



**2006
Alberta Provincial
Cross Country
Championships**
presented by Big Kahuna Sports



The University of Calgary Dinos Cross Country Team is pleased to host:

STEWART MEMORIAL CROSS COUNTRY CUP

With the
**2006 Alberta Juvenile, Senior and Masters
Cross Country Running Championships**
- Saturday, October 28, 2006 -

Masters Alberta Provincial Team Cross Country Trials

To encourage participation in the Provincial Cross-country championships and to have a strong contingent of Alberta masters athletes compete at the Canadian masters championship, Athletics Alberta is please to announce that the top four age-graded performances for masters' men and the top four age graded performances for masters' women at the Provincial Cross-Country Championships shall have their entry fee for the Canadian Masters Cross-Country Championship reimbursed by Athletics Alberta.

In addition, Athletics Alberta will endeavor to provide singlets for all Alberta Masters athletes who compete at the Canadian Masters Cross Country Championships who do not already have a singlet.

LOCATION

- Canmore Park (formerly called North Capitol Hill Park), Calgary. (19 street and Chicoutimi Drive NW, Calgary).
- Registration Tent on site
- Unofficial results will be posted immediately after race; Official results will be posted on web by Saturday evening.

COURSE

- Canmore Park is a rolling course over grass and some dirt trails.

Please Note: There are no change facilities or shelter on site. Portable toilets will be on site. Locker room and shower facilities are available in the Kinesiology building on Campus (approximate 10' drive from course). Towel rental available: \$6.00/\$5.00 refunded when towel returned.

Age Category	Year of Birth	Women	Men	Race Time
Non Championship				
Pee Wee (m/f)	1995 or later	1700m	1700m	11:00 am
Bantam Women	1993 / 1994	2000m		11:10 am
Bantam Men	1993 / 1994		2000m	11:20 am
Midget Men	1991/1992		4000m	12:00pm
Alberta Championships				
Juvenile Women	1989 or later	3000m		11:40 am
Juvenile Men	1989 or later		6000m	12:00 pm
Stewart Cup				
Open Women	1988 and earlier	5000m		12:30 pm
Masters Women	35 years and older	5000m		12:30 pm
Open Men	1988 and earlier		10,000m	1:00 pm
Masters Men	35 years and older		8000m	1:00 pm
Memorial Run	All			1:45 pm

- Shortly following the last race, there will be a Memorial run (approx. 1 mile). All athletes, coaches, volunteers and spectators are encouraged to participate.

ENTRY FEES

Stewart Cup and Alberta Championship: \$10.00 per participant.
Non-Championship Peewee/Bantam: \$5.00 per participant
Cheques payable to: University of Calgary Athletics

ENTRIES:

Due: **Monday, October 23, 2006**
Email: lamont@ucalgary.ca
Fax: (403) 210-9381
Mail: Dino Cross Country
Faculty of Kinesiology, University of Calgary
2500 University Drive NW
Calgary, Alberta, T2N 1N4

AWARDS

Stewart Cup:

- Medals to top 3 Individuals
- Plaque to winning teams

Athletics Alberta Juvenile, Senior and Masters Alberta Championships:

- Provincial Championship Medals will be presented to the top three Individuals and the top three teams (top 4 runners for team).
- Non Championship - Ribbons to top 10

Big Kahuna Performances of the Provincials

- Big Kahuna Sports Company is proud to support Athletics Alberta and all their outstanding athletes. In 2006, Big Kahuna is proud to acknowledge the best performances of the Provincial Championships. Each identified athlete will receive a "Outstanding Athlete of the Meet" Kit - courtesy of Big Kahuna and Adidas Canada.

- Please see registration form on next page -



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ENTRY FORM • Fax: (403) 210-9381

Name of TEAM, CLUB or SCHOOL _____

Last Name	First Name	Year of Birth	Male/Female
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

_____ Athletes @ \$10.00 = _____

_____ Non-Championship Athletes @ \$5.00 = _____

Total = _____

Alberta Championship Teams:

- All Categories consist of 4 scorers except Senior men, which is 5 scorers.
- If clubs are entering more than 1 team, teams must be designated 1 hour prior to the start of the race.
- Stewart Cup Teams consist of 5 scorers

Entries due: Monday October 23, 2006