

## **19<sup>th</sup> Annual ECHO DALE CROSS COUNTRY MEET**

**Saturday, September 23, 2023**

Echo Dale Regional Park, just outside Medicine Hat, AB

1001 Echo Dale Rd, Medicine Hat, AB T0K 0G0

### **COST**

\$12.00 per entry (includes the \$1.43 processing fee). Fee to be paid to Trackie at time of registration.

### **ENTRY DEADLINE**

All entries are due by Wednesday, September 20 by 11:59 p.m. Post entries will cost \$20.00 each.

### **REGISTERING FOR EVENTS**

All entries and payments must be done through Trackie. Enter by going to:

<https://www.trackie.com/my-account/manage/1000782/>

### **FACILITIES & PARKING**

There will be a change area for runners and access to washroom facilities. There will be plenty of areas to park.

### **CATEGORIES AND REGISTRATION**

For all Elementary and Junior High races, you may enter under your Club or your School (check with your coach), and all athletes will compete in 1 race together. All High School categories have an age limit, as of September 1, 2023: under 16 for Junior (Grade 10), under 17 for Intermediate (Grade 11), and under 18 for Senior (Grade 12). The categories are based on age not grade. See categories page.

All the Ages 5 under, 6-7, and 8-9 will be led out by runners during the races. Other races will have the trails clearly marked, with marshalls stationed at key points to ensure no one gets lost.

Hosts: EBHS Talons Cross Country Team

Awards: Medals to the 1<sup>st</sup> – 3<sup>rd</sup>

place and ribbons to the 4<sup>th</sup> – 10<sup>th</sup>

Schedule of events:

Time	Category	Category code	Distance
<b>High School Race Walk through – 9:15 am</b>			
10:45	HS Senior Boys – Under 19 Sept. 1	SB	6000 m (2x3000 m loops)
11:35	HS Senior Girls - Under 19 Sept. 1 HS Intermediate Girls - Under 17 Sept. 1 HS Intermediate Boys – Under 17 Sept. 1	SG IG IB	5000 m (2000m + 3000m loops)
12:25	HS Junior Boys - Under 16 Sept. 1 HS Junior Girls - Under 16 Sept. 1	JB JG	4000 m (2x2000 m loops)
<b>Note: Jr. High Students only 10:15 am Race walk through for Junior High and Elementary Runners</b>			
13:10	14 – 15 age on Sept. 1 Girls Boys	1415G 1415B	3000 m
13:25	12 – 13 age Sept. 1 Girls Boys	1213G 1213B	2000 m
13:45	10 – 11 age on Sept. 1 Girls Boys	1011G 1011B	1500 m
14:05	8 – 9 age Sept. 1 Girls Boys	89G 89B	1200 m
14:20	6 – 7 age Sept. 1 Girls Boys	67G 67B	1000 m
14:20	5 and Under age Sept. 1 Girls Boys	5UG 5UB	800 m

\*All times are approximate. Races could start later than scheduled. Be at the race early. Runners are to be aware of the course route. It is a looped course. The 6000 m runners will do 2 x 3000 m loops, the 5000 m will do the 2000 m loop first then the 3000

m loop, the 4000 m will do the 2 x 2000 m loops, and the other races will one loop each of their distance - 3000 m, 2000 m, 1500 m, 1200 m, 1000 m and 800 m.

**COURSE:** Trails are cross asphalt (with mats to cross the road) with challenging rolling hills and grassland. Trails will be marked and there will be marshals on the course.

**FOR ADDITIONAL INFORMATION:** Call Meet Director Darryl Smith, 403 977-4322  
[darrylsmith@prrd8.ca](mailto:darrylsmith@prrd8.ca)

The race will be at Echo Dale Regional Park.

Address - 1001 Echo Dale Rd, Medicine Hat, AB T0K 0G0

### Maps







