

## Southern Alberta Summer Games

# 3/5/10KM RUN

Draft Date: April 25, 2019



**Date:** Friday, July 5 2019

**Time:**

Check In & Chip Pick-up: 8:00 AM – 8:45 AM

Start Time: 10 KM – 9:00 AM

5 KM – 9:05 AM

3 KM – 9:10 AM

**Location:** All routes will start and finish at **Lion's Ball Park** (1035 Hill Avenue, Pincher Creek, AB)

**Age Groups and Events:**

All ages as of December 31st of current year.

Participants may register in either the 3 km, 5 km or 10km, but not more than one.

*All age groups have both male and female categories.*

- 11 & under years
- 12 – 15 years
- 16 – 19 years
- 20 – 29 years
- 30 – 39 years
- 40 – 49 years
- 50 – 59 years
- 60 & over years

**We recommend that participants in the 11 and under category are accompanied by an adult.**

**Regional Representation:**

Open registration – no limit on the number of athletes from each region.

**Format:**

3/5/10 km races will have staggered starts. All runners will wear a race bib containing a chip for timing.

Bib is to be worn on the front torso of each runner.

**Rules and Regulations:**

1. All participants must be present at least 30 minutes prior to the event starting to receive race numbers and instructions.
2. All athletes must carry identification to pick up their race packages.
3. There will be a staggered start for the 3, 5, and 10 km races.
4. Race course marshals will be present to direct runners on appropriate 3, 5, and 10 km race routes.
5. Participants intending to walk during the race are asked to register in either the 3 km or 5 km distances, 10 km runners are expected to complete the route in a reasonable amount of time (under 2 hours).
6. The 3 KM route is a wide, stroller friendly dirt path. Participants with strollers will be asked to start at the back to ensure that runners can pass.

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7. **NO** animals or bicycles are allowed on any of the race routes.
8. Participants will **NOT** be permitted to use headphones on any of the race routes.
9. The top 3 male and female finishers in each age category will receive medals.
10. Participants **MUST** return chips once they have finished racing.

#### **Registration Deadline:**

#### **Registration Deadline as designated by your Regional Director**

All registrations are done through your Regional Director, who will determine the Regional Deadline. The registration fee must also be submitted to your Regional Director. ***Signed consent forms must accompany the waivers.***

#### **No late registrations will be accepted.**

Events will be cancelled if there are one or less individuals or teams registered. Should any event be cancelled due to lack of registrations, the athletes being affected by the cancellation will be given an opportunity to re-register in another suitable category provided that event is scheduled to run