



TECHNICAL PACKAGE / HOST INFORMATION



2025 CROSS COUNTRY PROVINCIAL CHAMPIONSHIPS

APRIL 25, 2026

CAMROSE, AB



## TABLE OF CONTENTS

<b>TABLE OF CONTENTS</b>	<b>2</b>
<b>1. LETTERS OF WELCOME</b>	<b>3</b>
<b>A. GREETINGS FROM BATTLE RIVER SCHOOL DIVISION</b>	<b>3</b>
<b>B. GREETINGS FROM THE CITY OF CAMROSE</b>	<b>4</b>
<b>2. TECHNICAL PACKAGE</b>	<b>5</b>
<b>A. PROVINCIAL CHAMPIONSHIP OVERVIEW: CROSS COUNTRY</b>	<b>5</b>
<b>B. COACHES MEETING</b>	<b>6</b>
<b>C. SCHEDULE / OPENING CEREMONIES / RACE CHUTE ASSIGNMENTS</b>	<b>6</b>
<b>D. ZONE REPRESENTATION / ELIGIBILITY</b>	<b>7</b>
<b>E. EVENTS</b>	<b>8</b>
<b>F. SCORING / TIE BREAKING</b>	<b>8</b>
<b>G. REGISTRATION &amp; EVENT ENTRIES</b>	<b>8</b>
<b>H. RESULTS &amp; AWARDS</b>	<b>9</b>
<b>I. GRIEVANCES &amp; DISCIPLINE</b>	<b>10</b>
<b>J. COMPETITION UNIFORM</b>	<b>10</b>
<b>K. EQUIPMENT</b>	<b>10</b>
<b>3. HOST INFORMATION</b>	<b>11</b>
<b>A. VENUE INFORMATION</b>	<b>11</b>
<b>B. ACCOMMODATIONS</b>	<b>11</b>
<b>C. FOOD &amp; BEVERAGE</b>	<b>12</b>
<b>D. PARKING / TRANSPORTATION</b>	<b>13</b>
<b>E. TICKETING</b>	<b>14</b>
<b>F. LIVE STREAMING</b>	<b>14</b>
<b>G. MERCHANDISE</b>	<b>14</b>
<b>H. SPORTSMANSHIP</b>	<b>14</b>
SPORTSMANSHIP PINS - NOMINATION BY QR CODE SIGNAGE	<b>14</b>
SPECTATOR / PARENTS:	<b>14</b>
<b>I. PHOTOGRAPHY / SOCIAL MEDIA</b>	<b>15</b>
<b>J. MEDICAL / EMERGENCY ACTION PLAN (EAP)</b>	<b>15</b>

# 1. LETTERS OF WELCOME

## A. GREETINGS FROM BATTLE RIVER SCHOOL DIVISION

April 1, 2026

Dear Athletes, Coaches, Officials, and Supporters,

On behalf of Battle River School Division, it is my great pleasure to welcome you to the 2025/26 School Sports Alberta Provincial Cross Country Championships on April 25, co-hosted by École Camrose Composite High School and New Norway School.

We are honoured to welcome schools and student-athletes from across Alberta to our division and community for this outstanding provincial event. Cross country running is a sport that reflects determination, perseverance, and personal excellence. Each of you has demonstrated tremendous dedication and commitment to reach this championship, and we commend you for your achievement.

This event is not only a celebration of athletic performance, but also of sportsmanship, teamwork, and school pride. Opportunities like this allow students to challenge themselves, support one another, and create lasting memories both on and off the course.

We are proud of the staff and students at École Camrose Composite High School and New Norway School for their leadership and collaboration in hosting this championship. We also extend our sincere appreciation to School Sports Alberta, the coaches, officials, volunteers, and organizers whose efforts have made today possible.

To all competitors: compete with integrity, encourage one another, and take pride in your accomplishments. We wish you a safe, successful, and memorable provincial championship.

Welcome to Battle River School Division, and best of luck to all participants!

Sincerely,

Natasha Wilm



Superintendent

Battle River School Division



Welcome to Camrose!

We are proud to host almost 800 of Alberta's top high school cross country runners for the School Sport Alberta Provincial Championships. Reaching this level takes dedication, resilience, and many kilometres of training.

Congratulations on earning your place at Provincials!

A big thank you to École Camrose Composite High School and New Norway School for hosting, and to the coaches, volunteers, families, and friends who make events like this possible.

Best of luck to all competitors! I hope you enjoy a great day of competition and leave Camrose proud of your effort. We are glad you are here and are cheering you on all the way to the finish line.

Mayor Stasko

## 2. TECHNICAL PACKAGE

### A. PROVINCIAL CHAMPIONSHIP OVERVIEW: CROSS COUNTRY

<b>DATE</b>	Saturday, April 25, 2026
<b>VENUE</b>	<a href="#">Camrose Biathlon Range</a>
<b>RACE DIRECTOR</b>	Graeme Thain <a href="mailto:gthain@brsd.ab.ca">gthain@brsd.ab.ca</a> .
<b>SSA HOST LEAD SCHOOL</b>	École Camrose Composite High School/New Norway
<b>SSA CONTACT</b>	Deryk Venance <a href="mailto:deryk@schoolsportalberta.ca">deryk@schoolsportalberta.ca</a>

#### **COURSE DESCRIPTION AND COURSE MAP(S):**

The course is located at the Camrose biathlon range and features well-maintained grassy trails, 4-5 metres wide. The venue is fully separated from vehicle traffic, with no road or pavement crossings. Terrain is evenly divided between flat sections (start/finish), rolling hills, and challenging climbs and descents.

All races are run on two-lap courses:

- 2 km (1 km × 2)
- 4 km (2 km × 2)
- 5 km (2.5 km × 2)
- 6 km (3 km × 2)

The start area is wide and open, leading into a one-way trail system after the first 200 m. Courses share common sections before splitting at clearly marked intersections. The 6 km course includes a short two-way section (less than 50 m) that will be divided by a rope barrier.

Para athletes will complete two laps of a 1.0 km loop. All major intersections will be clearly marked, with course marshals stationed throughout the course.

#### **Course Maps**

[2km Para Course](#) - Pink Colour - [GPS Map with elevation](#)

[4km Course](#) - Red Colour - [GPS Map with elevation](#)

[5km Course](#) - Green Colour - [GPS Map with elevation](#)

[6km Course](#) - Yellow Colour - [GPS Map with elevation](#)

#### **TEAM TENTS**

## [Venue Map](#)

Team tents to be set up along the south side of the start area and follow the route to the east. Tents **MUST** be staked and/or weighted.

**NOTE:** Team Tents can be set up Friday. The area has a locked gate.

### 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

## B. COACHES MEETING

- Coaches meeting will take place via Zoom at 7:00pm on Tuesday, April 21st
- **Mandatory** for all zone coaches to attend. All school coaches are welcome to attend
- Meeting information will be sent closer to the date.

## C. SCHEDULE / OPENING CEREMONIES / RACE CHUTE ASSIGNMENTS

### Friday, April 24

4:00pm - 7:00pm	Walk through at Camrose Biathlon Range Registration / Bib Pick Up + Apparel Sales @ Camrose Biathlon Building
-----------------	--

### Saturday, April 25

9:00am - 3:30pm	Registration / Bib Pick Up + Apparel Sales @ Camrose Biathlon Building
9:30 am - 10:15am	Course Walk Through
10:30am - 10:45am	Opening Ceremonies / Course Closed
11:00am	Junior Girls - 4km (2 x 2km loop)
11:30am	Junior Boys - 4km (2 x 2km loop)
12:00pm	Para Race - 2km (2 x 1km Loop)
12:30pm	Intermediate Girls - 5km (2 x 2.5km loop )
1:15pm	Intermediate Boys - 5km - (2 x 2.5km loop)
2:00pm	Senior Girls - 5km (2 x 2.5km loop)

2:45pm	Senior Boys - 6km (2 x 3km loop)
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) Calgary (CGY) Central (CEN) North Central (NC) North East (NE) North West (NW) South (S) 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 zones are asked to send a preliminary list of qualified athletes to the SSA Office (Deryk) and Graeme by Monday, April 13 at noon. Zones have until Monday, April 20 at noon to make any changes: no replacements or edits after that deadline.

(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

### **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 Tuesday, April 21st prior to the meet.

### **Add / Scratch**

- There will be no changes to the Zone registrations after Monday, April 20th at 12:00 pm.
- Any athlete who scratches after Monday, April 20th at 12:00 pm 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 \$28.00 per athlete (this will include the SSA Loonie Fee and a bag lunch)
- Zone coaches who would like to have a bag lunch must inform their Zone Manager prior to submitting their Registration form. Cost for a coach's lunch voucher is \$8.00
- École Camrose Composite High School 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 Camrose Biathlon Building. School packages will be organized by zone and then by school.

### **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 finish line.
- A QR code will be created after the start of each race to see live timing. The QR code will also be posted near the finish line.
- 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.
- Vikings Athletic Club will be in charge of timing the event
- Vikings Athletic Club Contact - Phil Eriksson: periksson@brsd.ab.ca

### **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

- Athletes will not be permitted to wear and/or use any form of audio devices while competing.

### 3. HOST INFORMATION

#### A. VENUE INFORMATION

<b>VENUE</b>	<a href="#">Camrose Biathlon, Camrose Alberta</a>
--------------	---

- There is no running water at our race venue. There will be jugs of water available, but please bring your own as well.
- Portable toilets will be on site.
- Our Biathlon building will not be open to the public or racers
- Please see the attached [Venue map](#) for parking and school tents.

#### B. ACCOMMODATIONS

##### SSA Partner Hotels

**\*\*Please note: main Camrose hotels were booked previously by another group for a different community event, therefore unavailable for group bookings**

Option #1	Canalta Hotels - CAMROSE	<p>4710 73rd Street Camrose, Alberta T4V0E5            Phone: 780 672 9303 (phone to book)  <a href="http://www.canaltahotels.com">www.canaltahotels.com</a></p> <p>42 rooms total</p> <p>Standard King/2 Queens \$159 + taxes            2 Queens &amp; pullout/ 3 queens \$179 + taxes            King Suite &amp; pullout \$189 + taxes</p> <p>Group name: Provincial Cross Country            Must book by April 8, 2026</p>
Option #2	Best Western Wayside Inn	<p>4103 56th Street, Wetaskiwin AB T9A 1V2            CALL: 780 312 7300  <a href="https://www.bestwestern.com/en_US/book/hotel-rooms.61052.html?groupId=5D1SL5H1">https://www.bestwestern.com/en_US/book/hotel-rooms.61052.html?groupId=5D1SL5H1</a></p> <p>3-Single Queen: 149.99+ tax            5-Double Queen: 149.99 + tax            2- Single King: 154.99 + tax</p> <p>Group name: Provincial Cross Country            Must book by April 1, 2026</p>
Option #3	Siding 16 Lodge	<p>3806 56 Street, Wetaskiwin AB T9A 2B2            CALL: 780 361 3808</p> <p>25 - 2 Queen Beds: 144.99 + tax (137.99 with AMA)</p>

		Group name: Provincial Cross Country Group Reservation number: 57748 Must book by April 1, 2026
Option #4	Coast Nisku Inn and Conference Centre	1101 4th Street, Nisku, AB T9E 7N1 CALL: 780 955 7744 <a href="http://coa.st/ProvincialCrossCountry">http://coa.st/ProvincialCrossCountry</a>  30 - 2 Queen Beds: 169.99 + Tax Group name: Provincial Cross Country  Must book by April 1, 2026
Option #5	Four Points by Sheraton Edmonton International Airport	403 11th Ave, Nisku, AB CALL: 780 770 9099 <a href="https://app.marriott.com/reslink?id=1771534844306&amp;key=GRP&amp;app=resvlink">https://app.marriott.com/reslink?id=1771534844306&amp;key=GRP&amp;app=resvlink</a>  20- 2 Queen Beds: 129.99 + Tax 20- 1 King Bed: 129.99 + tax  Group name: Provincial Cross Country Must book by April 1, 2026
Option #6	Best Western Premier Inn and Suites Leduc	5207 50th Ave, Leduc, AB Call: 780 986 2241 <a href="https://www.bestwestern.com/en_US/book/hotel-rooms.61042.html?groupId=4P3FT7X7">https://www.bestwestern.com/en_US/book/hotel-rooms.61042.html?groupId=4P3FT7X7</a>  10 rooms: 2 Queen Beds: 127.99 + tax 10 rooms: 1 King with pullout: 127.99 + tax  Group name: Provincial Cross Country Must book by April 3, 2026
Other Options	Ramada Camrose Days Inn Camrose Camrose Resort Casino Hotel	These hotels are not available for group bookings but may have individual rooms available.

## C. FOOD & BEVERAGE

### ATHLETES AND COACHES:

- Competitors will use their race bib numbers as food vouchers to collect their bag lunch. Lunch is included in their registration fee. Lunch can be collected at the Camrose Ski Club Tent.
- Coaches wishing to pre-purchase a bag lunch (\$8) must notify their Zone Manager.

### SPECTATORS AND EXTRA COACHES

- Plan accordingly, there are no food services available at the race site.

## D. PARKING / TRANSPORTATION

### PARKING INSTRUCTIONS

- Carpooling: Parking is limited at the venue. We kindly ask participants not traveling by bus to carpool whenever possible.
- Staff Guidance: Please follow all instructions provided by our parking attendants to ensure a smooth flow of traffic.
- Coach Bus Parking: To maximize available space, all coach buses are asked to park at the [St. Francis Xavier Catholic Church](#). A shuttle bus will be available to transport drivers back and forth to the main site.

### DIRECTIONS TO THE CAMROSE BIATHLON RANGE

- The Camrose Biathlon Range is a few kilometers south of town
- Coming into Camrose from the West on highway 13:
  1. Once you enter Camrose, turn south onto 68th street, Camrose Drive/Our Ring Road
  2. Follow along Camrose Drive until you cross our valley bridge, then turn south onto 50th street towards our landfill
  3. After approximately 2.5km, turn right at the t-intersection on range road 463 towards the landfill
  4. After 800m turn right into the Camrose Shooting Sports Range.
  5. Follow parking attendant instructions
- Coming into Camrose from the East on highway 13:
  1. Turn left onto Camrose Drive - Highway 13A
  2. Turn left onto 50th street towards our landfill
  3. After approximately 2.5km, turn right at the t-intersection on range road 463 towards the landfill
  4. After 800m turn right into the Camrose Shooting Sports Range.
  5. Follow parking attendant instructions
- Coming into Camrose from the East on highway 26:
  1. Turn right onto 48 ave
  2. Turn left onto 39th street
  3. Turn right onto Camrose Drive
  4. Turn left onto 50th street towards our landfill
  5. After approximately 2.5km, turn right at the t-intersection on range road 463 towards the landfill
  6. After 800m turn right into the Camrose Shooting Sports Range.
  7. Follow parking attendant instructions
- Coming into Camrose from the North on highway 833:
  1. After entering the city of Camrose, turn left onto 51 ave
  2. Turn right onto 50th street and follow it for approximately 5.7km
  3. Turn right at the t-intersection on range road 463 towards the landfill
  4. After 800m turn right into the Camrose Shooting Sports Range.
  5. Follow parking attendant instructions

## 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 Camrose Biathlon Building at the following times:
- Friday, April 24: 4:00pm - 7:00pm
- Saturday, April 25: 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, Bib # (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

- A race photographer will be on site. Photos of winners as well as highlights of the day will be available. Individual copies can be purchased by the public, directly in Pixieset, without watermarks. Here is the link that will include the full watermarked gallery: <https://photographyhrt.pixieset.com/xcrunningprovincials/>

Here is the link that will include the watermark free highlight gallery:

<https://photographyhrt.pixieset.com/xcrunningprovincialshighlights/>

- 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)

<b>VENUE</b>	<a href="#">Camrose Biathlon Range</a>
<b>RACE DIRECTOR</b>	Graeme Thain 780-608-6640
<b>EMERGENCY SERVICES POINT PERSON</b>	Ashley Wenig

[Click here for a detailed Emergency Action Plan \(EAP\)](#)

- A sweep vehicle will follow all races in case an athlete needs to be transported off the course while not under their own power
- Walkie Talkies will be used by race organizers and course marshals in case of emergencies

### **INCLEMENT WEATHER**

- Personal vehicles can be used for shelter
- Schools will have team tents onsite
- École Camrose Composite High School is available Saturday 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.