



## THE EDMONTON HARRIERS CROSS-COUNTRY SERIES 2023

Sponsored by



### **Dates for 2023:**

- Wednesday September 20<sup>th</sup> at Sir Wilfred Laurier Park
- Wednesday September 27<sup>th</sup> at Mill Woods Sports Park
- Wednesday October 4<sup>th</sup> at Callingwood Park

All meets start at 4:45 p.m.

### **Registration for 2023**

Edmonton Harriers Cross Country Series Registration Form: [www.ellistiming.ca/HarriersCrossCountry](http://www.ellistiming.ca/HarriersCrossCountry)

Students are registered by their schools. If your school is not participating or your child is home-schooled and you wish your child to participate, please follow the same instructions as for the schools.

Please arrange to send a list of **all possible participants** (using the above-noted registration form) to [vernon@ellistiming.ca](mailto:vernon@ellistiming.ca), being sure to include your contact information at the top. (Please do NOT send "Google Docs" links.) **You only need to submit an athlete's name once for the whole series.** (Please do not re-send an athlete's name for the second or third date if the name was sent for the first.) If possible, include all athletes who will participate in the series whether or not they intend on participating in all the races. Using the spreadsheet allows us to directly import your students into our database and thus save hours of data entry and the typos that occur with such a task. Entry receipt will be acknowledged by return email within 24 hours. If you have not received a response within 48 hours, please request a confirmation of receipt.

**We will supply the labels for the athletes to stick to their shirt.** Labels will be available for pick-up at the registration table. **Please do not bring your own labels.**

There will be no on-site registration. All schools will be billed after the last race based on the number of athletes from their school that cross the finish line. An electronic invoice will be sent to the Coach or Billing Person approximately 2 weeks after the last race.

**Entry Deadline: Monday noon** before each Wednesday race. (The Friday before is better, to allow you more time to confirm information.)

The entry fee this year will be **\$7.00 per child per race**. This entry fee covers the cost of insurance, park permits, plaques, ribbons, medals, etc.

### **Park Locations**

Each school is encouraged to bring a bus, as there will be limited parking available for cars. **Parents are encouraged to carpool.**

#### **Wednesday September 20<sup>th</sup> at Sir Wilfred Laurier Park**

13211 Buena Vista Rd. NW – This park is located in the River Valley, near the Edmonton Valley Zoo. There is some parking onsite, and additional parking located at the main entrance (shared by the Zoo). There is an existing washroom building at this venue.

#### **Wednesday September 27<sup>th</sup> at Mill Woods Sports Park**

2730 66 St. NW – This park is bordered by 23 Avenue, 28 Avenue, 66 Street, and Mill Woods Road. The races begin near the tennis courts behind Holy Trinity School. There are a number of parking lots in and around Mill Woods Park. Please obey all “No Parking” signs – violators will be ticketed.

**PLEASE NOTE:** Parking on the grass at any venue is **not** permitted. City Bylaw staff are expected to be enforcing and issuing tickets. Damage to turf will be charged to the event organizers -- our volunteers will be vigilant in this respect.

Portable Toilets will be provided at this venue.

#### **Wednesday October 4<sup>th</sup> at Callingwood Park**

17740 69 Ave. NW – This park is bordered by 69 Avenue, 76 Avenue, 178 Street, and 172 Street. There are some parking lots in and around Callingwood Park. Please obey all “No Parking” signs – violators will be ticketed. The YMCA has programming on, and leaving parking for their customers is necessary for us to remain good neighbours.

Portable Toilets will be provided at this venue – participants are not permitted to use the YMCA washrooms.

### **Race Format**

The Harriers Cross-Country Series consists of three meets for elementary students (races for Grades 3 to 6). Students compete against others in their own grade and of their own gender, thus each meet consists of eight races. Students younger than Grade 3 may participate in the Grade 3 races. The meets make up a series in which students earn points for their school (in the team competition). Award plaques are given for the combined results of the three meets.

Race distances will vary from about 1300 m to 1750 m.

The meets start at 4:45 p.m. The first race will start at 4:45 p.m. with races beginning approximately every 10-15 minutes after that. Race Order for all meets will be:

- Grade 6 girls
- Grade 6 boys
- Grade 5 girls
- Grade 5 boys
- Grade 4 girls
- Grade 4 boys
- Grade 3 and younger girls
- Grade 3 and younger boys

### **Results**

All runners will be provided with their placement for their run. Results (times, places, and points earned) will be posted on the Harriers website as soon as possible following the meet. We aim to have the results posted within 48 hours of the meets. Results will be in Meet Manager format so that schools can search through the results for their individual school's placing.

The Harriers volunteers at the finish line will remove each athlete's label. Please stress to your athletes that they should not remove or crumple up their name tags until they are at the finish line and asked to remove them by the Harrier volunteers. Labels that are missing, crumpled, or illegible cause considerable delay at the finish line and may result in inaccurate finishing results.

### **Awards**

Medals will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers in each race. [*New for 2023*]

Place ribbons will be given to the 4<sup>th</sup> thru 10<sup>th</sup> place finishers in each race.

All other finishers will receive a participation ribbon.

Plaques will be awarded to the top three teams in each category (1 plaque per team in the school). Schools can then engrave the names of the runners they wish to recognize as being members of that team.

The meets are organized as a series, with runners earning points for each race. First in each race earns 1 point, 2<sup>nd</sup> earns 2 points, 3<sup>rd</sup> earns 3 points etc.

The plaques are given to the top three teams in each category on an accumulative point basis. Teams are made up of the first three finishers in each category from each school and need not be the same three individuals for the three meets. Coaches may choose to have their Grade 3's and younger run in the Grade 4 race as some schools may need to do this to field a complete team. Coaches can decide which race they compete in; however, students may only run in one race in each meet. They cannot run in the Grade 4 race and then in the Grade 3 race.

### **Cancellation Due to Weather**

Cross-country races usually run regardless of the weather. However, there are times when the race may have to be cancelled to prevent injury to athletes. All information pertaining to the race will be posted on the Harriers website [www.edmontonharriers.ca](http://www.edmontonharriers.ca). If there is a question as to whether or not the race will be on, the Harriers website will be updated by midnight the night before the race.