



**2022 EIAA CROSS COUNTRY MEET**  
**Strathcona Wilderness Centre**  
**Division 2 - Oct 4<sup>th</sup>**  
**Division 1 - Oct 5<sup>th</sup>**



**LOCATION**

The meet will take place at the Strathcona Wilderness Centre which is located at 52535 Range Road 212, Ardrossan, Alberta. Staff will be onsite to direct busses to the correct parking location.

**DISTANCES**

**Junior Boys and Girls 2km (Born in 2010 or later)**

**Intermediate Boys 3km Girls 3km (Born 2009)**

**Senior Boys and Girls 3km (Born 2008 or earlier)**

**COST**

EIPS Meets \$5.00 per athlete.

After each meet please have your numbers sent to the Athletic Coordinator indicating how many students participated from your school. Invoices will then be sent out and funds can then be transferred to EIPS JHA.

**TIME**

9:00 – 9:30am Arrival

9:30am - 2km and 3km walk through.

10:10am - JR Girls 2KM

10:30am – JR BOYS 2KM

11:00am – INT GIRLS 3KM

11:30pm – INT BOYS 3KM

12:00pm – SR GIRLS 3KM

12:30PM - SR BOYS 3KM

1:00PM - Grand Aggregate Award and Depart

**ENTRIES**

Each school may send up to 12 runners in each category. 12 Jr Boys, 12 Jr Girls, 12 Int Boys, 12 Int Girls, 12 Sr Boys, and 12 Sr Girls.

## RUNNER IDENTIFICATION

All runners are required to wear a 1" by 4" sticky label. Labels must be able to be adhered to the finish line chart. The label should clearly state the runner's full name and school. Please leave room on the bottom right corner to record times. Schools may wish to identify their labels with coloured lines to easier spot their athletes.

## POINTS

All competitors will score points based on the following criteria: First place will receive 100 points and each competitor after that will get a fraction of 100 based on the number of runners in each event.

## AWARDS

Top 20 in each race receive ribbons. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place receive medals. Trophies are awarded for Div 1 and Div 2 school Grand Aggregate winners. Medals will be presented after each race once the next race has started.

## CONCESSION

There will be a concession on site this year. Athletes will need to come prepared with all the food and water they will need for the day if they do not plan on purchasing on site.

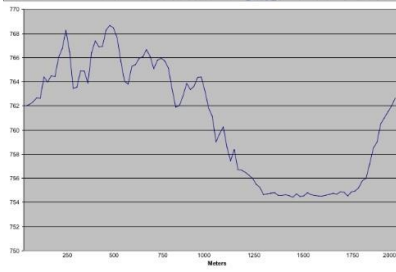
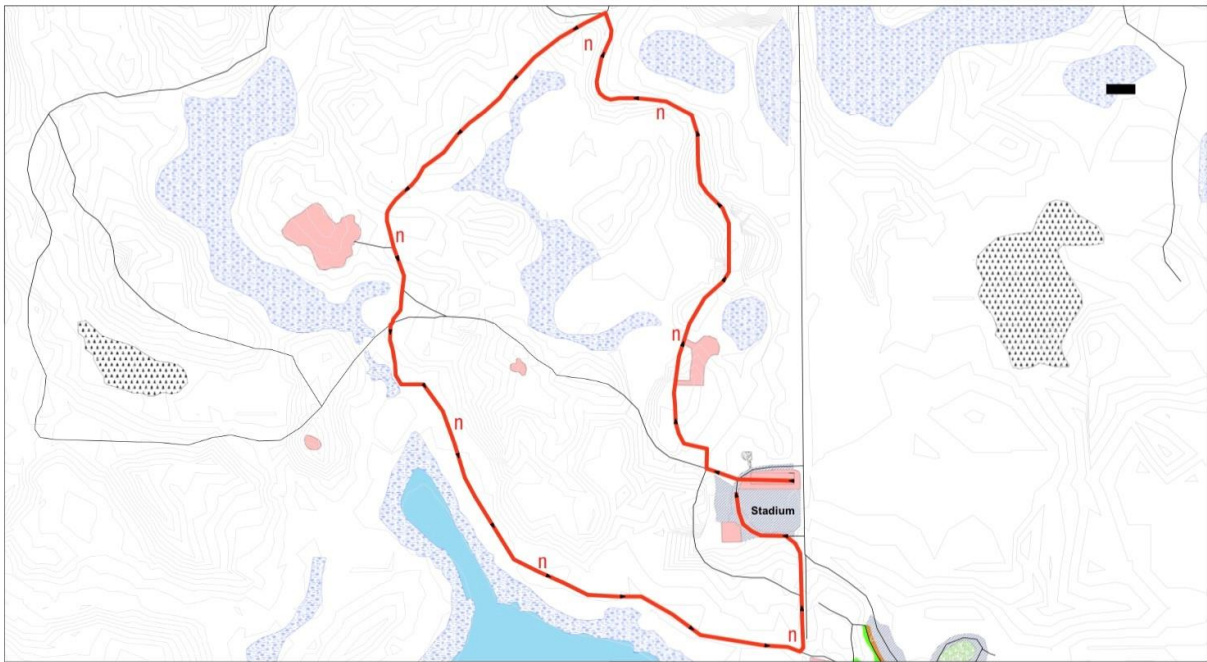
## OTHER INFORMATION

- All competitors must wear athletic attire
- No jeans or cut-offs permitted
- Shoes and shirt mandatory
- **No individual sound systems are permitted**
- Be prepared to stay outside for the entire meet and dress appropriately for the entire day.
- Access to interior buildings is very limited and not encouraged. We will be bringing in porta potties for the events.

## DUTIES

Duties	October 4th – Div 2	October 5 <sup>th</sup> – Div1
Timer	FSC	CLB
Starter	STM	FRH
Walk through 3Km	SPS	SCA
Walk through 2km	DARREN	DARREN
Marshalls	FTV	ARD
Finish Line/Ribbons	VEG,HR, JPII,NHZ,SPS,STL, MUN	SWH, SCA, RHJ,SAB,OLPH, STT
Results	LHS	LLR
Set up/take down/rover	Darren	Darren

## 2KM Route



Course Length: 1942m  
Category: Mini-Midget Male & Female  
Event: 4 x 2 km Relay

Height Difference (HD): 14.13m  
Maximum Climb (MC): 8.12m  
Total Climb: 31.83m

Lowest Point: 754.53m  
Highest Point: 768.66m



2008 Alberta Winter Games  
Cross Country Skiing  
Strathcona Wilderness Centre  
Red 1.9 km

**Strathcona**  
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RECREATION, PARKS  
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[www.strathcona.ab.ca](http://www.strathcona.ab.ca)

# 3KM Route

