

THE EDMONTON HARRIERS CROSS COUNTRY SERIES 2014



Due to the implementation of Canada's Anti-Spam Legislation on July 1, 2014, future emails from the Edmonton Harriers, including information about the Edmonton Harriers Cross Country Series and the Edmonton Harriers Indoor Relays, will only be sent to email addresses we have received permission to use. Please subscribe by checking off the "Subscribe" box on the entry form when submitting entries to continue to receive the Edmonton Harriers event information. If you choose not to subscribe the event information will still be available through our website, www.edmontonharriers.ca. Thank you for your cooperation.

Dates for 2014:

Wednesday September 10th at Laurier Park

Wednesday September 24th at Mill Woods Park

Wednesday October 8th at Hawrelak Park

All meets start at 4:45 PM

Registration for 2014:

[Edmonton Harriers Cross Country Series Registration Form](#)

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 attached spreadsheet to: nikki@ellistiming.ca being sure to include your contact information at the top. You only need to submit an athlete's name once for the whole series. If possible include all athletes who will participate in the series whether or not they intend or participating in all the races. By using this spreadsheet, it will allow 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. **We will supply the labels for the athletes to stick to their shirt.** Labels will be available for pick up at the registration table. 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. **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 would be much preferred though).

The entry fee this year will be \$6.00 per child per race. This entry fee covers the cost of insurance, park permits, plaques, ribbons, medals etc.

Race Format

The Harriers cross-country series consists of three meets for elementary students with 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 themselves (in the individual competition) and for their school (in the team competition). Awards are given for the combined results of the three meets. Students must participate in all three meets to be eligible for the individual awards.

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

The meets start at 4:45 pm. The first race will start at 4:45 with races beginning approximately every 10-15 minutes after that.

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

Park Location

Each school is encouraged to bring a bus, as special parking will be provided for buses. There will only be limited parking available for cars.

Wednesday September 10th at **Laurier Park**
13315 Buena Vista Road NW Use the Valley Zoo parking lot

Wednesday September 24th at **Mill Woods Park**
This park is bordered by 23rd Avenue, 28th Avenue, 66th 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 may be ticketed.

Wednesday October 8th at **Hawrelak Park**
This park is on the west side of Groat Road on the south side of Groat Bridge

Results

All runners will be provided with their placement for their run. Results (times, places and points earned) will be posted on the Harrier 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 their labels. 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

Place ribbons will be given to the top ten finishers in each race. All finishers will receive a participation ribbon.

The meets are organized as a series, with runners earning points for each race. First in each race earns 1 point, 2nd earns 2 points, 3rd earns 3 points etc. Individual medals are awarded to the lowest three accumulative point earners in each category (e.g. grade 4 girls etc.) Runners must compete in all three Wednesday races to be eligible for these awards.

Awards are also 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 in order 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.

Plaques will be awarded to the top 3 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.

If schools wish to provide medals for their team members they can be purchased for \$8 each. They will be available for purchase by the schools at the Hawrelak Park race only. If your school decides to purchase medals after the last race, the medals will be available for pickup at an Edmonton location or we can send them to the school via courier (paid for by the school).

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 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.