**Dates:** Meet 1: Wednesday September 18th, 2019 beginning at 4:00pm

Meet 2: Wednesday September 25th, 2019 beginning at 4:00pm

Meet 3: **Wednesday October 2nd, 2019 beginning at 4:00pm**

**Rainout Date: TBD**

**To:** Coaches of the C.A.A.A.

**Meet Directors:** Olivier Audette, TBD, Cody Kelly

**Re:** Calgary Alternative Athletic Association Cross Country Series

**Where:** Meet 1: La Source - 360, 94 Avenue SE

Meet 2: Connect Charter School – 5915 Lewis Dr SW

Meet 3: Series Finale: Hosted by Westmount Charter School – Confederation Park

3009 10 St NW, Calgary, AB

**Rainout Location: TBD**

**Course Descriptions:** The courses are on good grass with some lightly rolling hills. Trails will be marked and there will be marshals on the course. Course maps will be available on race day.

There will not be a walk through of the course.

**Registration:** Using adhesive labels / name tags **(File Folder Labels are mandatory**), please make your registration tags for your athletes. Have the athletes wear them to the start line. Below is an example: Please complete **male** name tags in blue and **female** tags in red.

See attached file

Cody Kelly – WCS

Grade 5 Boys

**Awards:**

LS and EFA races will award ribbons only.

**League Finale**: Medals will be presented to the top three finishers from each division listed below. Ribbons will be handed out for positions 4-10. **No Participation ribbons will be handed out.**

**Team Awards:** Team Banners will be distributed for the following categories: Elementary grades 3-6, Junior High grades 7-9. Boys and girls aggregates will be tallied for both Elementary and Junior High divisions.

**Scoring:** Scoring is as follows:

Scoring will follow ASAA guidelines which read as:

* *All competitors will score points on the following criteria: First place will receive 144 points and each competitor after that will get a fraction of 144 based upon the number of competitors in the event.*

This is to ensure that the first place will receive the same amount of points regardless of how many compete in the division.

**There is no maximum number of athletes per school.**

**Concession:** There will not be a concession.

**Washrooms:** The school will be open for washroom use.

Please dress for the weather. If the race is postponed Athletic Directors will be contacted by 9:00 am the morning of the race.

If you have any questions please feel free to contact Cody Kelly at WCS at 403-669-1021 (cell) or by email at [cody.kelly@westmountcharter.com](mailto:cody.kelly@westmountcharter.com).

**Age Groups:**

|  |
| --- |
| Grade 3 |
| Grade 4 |
| Grade 5 |
| Grade 6 |
| Grade 7 |
| Grade 8 |
| Grade 9 |

**Schedule:**

**The races are following a rolling schedule.**

|  |  |  |
| --- | --- | --- |
| 4:00 pm.  is the start of the rolling schedule. | Girls: 3 | 1000 m |
| Boys: 3 | 1000 m |
| Girls: 4 | 1000 m |
| Boys: 4 | 1000 m |
| Girls: 5 | 1500 m |
| Boys: 5 | 1500 m |
| Girls: 6 | 1500 m |
| Boys: 6 | 1500 m |
| Girls: 7 | 1500 m |
| Boys: 7 | 1500 m |
| Girls: 8/9 | 2000 m |
| Boys: 8/9 | 2000 m |

* Please note that in the event of combined races, the results will be separated out at the conclusion of the event.