



TECHNICAL PACKAGE / HOST INFORMATION



2025 CROSS COUNTRY PROVINCIAL CHAMPIONSHIPS

OCTOBER 18, 2025

BRAGG CREEK, AB

SET
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1. TECHNICAL PACKAGE

A. PROVINCIAL CHAMPIONSHIP OVERVIEW: CROSS COUNTRY

DATE	Saturday, October 18, 2025
VENUE	West Bragg Creek PRA, Bragg Creek, AB
CO-RACE DIRECTOR	Travis Cummings / travis.cummings@cssd.ab.ca / 403-863-0085
CO-RACE DIRECTOR	Jason Lindsay / jlindsay@calgaryacademy.com / 403-680-2232
CISAA EXECUTIVE DIRECTOR	Nick Waterbury / nwaterbury@calgaryacademy.com / 403-990-6556
CSHSAA EXECUTIVE DIRECTOR	Leah Conforti / leah.conforti@cssd.ab.ca / 403-312-7753
SSA HOST Lead School	Calgary Senior High School Athletic Association (CSHSAA) Calgary Independent Schools' Athletic Association (CISAA) St. Timothy's Jr/Sr High School - 501 Sunset Dr, Cochrane, AB

COURSE DESCRIPTION AND COURSE MAP(S):

A main 2km loop with a 1km “extension” off the main loop will be used. The course is in a Provincial Recreation Area in the deep Foothills close to the Front Ranges of the Eastern Slopes of the Rockies. Trails are on multi-use XC and Equestrian trails, no single track. Expect a hilly course with a variety of fire road, grass, and dirt covered terrain. The course winds through Aspen parkland and Coniferous forest. START LINE WILL BE SPLIT, with 5 zones on one line and 3 zones in their respective boxes close by, the distance is the same, however, we could not pack 8 zones on one main line. The separate start lines will converge 130m into the race prior to hitting the Nordic Ski Trails. Zones will be rotated through each starting box in an equitable fashion to ensure unfair advantages do not occur between races.

Trails Used - Mountain Rd, West Crystal Line (West), Crystal link #2 (possible Crystal Link #3 depending on footing), West Crystal Line (East), Sundog, Bunny Loop and Crystal Line East.

[2KM MAIN LOOP](#)

[1KM EXTENSION](#)

TEAM TENTS

See 1km Extension Map - team tents to be set up where the tent icons are West of the Bragg Creek Trails Equipment Depot in the clearing, also south side of Mountain Rd, between the gravel and the fencing. Some tents may need to be set up behind the Start Line if we run out of space.

Tents **MUST** be staked and/or weighted.

NOTE: Team Tents cannot be set up until Saturday

[TEAM TENTS & COMMON AREA](#)

SPORT SPECIFIC RULES

- The meet shall be run in accordance with the cross country rules as published by World Athletics
- Athletes will not be permitted to wear and/or use any form of audio devices while competing.
- Athletes may not receive any physical aid from anyone not participating in the event.
- Spectators must always remain behind the barrier / ropes around the course
 - If there is a necessity to cross it must be done at one of the manned gates
- West Bragg Creek PRA is OPEN to the public during the SSA Cross Country Provincials weekend.
- Please be mindful of this. It is heavily used for hiking, mountain biking and equestrian activities

B. COACHES MEETING

- The **mandatory** coaches meeting will take place via Zoom at 7:00pm on Tuesday, October 14th.
- Minimum 1 representative per zone - meeting information will be sent closer to the date.

C. SCHEDULE / OPENING CEREMONIES / RACE CHUTE ASSIGNMENTS

Friday, October 17

4:00pm - 7:00pm	Walk through @ West Bragg Creek Provincial Recreation Area (PRA) Site Registration / Bib Pick Up + Apparel Sales @ Bragg Creek Community Centre
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Saturday, October 18

9:00am - 3:30pm	Registration / Bib Pick Up + Apparel Sales @ Bragg Creek Community Centre NO REGISTRATION / APPAREL AT THE COURSE SITE AVAILABLE
9:30 am - 10:15am	Walk through @ West Bragg Creek PRA Site
10:30am - 10:45am	Opening Ceremonies / Course Closed
11:00am	Junior Girls - 4km (1 x 1km, 1 x 2km + 1km extension)
11:30am	Para Race - 2km (2 x 1km Loop)
12:00pm	Junior Boys - 4km (1 x 1km, 1 x 2km + 1km extension)
12:30pm	Intermediate Girls - 5km (1km, 1km, 2km + 1km extension)
1:15pm	Intermediate Boys - 5km - (1km, 1km, 2km + 1km extension)
2:00pm	Senior Girls - 5km (1km, 1km, 2km + 1km extension)
2:45pm	Senior Boys - 6km (1km + 2km, 1km + 2km, cut at end of 2k loop to finish)
3:30pm	Team Awards

RACE CHUTE ASSIGNMENTS

Chute	1	2	3	4	5	6	7	8
Junior Girls - 4km	NW	CEN	NC	NE	SC	EDM	S	CGY
Junior Boys - 4km	CGY	NW	CEN	NC	NE	SC	EDM	S
Para Race - 2km	S	CGY	NW	CEN	NC	NE	SC	EDM
Intermediate Girls - 5km	EDM	S	CGY	NW	CEN	NC	NE	SC
Intermediate Boys - 5km	SC	EDM	S	CGY	NW	CEN	NC	NE
Senior Girls - 5km	NE	SC	EDM	S	CGY	NW	CEN	NC
Senior Boys - 6km	NC	NE	SC	EDM	S	CGY	NW	CEN

Edmonton (EDM)
North East (NE)

Calgary (CGY)
North West (NW)

Central (CEN)
South (S)

North Central (NC)
South Central (SC)

D. ZONE REPRESENTATION / ELIGIBILITY

- There shall be three race classifications for both boys and girls:
 - Junior - Under 16 before September 1, 2025
 - Intermediate - Under 17 before September 1, 2025
 - Senior - Under 19 before September 1, 2025

NOTE: Students with a birthday on September 1 of that school year must compete in the higher category.

- A zone may enter a team of up to 18 members for each of the six events - not including Para racers
- All athlete substitutions must be submitted to the provincial host by 4:00 pm on the Wednesday prior to provincials. **No additions or changes may be made after this date.**
- All registrations must be submitted by the Zone Manager (or their designate) only.**

E. EVENTS

- The race distance shall be as follows:
 - Junior Boys 4000 metres
 - Intermediate Boys 5000 metres
 - Senior Boys 6000 metres
 - Junior Girls 4000 metres
 - Intermediate Girls 5000 metres
 - Senior Girls 5000 metres
 - Para Ambulatory Open* 2000 metres

* All genders (trial distance)

F. SCORING / TIE BREAKING

- All competitors will score points on the following criteria: First place will receive 144 points and each competitor after that will get a fraction of 144 based upon the number of competitors in the event.
 - A separate scoring system will be developed by the SSA Commissioner and approved by the SSA Executive Director, to take into account the number of competitors in the para category.
- School team champions will be determined in each classification
- The championship trophies and banners will be awarded to the top school in each classification accumulating the highest number of points regardless of the number of competitors entered
- In case of a tie for school placing, the championship banner will be awarded to both schools

G. REGISTRATION & EVENT ENTRIES

Entry and Eligibility Forms

- All athlete registrations will be submitted by the Zone Managers ONLY
- Zone Managers will be contacted in regard to the registration procedures
- Each Zone is allowed to send 18 runners for each category (Jr. Girls, Jr. Boys, Int Girls, etc.) and all entries must be submitted before **Wednesday, October 15th at 4:00 pm.**
(NOTE: Schools DO NOT submit their own athletes to the host)
- Para Athletes: Please have the Zone Manager register the athletes on the para sheet of the Zone Registration form
- Schools are encouraged to check the MileSplit page (ab.milesplit.com) to ensure all your students are registered correctly

Accuracy of Registration

- It is each Zone/School's responsibility to ensure their athletes are properly registered on the SRS
- Zone Coaches / Zone Managers / School Coaches (AD's) are urged to double check their registration sheets for the race categories to ensure the athletes' information is accurate (spelling of the name, race category, and school classification: 1A, 2A, 3A, 4A, 5A. Entries should be available by the morning of Thursday, October 16th prior to the meet.

Add / Scratch

- There will be no changes to the Zone registrations after **Wednesday, October 15th at 4:00 pm.**
- Any athlete who scratches after Wednesday, October 15th at 4:00pm will not be replaced and the athletes/school/zone is still responsible for the entry fee of the scratched athlete

Zone Fees

- Zones will be required to enter the number of athletes attending on the registration spreadsheet online. The entry fee is **\$40.00** per athlete (this will include the SSA Loonie Fee and a food truck lunch voucher)
- Zone coaches who would like to have a voucher for lunch must inform their Zone Manager prior to submitting their Registration form. Cost for a coach's lunch voucher is \$15.00
- **The Calgary Senior High School Athletic Association will invoice Zone Managers following the conclusion of the event.**

Athlete/School Bib Pick-Up:

- Coaches can pick up their school packages on Friday/Saturday at the **BRAGG CREEK COMMUNITY CENTRE**. School packages will be organized by zone and then by school.
- School coaches who do not have all of their athletes with them at the time of package pick up should leave the bibs at the Registration table in case they do not see their athletes personally before they need to be at the race site.

No-Show Fee

- For any athlete who is registered to compete, any for whom the SSA does not receive a formal scratch from the Zone for the athlete by Friday noon, the athlete's school will be charged a \$50 no-show fee in addition to the entry fee.

H. RESULTS & AWARDS

Results

- This race will be "chip timed". Chips are attached to each athlete's bib number. Chips must be worn for the duration of the race. Do not fold or bend the bibs as this will damage the activation strip and the result will not be recorded. Results will be posted as soon as possible after each race near the Timing Tower.
- Individual race results and classification school point totals will be posted throughout the day. Final results can be accessed by going to the Cross Country Host website. Teams are asked to verify results and report any issues to officials.
- Raceday Timing: <https://racedaytimingab.com/>
- Raceday Timing Contact - Bruce Robin: bruce.robin@racedaytimingab.com

Awards

- Immediately after each race the top 3 finishers will be presented with the SSA medals and places 4 through 10 will receive a place ribbon
- Photos will be taken of the top 10 finishers of each race and individual photos of each race winner
- Following the competition, the top 1A, 2A, 3A, 4A and 5A school teams will be presented with a SSA Provincial banner and plaque. Teams placing 2nd and 3rd will receive a small keeper plaque. These presentations will be made as soon as possible after the competition of the final race of the day

I. GRIEVANCES & DISCIPLINE

- A Grievance Committee will be coordinated by the SSA Cross Country Commissioner and SSA Office during the Coaches Meeting
- Three head zone coaches will be asked to volunteer for this committee, with alternatives chosen in the event of a conflict of interest. The Commissioner will chair this committee and will not vote
- It is rare that grievances are lodged at SSA Cross Country Provincials and typically they surround athlete disqualifications, or athletes taking the incorrect path
- If an athlete fails to show up on time for their event, they will not be permitted in a different age category

J. COMPETITION UNIFORM

- Athletes will wear clothing that indicates the school they represent. They are not permitted to wear club uniforms.

K. EQUIPMENT

- Due to the variable terrain of the trails at the West Bragg Creek PRA which includes dirt, grass, wood bridges, and loose rocks of various sizes, spikes are not recommended.
- Athletes will not be permitted to wear and/or use any form of audio devices while competing.

2. HOST INFORMATION

A. VENUE INFORMATION

VENUE	West Bragg Creek PRA, Bragg Creek, AB
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- West Bragg Creek PRA is OPEN to the public during the SSA Cross Country Provincials Weekend. Please be mindful of this. It is heavily used for hiking, mountain biking and equestrian activities
- Portable toilets will be available onsite
- There is no running water available onsite so please bring your own drinking water
- There is **NO WIFI AVAILABLE AND VERY LIMITED CELL SERVICE** within the Bragg Creek PRA, so please plan accordingly.

B. ACCOMMODATIONS

SSA Partner Hotels

Option #1	Sandman Calgary West Distance to CC: 37.0 km Drive Time to CC: 27 min Distance to PRA: 46.0 km Drive Time to PRA: 35 min	125 Bowridge Dr NW Calgary, AB CALL: 403-288-6033 2 Beds / \$119.00 Block ID: 591829
Option #2	Sandman Calgary South Distance to CC: 45.6 km Drive Time to CC: 40 min Distance to PRA: 54.6 km Drive Time to PRA: 49 min	8001 11 St SE Calgary, AB CALL: 403-252-7263 2 Beds / \$119.00
Option #3	Deerfoot Inn and Casino DFIC Details Distance to CC: 52.1 km Drive Time to CC: 35 min Distance to PRA: 61.2 km Drive Time to PRA: 52 min	1000 - 11500 35 St SE Calgary, AB CALL: 403-236-7529
Option #4	Service Plus Inn SPI Details Distance to CC: 52.4 km Drive Time: 37 min Distance to PRA: 58.9 km Drive time to PRA: 52 min	3503 114 Ave SE Calgary, AB CALL: 403-256-5352
Other Options	Ramada Cochrane Super 8 Cochrane Days Inn Cochrane	

NOTE: CC - Bragg Creek Community Centre

PRA - West Bragg Creek Provincial Recreational Area

C. FOOD & BEVERAGE

- **YYC Food Trucks** will be available for lunch starting at 11am. The trucks will be:
 - Family Cheesed
 - Alberta Burgers
 - Family Dogs
 - Perogies
 - Poutine (from Canadian Bear Balls)

ATHLETES AND COACHES:

- Competitors will use their race bib numbers as food vouchers to collect their lunch. Lunch is included in their registration fee.
- Coaches wishing to pre-purchase lunch vouchers (\$15) must notify their Zone Manager. Coaches must be identified **by name** on the Registration form so that Food Truck vouchers can be given to them at the Registration Tables upon check in with their school team
- The menu will be limited, and pre-orders are \$15 for coaches.

SPECTATORS AND EXTRA COACHES (not pre-ordered)

- Food trucks will be available onsite with food for purchase for competitors and spectators
- Extra lunches will be made available on a limited basis for spectators and any extra coaches who have not pre-ordered.

D. PARKING / TRANSPORTATION

PARKING INSTRUCTIONS

- A parking pass is required for personal vehicles to park in the PRA. If parking at the Community Centre, a parking pass will NOT be required.
- The CISAA (Calgary Independent School Athletics Association) will be running shuttle buses from the overflow lot and Bragg Creek Community Centre back and forth between Bragg Creek Hamlet and West Bragg Creek PRA. We have two buses running on demand.
- **IF PARKING IN THE PRA, PLEASE PURCHASE A [KANANASKIS PASS](#) FOR THE DAY (\$15.75 per day)**
- NO PARKING in the Equestrian Lot
- Buses and Team Vans - Schools and SSA Zones dropping off and picking up athletes will use the Loop indicated on the maps below (avoid the Equestrian Lot). These vehicles will loop around the main parking lots, pick up and drop off athletes at the west end of the parking lot by the start of Mountain Road. BUS and TEAM VANS (plus overflow) WILL BE INSTRUCTED TO PARK FOR THE DAY at the Bragg Creek Community Centre. There will be signage and parking attendant volunteers on the day of the race.

[Bragg Creek Community Center](#) - 23 White Ave, Bragg Creek, T0L 0C5

- Buses and Team Vans can come pick their athletes and equipment up at West Bragg Creek PRA upon conclusion of the SSA Cross Country Championships at the end of the day (after Senior Boys finish)

DIRECTIONS TO WEST BRAGG CREEK

- From TransCanada Highway or Highway 8:
 1. Take exit 161A for AB-22 S toward Bragg Creek / Redwood Meadows
 2. Merge onto Hwy 22 / AB-22 - head south
 3. If coming from Highway 8, take the traffic circle to Highway 22, go south on 22
 4. Slight right onto Balsam Ave at West Bragg Creek
 5. Turn left onto W Bragg Creek Rd / Centre Ave / Township Rd 232 to West Bragg Creek parking lot
- From Highway 22, driving north, south of Bragg Creek:
 1. Traveling north of Highway 22, you will hit the traffic lights in Bragg Creek
 2. Turn right, go northbound 22
 3. Immediate left onto Balsam Avenue
 4. At Highway 22 / Highway 1A intersection, go straight through the intersection
 5. Turn left onto W Bragg Creek Rd / Centre Ave / Township Rd 232 to West Bragg Creek parking lot

PARKING MAPS / GOOGLE MAP LINKS

- [West Bragg Creek Provincial Recreation Area \(PRA\)](#)
- [Bragg Creek Community Centre - Registration and Bus/Overflow Parking](#)
- [Google Maps Link - Bragg Creek Community Centre to West Bragg Creek](#)

E. TICKETING

There will be no tickets required for entry for this SSA Provincial Championship.

F. LIVE STREAMING

There will be no live stream available for this SSA Provincial Championship.

G. MERCHANDISE

Championship merchandise will be available at the Bragg Creek Community Centre at the following times:

- Friday, October 17: 4:00pm - 7:00pm
- Saturday, October 18: 9:00am - 3:30pm

Following the conclusion of the Provincial Championship, merchandise can be bought at the online store. The link will be posted on the host website.

H. SPORTSMANSHIP

SPORTSMANSHIP PINS - NOMINATION BY QR CODE SIGNAGE

- These pins should be given to individuals who exhibit outstanding displays of integrity, fair play and good sportsmanship. They may be given to athletes, coaches, parents and spectators. These individuals should be recognized for bringing positive presence to the Championship and demonstrating consistent exemplary sportsmanlike behavior. Recipients of a sportsmanship pin should show exemplary behavior.

- Name, School, Jersey # (if applicable), and description of why they received the award.
- Athlete/Coaches:
- Conduct themselves in a positive nature/manner during, before and after the race
- Be courteous, polite and friendly at all times
- Show good sportsmanship during the race
- Show concern, respect or empathy for an opponent-display an outstanding act of sportsmanship, ethics or integrity

SPECTATOR / PARENTS:

- Consistently give positive feedback to players/others
 - Welcome opponents
 - Positive comments before, during and after the race
 - Be helpful to others (ie. willingly offer information about the race, scheduling, venue locations, etc. to onlookers)
- The sportsmanship committee or appropriate representative should personally award players their sportsmanship pins, at an appropriate time. When presenting pins to the athletes,, identify their name, school, behavior and compliment them on their outstanding and consistent good sportsmanship. If possible, present the pin using the PA system and in front of spectators. This presentation should be at an appropriate break in the action, after the race. Please remember that during the race it is not appropriate because players and coaches are focused on their performance and therefore the pins should be presented in between.

I. PHOTOGRAPHY / SOCIAL MEDIA

- We know that every picture tells a story. The moments we capture here—the hard work, the passion, the victories, and the sportsmanship—are what make these events so special. Our goal is to highlight these incredible memories and share them with the wider community. We encourage all of you, from athletes and coaches to parents and fans, to take photos and videos throughout the event.
- To make sure we can find and celebrate all of your amazing content, please tag us @schoolsportalberta and use our official hashtags: **#SchoolSportAlberta** or **#ssaprovs**. By using these hashtags, you help us showcase the best of School Sport Alberta and create a collective memory of this day
- Finally, please remember to be respectful and mindful of others' privacy when you are posting. Let's make this a positive and supportive experience for everyone, both in person and online

J. MEDICAL / EMERGENCY ACTION PLAN (EAP)

VENUE	West Bragg Creek PRA, Bragg Creek, AB
RACE DIRECTOR	Travis Cummings / 403-863-0085
EMERGENCY SERVICES POINT PERSON	David Andrews / 403-875-5375
KANANASKIS EMERGENCY SERVICES	403-591-7755
REDWOOD MEADOWS EMERGENCY SERVICES - PRIMARY SERVICE	403-949-2012

- Redwood Emergency Services will be onsite with OHVs in case an athlete needs to be transported off the course while not under their own power
- Bragg Creek Trails is notified and will have equipment access onsite if required
- Race Organizers will have access to Bragg Creek Trails private Starlink network if required
- Satellite Phone and Walkie Talkies available onsite for lead organizers in case of emergencies
- Course Marshals will have Walkie Talkies where required plus sewerage course marshals will have Mountain Bikes if needed
- Course Marshals on the west end of the course will be required to have Bear Spray

INCLEMENT WEATHER

- Personal vehicles can be used for shelter plus Bragg Creek Trails warming hut
- Schools will have team tents onsite
- The Bragg Creek Community Centre is booked for Saturday (large gymnasium space) if athletes need to seek shelter post-race, schedules can be altered if necessary for shuttles in very bad weather
- Our weather thresholds for the event are as follows
 - Thunderstorm: 30 - 30 rule: If thunder is heard less than 30 seconds after a lightning strike, take shelter. Wait 30 minutes from the least hearing of thunder before leaving shelter.
 - Temperature: -25* without wind chill
 - Air quality: An air quality of 8 or higher will suspend the meet until air quality conditions improve.