mainland Cross Country Series #4

Sanctioned by BC Athletics

** distances are in accordance with BC Athletics guidelines. The categories have been changed this year due to the need for compliance with the BC School Sports ruling that does not allow club athletes to compete in the same event as individuals or teams representing their secondary school. This ruling does not apply to elementary school teams and athletes. Non Club High School athletes and Teams are warmly welcomed to the event but must compete as unattached athletes.

Time	Event #	Category	Birth Yr.	Distance
9:15am	1	Open/Masters	2001 & older – Males & Females	6km
10:10am	2	Track Rascals	2011-2013 (5 - 8 yrs)	1km
10:20am	3a	2010 Females	2010 (9yrs)	1.5km
	3b	2010 Males		
10:40am	4a	2009 Females	2009 (10yrs)	2km
	4b	2009 Males		
10:50am	5a	2008 Females	2008 (11yrs)	2km
	5b	2008 Males		
11:10am	6a	2007 Females	2007 12yrs)	3km
	6b	2007 Males		
11:40am	7a	U14, U16 Females	2006/05/04	3km
11:40am	7b	U14, U16 Males	2006/05/04	3km
12:10	8a	U18 Females	2002-2006	4km
12:10	8b	U18 Males	2002-2006	4km

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 8am onward but runners and coaches need to be aware that once the event starts at 9am, the athletes racing have priority on the course. Please take care to not interfere with the ability of athletes to run their course.
- Direction map to Crescent Park available at www.oceanathletics.org under Events and Festival of Cross Country. Park is located on 132nd street off of 24th Avenue in South Surrey.

Concession available: hot chocolate, coffee, juice, water, fruit, and snacks. Coffee courtesy of Bean Around the World Coffee (located at 152nd and Thrift). The Surrey Sport Trailer will be on site to provide water. Bottled water will not be sold. Please bring your personal water bottle.

Entry procedure

Please enter at Trackiereg.ca –Find an Event – BC – Cross Country – Festival of Cross Country –

www.trackiereg.com/2019FestivalofCrossCountry

** if you do not know your BC Athletics number, you can use the Trackiereg Lookup -
<https://www.trackie.com/members/lookup.php>

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

Entries due: Tuesday, September 24, midnight

Entries received after September 25, including race day entries, will be subject to a late fee . Please help us to keep the races on time, avoid long waiting lines on race day and avoid paying extra fees by getting your entries in by the deadline.

Entry fees:

\$5: Track Rascals (Event #1), \$10 if received after September 25th deadline

\$8: 2010 & older athletes - \$15.00 if rec'd after September 25th deadline.

\$3: BC Athletics day of entry fees apply to individuals who are not currently registered with BC Athletics

** note: BC Athletics training & School memberships still require the \$3.00 day of entry fee). The day of entry fee is in addition to the regular entry fee. Athletes registering on race day must provide their BCA membership number to avoid paying the day of registration fee.

Parking

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

Awards

Event 1 – Open/Masters Males & Females – Medals to first 3 Males & Females and ribbons 4th-8th in U30, U40, U50, U60 and 60+ categories .

Event 2 - Track Rascals: participation ribbons + small gift

Events 3 to 6 – JD ages 9-12: 1-3 medals, 4th-15th ribbons

Events 7 & 8 – U14, U16 Males & Females: medals 1-3, ribbons 4-8th for U14 category & U16 category

Events 9 & 10 – U18 Males & Females: medals 1-3, ribbons 4-8th

FESTIVAL OF CROSS COUNTRY
Ocean Athletics Track & Field Club
BC Athletics Cross Country Series

RACE DISTANCES

- Track Rascals - 1.0 km 
- 9 yr old - 1.5 km 
- 10 & 11 yr old - 2.0 km 
- U14 & U16 - 3.0 km 
- U18 - 4.0 km  
- 18+ - 6.0 km   

