

## Southern Alberta Summer Games



## 3/5/10KM RUN

Draft Date: April 23<sup>rd</sup>, 2024

### Date:

Wednesday, July 3 2024

### Time:

Check In & Chip Pick-up: 60 min prior to start time

Start Time: 5:00pm (*all runs start at the same time*)

### Location:

NEW Coaldale Recreation Centre (official name coming soon)

2600 16 Ave, Coaldale, AB

### Regional Representation:

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

### Format:

All runners will wear a race bib containing a chip for timing. Bib is to be worn on the front torso of each runner. Timing initiates at the cross of the start line and not at the sound of the start bell.

### Events and Age Groups:

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

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

### 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. 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).
3. Participants with strollers will be asked to start at the back.
4. **NO** animals or bicycles are allowed on any of the race routes.

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### **Other Event Details:**

- Racecourse marshals will be present to direct runners and traffic.
- Water table will be provided at the halfway mark.
- All race routes are stroller friendly.
- The top three male and female finishers in each age category will receive medals.

### **Post Event Details:**

- Final results can be view at [racepro.ca/races/sasgames/](http://racepro.ca/races/sasgames/)
- Individual race certificates can be downloaded at [racepro.ca/races/sasgames/](http://racepro.ca/races/sasgames/) > Click Searchable Results posted here > Search you last name > click black certificate button on the right to download and/or print.

### **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. Events will also be cancelled due to lightning.