

Running Room ACAC Cross Country Running Championships Augustana Campus, University of Alberta, Camrose, Alberta

Saturday, October 30th, 2021

sponsored by



Location: Stoney Creek Centre 5320-40 Avenue, Camrose, Alberta
directions & map posted on website

Distances and starting times:

ACAC Women	6 km (2 km loop + 4 km loop)	2:00 pm
ACAC Men	8 km (2 x 4 km loop)	3:00 pm

Categories: ACAC Women (team and individual) ; ACAC Men (team and individual)

Registration: Submit entries using the on-line form found at
https://augustanarunning.ca/acac_championship_2021/
by 6:00 pm, Wednesday, October 27,
on-line entry form link on website page

Accreditation Fee: tba – schools will be invoiced after the race

Coaches meeting: 7:00 – 9:00 pm, Thursday, October 28
Zoom meeting
Zoom link will be sent by email

Course: A 2 km and 4 km loop which follow the cross-country trails in the valley beside the Augustana campus (approximately 1/3 up, 1/3 down, and 1/3 flat). The course starts and ends in the stadium area below the Stoney Creek Centre. The course crosses one wooden bridge and a paved path in a few places. The course will be well-marked and flagged with orange flags on the left and yellow ones on the right.
course maps posted on website

Awards: At the race site shortly after the second race finishes

- team trophies and banners for the first-place men's and women's teams
- medals for top three men's and women's teams
- medals for top three male and female finishers
- male and female runner of the year awards
- male and female rookie of the year awards

note: Grand Prix placings will be calculated subsequent to the race; standings and awards will be communicated by email to institutions and coaches, and on ACAC social media

- Facilities:**
- Washrooms are available from the main level outside entrance to the Centre
 - Access to washrooms will be controlled to avoid overcrowding.
 - No change facilities on-site
 - Indoor access will be limited
 - Large gazebo offers shelter.

COVID mitigation:

- University of Alberta COVID-19 Protocols for Visiting Teams and Officials have been communicated to every ACAC school. Participating schools must provide a letter indicating that participants adhere to the protocols
- Water, drinks, and refreshments will **not** be provided. Please bring your own drinks and food.
- Please maintain physical distance before and after the race. Masks are encouraged when in close proximity with many people.
- Entry to the timing room will be limited. Hand sanitization and masks will be required for entry.

Website: https://augustanarunning.ca/acac_championship_2021/
(link on main Augustana Running website <https://augustanarunning.ca>)

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