



September 2023

Dear Principal, Cross Country Coach or Homeschooling Parent:

We are preparing for our 39th year of the Valley Royals Grand Prix Cross Country Racing Series. We are pleased to invite your school or homeschooled student to be a participant in this series of three cross country meets. The dates for this year's races are September 27<sup>th</sup>, October 4<sup>th</sup> and October 11<sup>th</sup>. Online registration for your team or athlete is easy; see details on the following page under the heading "Entries".

The Grand Prix series is one of the largest participation meets designed specifically for youth in grades 4 to 8 in Canada. The series attracts wide attention and coverage in the local newspaper. Pictures and results are published on our website, at <https://www.valleyroyals.ca> for all participants who complete in each of the races over the 1.6 km (one mile) course. This enables both the runners and their coaches to track the improvement of every runner.

The students find this series to be both fun and exciting. These runs encourage participation and fitness. One of the highlights is awarding the Jane Swan Fitness Award. This coveted trophy is awarded to a school that demonstrates overall fitness.

Port-a-potty bathrooms are available at the park, but there is no running water. We will be having a concession stand on site, where we will sell drinks and small snacks.

We look forward to having your school/athlete participate in the Valley Royals Grand Prix Racing Series. See you at the races!

Sincerely,

Christa McAuley,

Club Administrator for the Valley Royals Track & Field Club

## Try a Valley Royals Fall Cross Country Training Group

# \$27.50

for 1-week trial  
(new members only)

**REGISTER & PAY ONLINE**

[www.ValleyRoyals.ca](http://www.ValleyRoyals.ca)



### Junior Development (JD)

**Group** (Ages 8-13)

Tuesdays

3:30-4:30pm

Thursdays

3:30-4:30pm

Saturdays

9:15 – 10:15am

### Endurance Running Group

(Ages 14 and up)

Practice times

immediately after JDs.

### Questions?

Email Christa at  
[dcmcauley@hotmail.ca](mailto:dcmcauley@hotmail.ca)

### Track and Field

(March to July)

- Jumps
- Throws
- Pole vault
- Middle distance
- Sprints & hurdles

Ages 8 and up



- Jumps
  - Throws
  - Pole Vault
  - Middle Distance
  - Sprints & Hurdles
  - Cross Country
- Ages 8 and Up**

# 39th Annual Valley Royals Grand Prix Cross Country Series

**Dates:** Wednesdays – September 27, October 4<sup>th</sup> and October 11<sup>th</sup>

**Time:** Start time is 3:45pm

**Location & Parking:** Clearbrook Park, 3680 Clearbrook Rd., Abbotsford, BC. Parking spaces in both of the parking lots at Clearbrook Park are limited to volunteers, but dropping off athletes is allowed. Volunteers may park in the lot off Clearbrook Road (DON'T PARK IN THE LANEWAY, or you will be towed.) or in the lot near the race start area at the north end of Sparwood Street. Plenty of parking is available on neighborhood streets. Park with caution at Clearbrook Elementary, as they lock their gates at the end of their day. DON'T PARK AT MARANATHA BAPTIST CHURCH because this interferes with their after-school program.



**Divisions:** Grades 4, 5, 6, 7, 8 Boys and Girls; NO Grade 3s, please

**Fees:** All three races are included for just *\$10.00 per athlete*, payable by online through Trackie. This fee is expected from athletes entered, whether or not they make it to all races.

**Entries:** Before Midnight Friday, September 22<sup>nd</sup>, all registrations must be done online. It's fast and easy: Go to <https://www.valleyroyals.ca> and click on "Valley Royals Grand Prix" in the main menu. Then, click on registration link to access the Trackie website.

**Late Entries:** Bring all late entries to the Registration tent by 3:00pm the day of the event.

**Athlete Eligibility:** Athletes who are currently in Grade 4,5,6,7 or 8 are eligible to run in the Grand Prix Series. Many schools bring a team of athletes to the Grand Prix and register their athletes as a group as part of their school PE program. Athletes may also register and run as "unattached" if their school is not sending a team or if they are a homeschooled student.

**Numbered Racing Bibs:** Each athlete must wear their assigned numbered racing bib on the front of their shirt every week. This allows tracking of their results for each race and the calculation of their placement for awards based on the total points they earn over all the races. Coaches collect numbers with pins after athletes exit the finish line tent. Then, coaches should return their envelope with the team master list to the registration tent so that they are ready for the following week's race.

**Race Order:** Gr.4 Girls, Gr.5 Girls, Gr.4 Boys, Gr.5 Boys,  
Gr.6/7/8 Girls, Gr.6/7/8 Boys

**Distance:** Approximately 1600m (one mile)

**Rabbit:** The runners will be led by an older runner at each race

**Results:** Posted on our web site: [www.valleyroyals.ca](http://www.valleyroyals.ca)

**Individual Points & Awards:** The first-place finisher in each division receives 20 points, 2nd – 16, 3rd – 12, 4th – 10, 5th – 8, 6th – 6, 7th – 4, 8th – 3, 9th – 2, and 10th – 1 point. These points are added together for both meets, to produce a final score. Individual awards will be given to the top ten boys and girls in each grade. Awards are only given to those who race in all the meets.

**Team points & awards:** Team points will be accumulated from the first four runners on each team. After the completion of all meets, awards will be given to the top team in each grade category.

**Ties:** Ties in the final results, whether in the individual standings or in the team standings, will be broken on the basis of performances in the last race of the series.

**Jane Swan Fitness Award:** The Jane Swan Fitness Award recognizes the school with the best overall performance from their athletes. It is a scale that takes into account the performance of all the runners on a school's team.

### **Procedure for Race Day:**

a) An adult must pick up the team's envelope of running numbers from the box at the registration desk and distribute them to their athletes. The envelope will contain a master list of your team's runners and their numbers. Keep this master list in the envelope for both meets.

b) Bib numbers are to be worn on the front. No names will be written on the numbers (but are allowed on the back of the racing bib). Athletes are identified by NUMBERS ONLY! Numbers must be visible when the athletes cross the finish line.

c) After the athletes have gone through the finish line chute, meet at your designated spot, collect the numbers (& the four pins), put them back in the envelope with the master list, and leave the envelope at the registration tent

d) SPOTTERS – All adults, please:

- Refrain from pacing your athletes and share this information with parents.
- Discourage bike riders and dog walkers from being on the course.

- Discourage athletes from taking short cuts.
- Discourage the harassment of runners by non-competitors.
- Report Cheating:
  - Athletes that use physical contact while racing (such as pushing, tripping, body-checking, spiking) to attempt to gain an advantage over other racers will be disqualified from the Grand Prix Racing Series.
  - Report all activity of this kind by giving a description of the physical contact to the Meet Manager, Debbie Foote. If possible, get the bib number of the athlete/athletes involved and give that information to Debbie so that she can follow up with the athletes and their teachers/parents.

e) If an athlete loses his or her number, let the registration tent personnel know as soon as possible.

### **Reminders:**

1. Each athlete is entered in the computer by his/her running number. DO NOT let the students exchange numbers! If a runner does not have their number, come to the registration tent, and we will issue a new number.
2. Make sure to verify the grade of each athlete. Otherwise, they may be entered in the wrong division and receive awards they should not rightfully have.

## **Athletes are invited to join the Valley Royals:**

As always, athletes ages 8 and up are welcome to join the Valley Royals Track & Field Club. Cross Country practices are Tuesdays, Thursdays and Saturdays in Clearbrook Park, Abbotsford. Practice times depend on age group and can be found on our website. *Some Saturdays will be race days at meets hosted by clubs around the Lower Mainland.*

Due to insurance rules, athletes may not train with a Valley Royals Training Group without a paid membership. Athletes who are new to the club may take advantage of our **\$27.50 Try-Out Special** to try a training group for one week. This provides insurance coverage needed for the training period. After that, a membership package can be selected. This special deal is available through our online registration and payment system at <https://www.valleyroyals.ca>.

**We look forward to receiving your entries for the Grand Prix Series!**

**Any questions?** Please email the Meet Director Debbie Foote at [debbieandabresia@hotmail.com](mailto:debbieandabresia@hotmail.com)



# Race Course for 2023 Valley Royals Grand Prix

Three Consecutive Wednesdays: September 27<sup>th</sup>, October 6<sup>th</sup>, and October 13<sup>th</sup>

