

**Ocean Athletics Festival of Cross Country**  
**Saturday October 2, 2021 - #3 Event in Lower Mainland XC Series**  
**Crescent Park, South Surrey**  
*Sanctioned by BC Athletics*

\*\* distances are in accordance with BC Athletics guidelines. The categories have been changed this year due to the need for compliance with the BC School Sports ruling that does not allow club athletes to compete in the same event as individuals or teams representing their secondary school. This ruling does not apply to elementary school teams and athletes. Non Club High School athletes and Teams are warmly welcomed to the event but must compete as unattached athletes.

Time	Event #	Category	Birth Yr.	Distance
9am	1	Open (U20/Sr/Masters)	2003 & earlier – Males & Females	6km
10am	2	Track Rascals	2013-2015 (6-8yrs)	1km
10:10am	3a	2012 Females	2012 (9yrs)	1.5km
10:25am	3b	2012 Males		
10:40am	4a	2011 Females	2011 (10yrs)	2km
	4b	2011 Males		
10:55am	5a	2010 Females	2010 (11yrs)	2km
	5b	2010 Males		
11:10am	6a	2009 Females	2009 (12yrs)	3km
	6b	2009 Males		
11:40am	7a	U14, U16 Females	2008/07/06	3km
11:40am	7b	U14, U16 Males	2008/07/06	3km
12:10	8a	U18 Females	2005-2004	4km
12:10	8b	U18 Males	2005-2004	4km

**Course:**

- Grass and forest trails over undulating terrain
- Short spikes can be used, but running shoes are also adequate
- Toilets are available but no change rooms
- Course will be open from 8am onward but runners and coaches need to be aware that once the event starts at 9am, the athletes racing have priority on the course. Please take care to not interfere with the ability of athletes to run their course.
- Crescent Park is located at 2585 132<sup>nd</sup> street off of 24<sup>th</sup> Avenue in South Surrey.  
<https://www.google.ca/maps/search/crescent+park/@49.0484456,-122.8690218,2977m/data=!3m1!1e3>

Entry procedure Please enter at Trackiereg.ca –Find an Event – BC – Cross Country – 2021 Festival of Cross Country – [www.trackiereg.com/2021festivalXC](http://www.trackiereg.com/2021festivalXC)

\*\* if you do not know your BC Athletics number, you can use the Trackiereg Lookup - <https://www.trackie.com/members/lookup.php>

For more information, please contact Maureen at [oceanathletics@gmail.com](mailto:oceanathletics@gmail.com)

## Entries due: Wednesday, September 29<sup>th</sup> - midnight

Entries received after September 29, including race day entries, will be subject to a late fee . Please help us to keep the races on time, avoid long waiting lines on race day and avoid paying extra fees by getting your entries in by the deadline.

### Entry fees:

**\$5:** Track Rascals (Event #1), \$10 if received after September 29th deadline

**\$8:** 2012 & older athletes - \$15.00 if rec'd after September 29th deadline.

**\$3:** BC Athletics day of entry fees apply to individuals who are not currently registered with BC Athletics  
\*\* note: BC Athletics training memberships require the \$3.00 day of entry fee). The day of entry fee is in addition to the regular entry fee. Athletes registering on race day must provide their BCA membership number to avoid paying the day of registration fee.

### Parking

- 3 parking lots available along 132<sup>nd</sup> Street
- 2 parking lots at lower end of park off Crescent Road
- Another lot off 128<sup>th</sup> Street at 25<sup>th</sup> Avenue (tennis courts parking)
- Please **DO NOT** park alongside the road on 132<sup>nd</sup> Street – the bylaw officer will ticket you!

### Awards

Event 1 – Open (U20/Sr/Masters) Males & Females – Medals to first 3 Males & Females overall and ribbons 1-8 in U35, U45, U55, U65 and 65+ categories.

Event 2 - Track Rascals: participation ribbons

Events 3 to 6 – JD ages 9-12: 1-3 medals, 4th-15th ribbons

Events 7 & 8 – U14, U16 Males & Females: medals 1-3, ribbons 4-8<sup>th</sup> for each category & gender.

Events 9 & 10 – U18 Males & Females: medals 1-3, ribbons 4-8<sup>th</sup> for both genders.

**FESTIVAL OF CROSS COUNTRY**  
Ocean Athletics Track & Field Club  
**BC Athletics Cross Country Series**

**RACE DISTANCES**

Track Rascals - 1.0 km	
9 yr old - 1.5 km	
10 & 11 yr old - 2.0 km	
U14 & U16 - 3.0 km	
U18 - 4.0 km	 2x  1x
18+ - 6.0 km	 1x  1x  2x

