

School Sport Alberta North Central Junior and Senior High Cross Country Running Zone Championships

**Oct. 1st, 2025 Hosted by Roland Michener
Boreal Centre For Bird Conservation
(742048 AB-88, Slave Lake, AB T0G 2A0)**

Roland Michener Secondary School and High Prairie School Division are very excited to welcome all participants, coaches, and spectators to the 2025 SSA Cross Country Zone Championships hosted at the Boreal Centre for Bird Conservation.

Registration links: Athlete Deadline September 25th 8pm MST

For Jr. High (Google Sheets): [Jr. High Registration Link](#)

For Sr. High (MileSplit): [MileSplit link to registration](#)
[MileSplit Registration information/Steps](#)
[MileSplit Customer Service Link](#)

School Coaches Registration/Emergency Contact List: [Coach Registration Link](#)

(Pre Race day) Meet Director:

Deanna Sloan

Email: dsloan@hpsd.ca

Work: 780-849-3064

Cell: 780-805-4924

Race Day Contacts and Directors:

Camille Gatto

Email: cgatto@hpsd.ca

Work: 780-849-3500

Cell: 780-849-0474

Brandon Rubisch

Email: brubisch@hpsd.ca

Work: 780-849-3500

Cell: 780-843-6869

Location:

[Boreal Centre for Bird Conservation](#)

Slave Lake, Alberta



Site Layout map :



Race Itinerary:

Jr. High Registration – 9:30 to 11:00 am

Jr. High Walk-through – 9:45 am

Jr. High Races:

Age/Category	Distance	Start Time	Course Combo
12 yr. Girls	2000 m	10:30 am	2 km loop
12 yr. Boys	2000 m	10:45 am	2 km loop
13 yr. Girls	2000 m	11:00 am	2 km loop
13 yr. Boys	2000 m	11:15 am	2 km loop
14 yr. Girls & Older (Gr.9's)	3000 m	11:30 am	3 km loop
14 yr. Boys & Older (Gr.9's)	3000 m	11:30 am	3 km loop

Individual Awards – Presented to top 3 at conclusion of each race. Small Medal Ceremony at the end of each race.

Jr. High Zone Banners – Presented at conclusion of results tabulation.

Sr. High Registration – 10:30 am to 1:30 pm

Sr. High Walk-through – 12:00 pm

Sr. High Races:

(Races are Subject to start early and be combined (same distances) to get busses home earlier)

Next Sr. Race will start 10min from completion of previous

Category/Age	Distance	Start Time	Course Combo
Junior Girls/U16	4000 m	1:00 pm	2km loop x2
Junior Boys/U16	4000 m	1:30 pm	2km loop x2
Int. Girls/U17	5000 m	2:00 pm	3 km loop + 2 km loop
Sr. Girls/U19	5000 m	2:40 pm	3 km loop + 2 km loop
Int. Boys/U17	5000 m	3:20 pm	3 km loop + 2 km loop
Sr. Boys/U19	6000 m	4:00 pm	3 km loop x2

Individual Awards – Presented to top 3 at the conclusion of each race. Small Medal Ceremony at the end of each race.

Sr. High Zone Banners – Presented at conclusion of results tabulation.

Fees:

\$15 per athlete. Cheques payable to Roland Michener Secondary School. If you can't pay via cheque please e-transfer to rmsaccounting@hpsd.ca in the notes please ensure you include your school name and # of athletes.

Food:

There will be a small canteen set up for food (hot dogs, gatorade, water), athletes will need **cash** to purchase items.

High School Provincials: Bragg Creek, AB
October 18, 2025

It is preferable that Athletes declare for provincials on Race Day Oct. 1st, 2025.

Please talk to your athletes prior to the event as to their intention to go to Provincials.

Provincial Cross Country is a fantastic event and each year the North Central Zone struggles to fill all of our spots for this event. All coaches and athletes well know how hard it is to qualify for a provincial event and many never get to experience it their entire high school career. If you have an athlete who does qualify I urge you to encourage them to take full advantage of attending as there is no guarantee that they will qualify for another provincial event in their other sports.

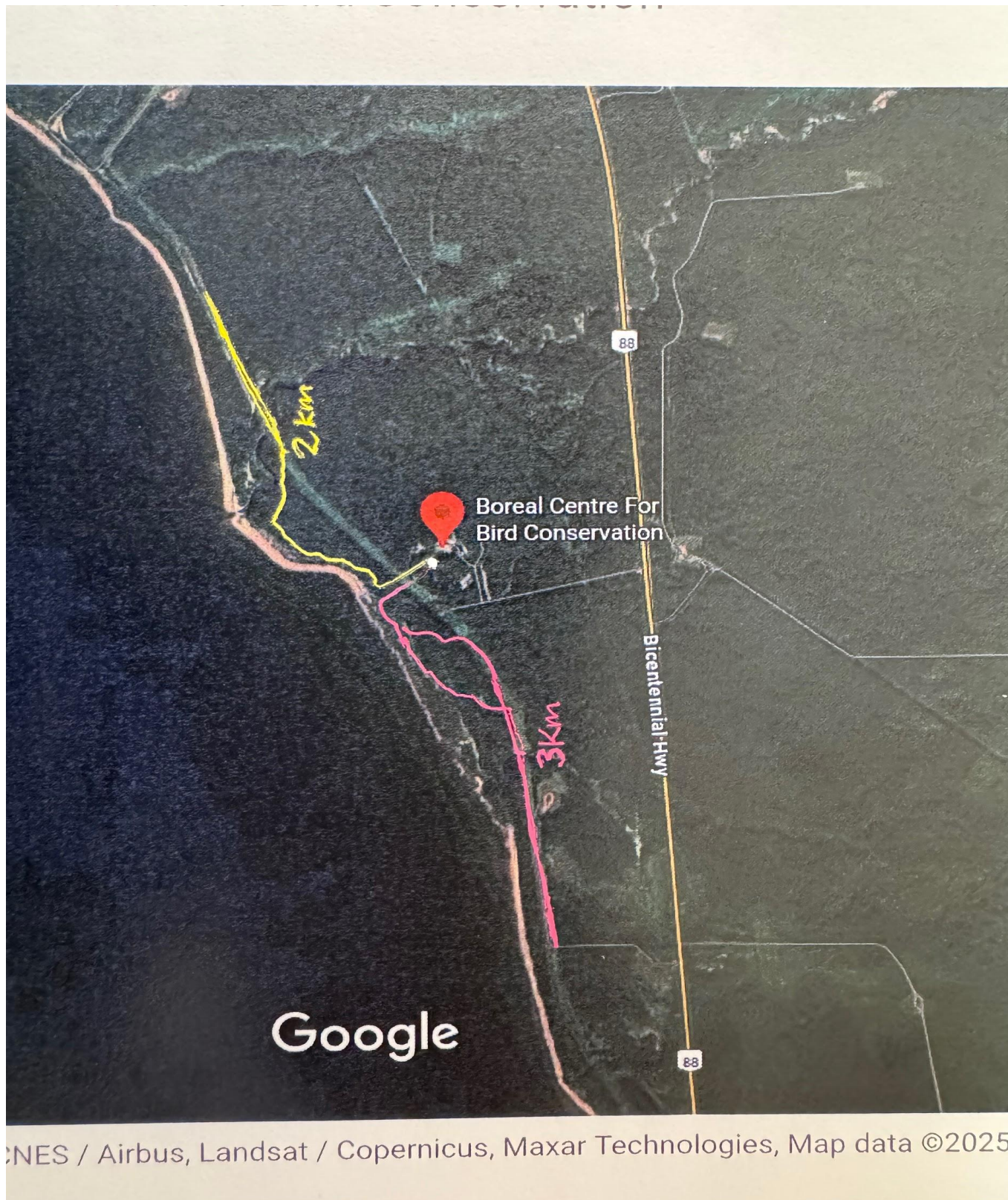
The Top 18 Athletes in each event may be entered for Provincials. We will be asking the top 25 finishers in each High School Race to indicate their interest in attending Provincials so we can fill vacant spots as easily as possible. All coaches need to send a list of who will be attending Provincials from their Team to: dsloan@hpsd.ca by noon on Fri. Oct.3rd.

Officiating Duties, handed out to the zone:

As of Sept. 19:

Please plan to bring at least 1 dedicated volunteer to the event per school team.

Course map:



Emergency Action Plan:

For emergencies please call 9-1-1

Event Location: Lesser Slave Lake Bird Observatory

Address: 742048 AB-88, Slave Lake, AB T0G 2A0

Slave Lake Healthcare Centre

Address: 309 6 St NE, Slave Lake, AB T0G 2A0

Phone: (780) 805-3500