

**North Central Alberta Schools Athletic Association
North Central Jr. High Athletic Association
Cross Country Running Championships**

Wednesday October 5th, 2022

maskêkosak kiskinomâtowikamik (mas-kay-k-sahk kisk-ino-ma-to-ka-mik) (kitaskinaw Education Authority) & Ever Active Schools are very excited to welcome all participants, coaches and spectators to the 2022 NCASAA Cross Country Championships

Registration link:

<https://docs.google.com/forms/d/e/1FAIpQLScZt07IXcMMZKzSwfvJyMPOGkZF14VTybwdToJFA8-k-pAHRg/viewform>

Meet Director:

Chantell Widney

Email: chantell@everactive.org

Phone: 780-668-0755

Location: [Enoch Cultural Grounds](#) : Please check google maps for directions.
Enoch Cultural Pavilion, 24206 S avenue Northwest, Alberta T7X 3Y3

Site Layout: Map



Schedule

Junior High

12 yr old girls	1500 m	11:15 a.m.
12 yr old boys	1500m	11:15 a.m.
13 yr old girls	2000 m	11:30 a.m.
13 yr old boys	2000 m	11:30 a.m.
14 yr old girls	3000 m	11:50 a.m.
14 yr old boys	3000 m	11:50 a.m.

Sr. High Races

Age/Category

Junior girls U16	4000 m	1:00 p.m.
Junior boys U16	4000 m	1:20 p.m.
Int. girls U17	5000 m	1:40p.m.
Int. Boys U17	5000 m	2:05p.m.
Sr. Girls U19	5000 m	2:30pm
Sr. Boys U 19	6000 m	2:55p.m.

Fees

\$7 per athlete. Checks payable to "Ever Active Schools"

Officiating Duties for Schools

Timing

Each school assigned to timing must provide one timer

Stop watches will be provided by maskêkosak kiskinomâtowikamik

Finish Judges

Each school assigned must provide at least one finish judge

Finish judges determine runners finishing places and direct them to the Results Recording table

Results Recorder

Each school assigned must provide at least one results recorder

Results recorders take the name tags from the respective runners and place them on the results board

Marshaling

Each school assigned must provide at least two marshalls (preferably three)

The marshalls will be posted at various points along the race courses to ensure runners are aware of the course and provide direction

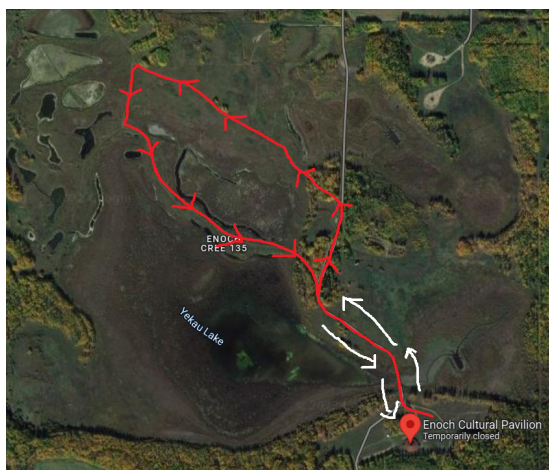
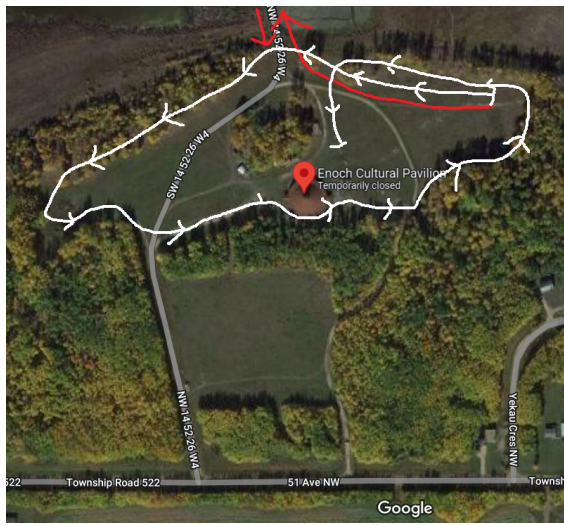
Pick up Course Markers

At the end of the final race, all course markers must be picked up and each school responsible for this should assign people for this task before the races

All officials should report at least 15 minutes prior to race start time.

Race Starter: Enoch

Course Maps



12 yr old girls/boys 1500m: 1km + out + back

13 yr old girls/boys 2000m: 2x1km

14 yr old girls/boys 3000m: 1x3km

Junior girls/boys 4000m: 1km + 3km

Int. girls U17 5000 m: 1km + 3km + 1km

Sr. Girls 5000 m: 1km + 3km + 1km

Int. Boys 5000 m: 1km + 3km + 1km

Sr. Boys 6000 m: 2x3km