

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

**STEWART MEMORIAL CROSS COUNTRY CUP**

And

**2006 Alberta Juvenile, Senior and Masters**

**Cross Country Running Championships**

**Saturday, October 28, 2006**

<b>Age Category</b>	<b>Year of Birth</b>	<b>Distance</b>	<b>Loops</b>	<b>Race Time</b>
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<b>Non Championship</b>				
<b>Pee Wee Girls</b>	<b>1995 or later</b>	<b>1700m</b>	<b>1 x 1700m loop</b>	<b>11:00 am</b>
<b>Pee Wee Boys</b>	<b>1995 or later</b>	<b>1700m</b>	<b>1 x 1700m loop</b>	<b>11:00 am</b>
<b>Bantam Women</b>	<b>1993 or later</b>	<b>2000m</b>	<b>1 x 2K loop</b>	<b>11:10 am</b>
<b>Bantam Men</b>	<b>1993 or later</b>	<b>2000m</b>	<b>1 x 2K loop</b>	<b>11:20 am</b>
<b>Midget Men</b> Start with Juvenile Men	<b>1991 or later</b>	<b>4000m</b>	<b>2 x 2K loop</b>	<b>12:00 pm</b>

<b>Alberta Championships</b>				
<b>Juvenile Women</b>	<b>1989 or later</b>	<b>3000m</b>	<b>1K + 2K</b>	<b>11:40 am</b>
<b>Juvenile Men</b>	<b>1989 or later</b>	<b>6000m</b>	<b>3x 2K loop</b>	<b>12:00 pm</b>
Juvenile	Awards	Presentation		12:35 pm

<b>Stewart Cup &amp; Alberta Championship</b>				
<b>Senior Women</b>	<b>Open</b>	<b>5000m</b>	<b>1K + 2K + 2K</b>	<b>12:30 pm</b>
<b>Masters Women</b>	<b>35 yrs +</b>	<b>5000m</b>	<b>1K + 2K + 2K</b>	<b>12:30 pm</b>
<b>Senior Men</b>	<b>Open</b>	<b>10,000m</b>	<b>5 x 2K loop</b>	<b>1:00 pm</b>
<b>Masters Men</b>	<b>35yrs +</b>	<b>8000m</b>	<b>4 x 2K loop</b>	<b>1:00pm</b>

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

<b>Memorial Run</b>	<b>All</b>	<b>1 mile</b>		<b>1:45 pm</b>
Open and Masters	Awards	Presentation		2:00pm

**COURSE:**

Canmore Park is a rolling course over grass and some gravel trails and several crossing of paved paths.

Blue Flags on the Right      Yellow flags on the Left  
Pink flags will mark possible hazards.

Numbers are worn on the front. Do not remove the tear off section.

**TEAMS:**

Stewart Cup, Men and Women:	5 scorers and 2 displacers
Provincial Championships	
Senior Men:	5 scorers and 2 displacers
Masters and Juvenile Men:	4 scorers and 2 displacers
Senior, Masters and Juvenile Women:	4 scorers and 2 displacers

**AWARDS:**

Competitors must be members of Athletics Alberta to receive Alberta Championship Medals.

**Individuals:**

Ribbons 1<sup>st</sup> to 10<sup>th</sup> will be given immediately at the end of the race.

Provincial Championships: Medals to top 3  
    Juvenile  
    Senior  
    Masters

    Masters results will be age graded by 1 year age graded tables

Stewart Cup: Medals to top 3

**Teams:**

Provincial Championships: Medals to scoring members of top 3 teams

    Teams may purchase medals for the 2 non-scoring team members. Cost  
\$5.00 per medal

Stewart Cup: Plaque to winning teams

Provincial Championship Individual and team awards will be presented at the Results Tent at the scheduled time.

**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.