

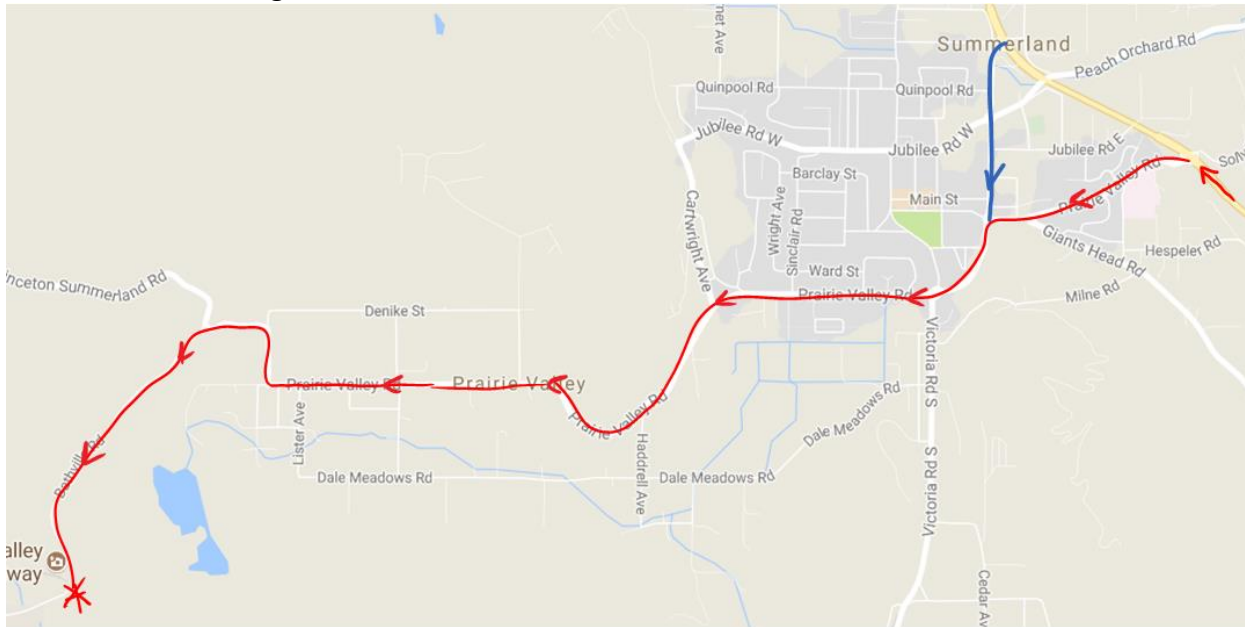
**OVSAA Cross Country Championships**  
**Tuesday Oct 26th, 2021**  
**RACE TIMES: Junior 11:30 / Senior 12:10**

We are very excited to host this event and thrilled to see athletes racing again!

**Location:** Summerland Rodeo Grounds / KVR Trail

**Map: How to get there**

Summerland Rodeo grounds **Trails Area:**



From the South on HWY 97, turn left on Prairie Valley Road, go through a roundabout (left) to Prairie Valley road, go up the hill and continue straight through a second roundabout , turn right on Doherty Ave and then left on Bathville Road towards the Kettle Valley Steam Railway. Park at the Summerland Rodeo grounds.

From the North on HWY97 turn right on Rosedale Ave and follow to the roundabout, go straight through to Prairie Valley road, go up the hill and continue straight through a second roundabout , turn right on Doherty Ave and then left on Bathville Road towards the Kettle Valley Steam Railway. Park at the Summerland Rodeo grounds.

**Who:** This race is open to any and all duly registered O.V.S.A.A. athletes in grades 8-12, though grade 8 athletes should NOT be entered unless they can legitimately compete at this higher level, as they will be competing as Juniors. Junior athletes MUST declare themselves as EITHER Junior or Senior (ie Junior athletes may run up as Seniors, but will not be counted as Juniors in that case.)

**Registration:** We will be using Zone4 timing system. Please stay tuned for an email with a registration link. Registration deadline will be midnight on Saturday, October 23<sup>rd</sup>.

There will also be a **\$12.00 per athlete entry fee payable on site**. This fee is increased from 2019 to due to timing costs and additional costs in response to COVID-19 protocols.

This fee can be paid in cash or with a cheque payable to Summerland Middle School.

**On Arrival:** Please check in at the registration desk to pick up athlete timing chips and coaches information package. Please ensure that the timing chip matches the assigned athlete number. Timing chips will be collected at the race finish line, but please ensure that all athletes return timing chip to race officials.

**Provincials Registration:** Coaches & Athletes who qualify for Provincials will automatically be entered to compete. Please, Please, Please ... let Tom Carlson know if you do NOT intend to compete ... Individual schools will be invoiced directly for the athlete registration fees.

**Qualification:**

- Top 3 teams (minimum 4 runners, max. 7 runners) JR (boys/girls) SR (boys/girls)
- Top 20 individuals in each category JR (boys/girls) SR (boys/girls)

**Time:**

The Junior race will start at 11:30 and the Senior at 12:10.

Awards on site at 1:00pm.

**COVID 19 PROTOCOLS:**

**MASK USAGE:**

- Please wear masks when you enter any indoor spaces (washrooms, registration should it need to be indoor due to rain).
- If we need to gather in bleachers under cover due to rain, please wear a mask.

**SANITIZE:**

- Please advise athletes to use provided hand sanitizer prior to accessing post race nutrition.

**NUTRITION/HYDRATION:**

- Please have athletes arrive with water or their own hydration. We will not be providing cups but will have access to water.
- We will be providing a limited supply of post race nutrition for athletes (cookies, muffins, fruit) but will not have any other food for purchase. Please advise athletes to pack food.

**SPECTATORS:**

- Following IHA protocol we need to keep spectators below 100. Note that this DOES NOT include coaches, officials or volunteers, including those driving athletes to competition. If you do have spectators that attend, we would love to have them volunteer out on the course to cheer on athletes.
- Please encourage any spectators with your team to avoid congregating at high traffic areas (start/finish) but rather spread out and cheer throughout the course.

**Course Description and Map:**

Most of the route is on the Trans Canada trail or similar, with plenty of room to run 2 wide with passing. There are multiple short up and down sections which should make for a fun race! The start is on a wide field with a gradual narrowing over 200 m. It is basically the same course as 2017 for those of you around then ;-)

**Junior Course Description:** 3 loops x 1.35– total distance 4km



**Senior Course Description:** 3 loops x 1.65 km course plus start – total distance 5 km



If you have any questions please feel free to contact Jenny Mitchell at [jmitchell@sd67.bc.ca](mailto:jmitchell@sd67.bc.ca) or call/text 250-486-4307.

Looking forward to a great day of racing!

Jenny Mitchell (& team)  
Summerland Middle School