



#ACXC
TECHNICAL PACKAGE
(U18, U20, OPEN & MASTERS)

Fort Henry, Kingston, ON - Saturday, November 26th, 2016

**** Selection trials for the 2017 National Cross Country Team (JR & SR) ****

BROUGHT TO YOU BY:

Athletics Canada (AC) – www.athletics.ca

Canadian Masters Athletics (CMA) - www.canadianmasters.ca

Host Club: Physi-Kult Kingston - <http://www.physi-kultrunning.com/>

Race Directors: Clive Morgan & Steve Boyd

ACCOMMODATIONS

The Ambassador Hotel will serve as the Official Event Hotel. Race packet pickup will be done at the Event Hotel, and a shuttle service will be provided from the Event Hotel to and from the course. There are also five other hotels listed below at which special rates have been arranged for the Canadian Cross Country Championships. Click on the link below for more information on hotels and rates. If you are calling to book rooms don't forget to quote '**NationalXC**' to get the preferred rate.

http://www.xcnationals.ca/Resources/PDFs/2016_National_XC_Champs_Hotel_Rates.pdf

***Ambassador Hotel & Conference Center** Reservations: 1-800-267-7880

Holiday Inn Waterfront Kingston Reservations: 1-877-660-8550

Four Points by Sheraton Kingston Reservations: 1-866-716-8133

Delta Kingston Waterfront Hotel Reservations: 1-888-236-2427

Holiday Inn Express & Suites Reservations: 1-877-660-8550

Ramada Hotel & Conference Centre Reservations: 1-800-854-9517

SHUTTLES

A shuttle service will be set up from the event hotel only (Ambassador). The shuttle will operate from 1:00 – 4:00 p.m. on Friday, November 25th and from 8:00 a.m. – 6:00 p.m. on race day. It will leave the hotel hourly on the hour, and will leave the race site hourly on the half hour.

RACE PACKET PICKUP

- **Friday, November 25th** - Race Packet pickup at the Ambassador Hotel 3:00 p.m. - 7:00 p.m.
- **Saturday, November 26th** - Race Packet pickup at race site

NO TECHNICAL MEETING

Note: There will be no Technical Meeting. All information pertaining to the Championships are contained in this Technical Package. Any questions may be answered at Packet pickup or can be sent via email to smacdonald@athletics.ca by 5:00 p.m. on Friday, November 25th, 2016. Regional Team declarations should also be sent via email by 5:00 p.m. as well.

Masters - Club teams in the Masters division must be declared by 7:00 p.m. Thursday, November 24th, by email to nationalxcchampionships@gmail.com

COURSE DESCRIPTION

The Championships will be run on a naturally winding, rolling grass surface located on CFB Kingston, adjacent to Fort Henry. The course is extremely spectator friendly with a scenic backdrop looking out over Fort Henry and Kingston to Lake Ontario and Wolfe Island. All races are run by repeating either a 2k or 2.5k loop. Onsite announcers will be providing updates and background information on the athletes and events.

COURSE OPEN FOR INSPECTION

Athletes will be allowed to preview the course on Friday, November 25th from 12:00 - 5:00 p.m. On event day, athletes will be prohibited from warming up or cooling down on the race course. The fields surrounding the course provide plenty of room for warm up and cool down. Please stay out of the CFB Kingston property to the East of the course.

PARKING

There is plenty of parking available at the Fort Henry Discovery Center. If that lot is full, please park in the lots at the Kingston Military Community Sports Complex (KMCS) at the bottom of the hill. Do not park on either side of the road leading to Fort Henry - your vehicle will be towed. This will be enforced by the CFB Kingston Military Police.

DOPING CONTROL

Doping control tests will be conducted at the Canadian Cross Country Championships.

RESULTS

Results will be posted at the race on the results board and on-line at:

<http://athletics.ca/championnat/canadian-cross-country-championships/>

ENTRY PROCESS

All Entries and confirmation are the responsibility of the athlete (including carded athletes). Entry forms must be completed with all required information. Incomplete entry forms will be rejected.

Registration/entry forms can be completed by club and should be done for each athlete:

<https://www.trackie.com/online-registration/event/canadian-cross-country-championships/6283/>

For enquiries on the use of the on-line system (U18, U20, Open and Masters) please contact Andrew Cameron (acameron@athletics.ca – (613) 260-5580 ext. 3320)

All entries must be completed online, paid using a credit card and will be automatically confirmed (pending validation of membership). When registering, please ensure to include citizenship information (all non-Canadian Citizens must be properly identified – including pending and landed immigrants), and keep record of your credit card transaction

****There will be no refunds issued once registration is completed. NO CHEQUES WILL BE ACCEPTED. Entries not accompanied by the correct form of payment will NOT be accepted. ****

Entry Fees and Deadlines

Entry Deadlines:	Entry Fees (U18/U20)	Entry Fees (Open)	Entry Fees (Masters)
By November 21 st *	\$55.00	60.00	\$35.00

** must be entered and paid in the online system by 5:00 p.m. (ET) November 21st, 2016*

Please note that **no registrations will be taken after November 21st, 2016** for athletes. If you are not registered by November 21st, you will not be eligible to participate in the Championships.

Confirmation of Entry

Entries will be posted at: <https://www.trackie.com/online-registration/entry-list/canadian-cross-country-championships/6283/>; any corrections must be made before the entry deadline.

ELIGIBILITY

For the 2016 Canadian Cross-Country Championships (U18, U20 & Open), the following athletes are eligible to compete:

Athlete Citizenship Eligibility

1. Canadian Citizens who are Athletics Canada members;
2. Only Canadian Citizens are eligible to be declared Canadian Champions and receive a medal, award, or financial recognition.
3. All athletes must be a member of Athletics Canada in order to be eligible to compete. Membership must be obtained through one of Athletics Canada's provincial branches.

Non-Canadian Citizens

The following non-Canadian citizens are also eligible to compete:

Note: Non-Canadian citizens are not eligible to be declared Canadian Champions and receive a medal, award, or financial recognition.

1. Canadian Permanent Residents (Landed Immigrants) who are Athletics Canada members and full-time residents of Canada;
2. Athletes who are claiming refugee status, and foreign athletes who are temporary residents of Canada due to business, study or family reasons, providing that they are Athletics Canada members and have been a resident in Canada for at least six months prior to the date of competition.
3. Foreign athletes who are in good standing with their national athletic organization, who have been invited and have had their applications accepted. Acceptance of these entry applications are at the approval discretion of Athletics Canada. Athletes in this category will not be required to obtain Athletics Canada membership.

*Please refer to AC's Competition Rule 86 regarding athlete eligibility at Canadian Championships - <http://athletics.ca/wp-content/uploads/2015/02/files-SECTION-1-001-110-EN.pdf>

Masters

The Canadian Masters Championships are open to all male and female masters (age 30+ on race day). The sub-masters (age 30-34) category will not have a team competition, but athletes are eligible for individual medals. Male and female competitors will run in the same race. All Master athletes, if resident in Canada, must be members of Canadian Masters Athletics (CMA) by taking out a full master's membership of any Athletics Canada provincial affiliate. If resident outside Canada, master athletes must be members of USATF or another World Masters Athletics (WMA) National Affiliate.

CHAMPIONSHIP AWARDS

All Awards will be presented onsite as outlined in the schedule.

INDIVIDUAL CHAMPIONSHIPS

U18, U20 and Open

Championship medals will be awarded to the first three eligible finishers in each division at the Awards ceremony. Only Canadian Citizens can win individual Canadian Championship medals. Top 10 finishers will be acknowledged as part of the Awards Ceremony in these categories

Masters

Top 3 male and female in each 5 year age Master's category will receive CMA medals. Individual age group Master's medals, team awards, and the GAAT Trophy will be presented onsite

CANADIAN TEAM CHAMPIONSHIPS

U18, U20 and Open

A - Team/Club Championships & B - Team/Region-Branch Championships

There will be a Canadian Championship competition for Club and Region-Branch in the U18, U20, and Open categories. Championship medals will be awarded to members of the top 3 teams. Team size for both Team Championships (A & B) will be up to 6 (with top 4 scoring) for all divisions. Team scores will be tabulated based on overall placing in the official results. Ties will be decided in favour of the team whose last scoring member finishes nearer to the first place position.

PLEASE NOTE –Club teams DO NOT need to declare. Region/Branch teams will need to declare in advance. Please send your declarations to Scott MacDonald at smacdonald@athletics.ca by 5:00 p.m. Friday, November 25th, 2016

Masters Club Team (does not include sub-masters) - M70+ and W60+ can declare up to 3 runners (top 2 score). All other age categories can declare up to 4 runners (top 3 score). Team scoring will be based on total time. Females may run on male teams, but not the reverse. Provincial team competition for the "GAAT Trophy" will be based on the top four (4) age-graded provincial results.

Please note that all **competitors on a Club team must be bona fide paid members of the same club**. As far as teams are concerned, Canadian permanent residents, non-Canadian residents (claiming refugee status), foreign athletes and athletes that have been members of Athletics Canada for at least six months prior to the Championships, can be scoring members for their team. However, they still are not eligible to win individual Canadian Championship medals.

SCHEDULE OF EVENTS

START TIME	CATEGORY	DISTANCE	COURSE
9:00 a.m.	U18 Girls	4k	2 x 2 km loop
9:30 am	U18 Boys	6k	3 x 2 km loop
10:10 am	Community Races	2.5k & 5k	1 or 2 x 2.5 km loop
10:15 am	On site U18 Awards ceremony (call up top 10 & team awards)		
10:45 am	Masters	8k	4 x 2 km loop
11:00 am	On site awards for Community Races		
12:00 pm	U20 Women	6k	3 x 2 km loop
12:45 pm	U20 Men	8k	4 x 2 km loop
1:30 pm	On site Master Awards		
1:50 pm	On site U20 Awards ceremony (call up top 10 & team awards)		
2:30 pm	Open Women	10k	4 x 2.5 km loop
3:30 pm	Open Men	10k	4 x 2.5 km loop
4:30 pm	On site Open Awards ceremony (call up top 10 & team awards)		

SITE, COURSE AND START/FINISH AREA MAPS



