



Lightning Cross Country Meet

Saturday, Sept. 27, 2014

Riverbend Recreation Area, Red Deer

Coaches consider starting your 2014 season by bringing your athletes to Red Deer to race some of the top high school runners from around Alberta. This is the same race course as the ASAA 2012 Provincial Cross Country Championships. At last year's race we had over 350 athletes race from all corners of the province including top ACAC runners as well. We are only a 1.5 hour drive from Edmonton and Calgary.

Cost \$ 5 / athlete for high school and ACAC Grand Prix race, \$10/open competitor

Medals for top 3 places in each age division presented after each race.

Gr. 6/7 Girls 2 km 10:00 AM

Gr. 8/9 Girls 3 km 10:30AM

Gr. 10 Girls 3 km 11: 30 PM

Gr. 11 Girls 4 Km 12:30PM

Gr. 11 Boys 5 km 1:30 PM

Womens Open/ACAC 5 km 2:45 PM

Gr. 6/7 Boys 2 km 10:15 AM

Gr. 8/9 Boys 3 km 11: 00PM

Gr. 10 Boys 4 km 12:00 PM

Gr. 12 Girls 4 km 1:00 PM

Gr. 12 Boys 6 km 2:00 PM

Men's Open/ACAC 8 km 3:30pm

Concession will be available on site.

Deadline for School/Club Team Entries is Wednesday, September 23.

Individuals can enter race morning between 9 am and 12 pm.

Schools Enter by emailing Brian Johnson brian.johnson@rdpsd.ab.ca

Please include :

School Name Athlete name gender grade.

For more info. Contact Brian Johnson @ 403-342-6655 ext 2240

or email brian.johnson@rdpsd.ab.ca

Riverbend Recreation Area is located in the Northeast corner of Red Deer

Directions from Hwy 2:

Take the 67 Street Overpass going East for 4 km.

This will take you down, over the Red Deer River Bridge.

Take a left at the third set of lights after cresting the hill.

(30th ave/ range rd 272)

Follow the road for 5 km north until you see the

River Bend Sign. Turn Left

