

**2011 Cross Country Running
ACAC Championship
October 29, 2011**

Hosted by SAIT Polytechnic

Championship Package



**alberta colleges
athletic conference**

Sponsored By:



ACAC Cross Country Running Championship

Canmore Park, CALGARY, ALBERTA

Saturday, October 29th, 2011

Schedule of Events

October 28, 2011

Mandatory Coaches Meeting 8:30 pm Best Western Village Park Inn

October 29, 2011

ACAC Women Championship 5km 12:00 pm Canmore Park

ACAC Men Championship 8km 1:00 pm Canmore Park

Awards & Dinner 3:00 pm SAIT Campus Centre, Symposium Room

- Change and shower facilities are available at the SAIT Campus Centre Wellness Centre. The ACAC.
- Bib numbers will be available at the Coaches Meeting.

Contact

Technical Championships	Jamie Grant	403-828-9837	jamie.grantxc@gmail.com
Committee Chair	Mark Pretzlaff	403-284-8363	mark.pretzlaff@sait.ca
Event Coordinator	Cassandra Edwards	403-284-8799	cassandra.edwards@sait.ca
ACAC Convenor	Wade Kolmel	780-791-8925	wade.kolmel@keyano.ca

Directions

To SAIT Campus Centre from North of Calgary:

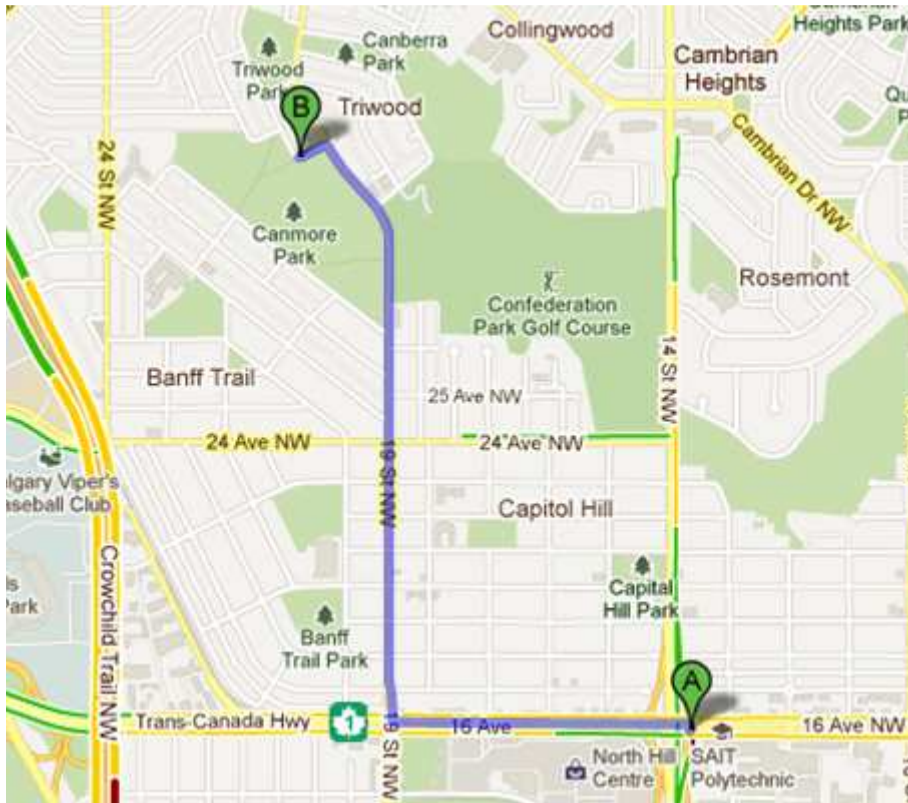
- Deerfoot Trail Southbound
- West on 16th Avenue (Highway 1)
- take the 14th St. NW exit/ follow the SAIT Polytechnic/Jubilee signs
- turn left onto 14th Ave NW
- go straight through next set of lights, and straight through stop sign to the loop and the campus center will be on your right

To SAIT Campus Centre from South of Calgary:

- Deerfoot Trail northbound
- West on 16th Avenue (Highway 1)
- Take the 14th St. NW exit/ follow the SAIT Polytechnic/Jubilee signs
- Turn left onto 14th Ave NW
- Go straight through next set of lights, and straight through stop sign to the loop and the Campus Centre will be on your right

To get from the Campus Centre to Canmore Park:

- From 16th Ave head west
- Turn right (north) onto 19th St. NW
- Turn left onto Chicoutimi Drive NW



Parking is available beside registration in a small parking lot or on 19th street.

Additional parking is available just off of 19th street, north of the Anglican Church of Canada.

Host Hotel

Best Western – Village Park Inn
1804 Crowchild Trail NW, Calgary, AB T2M 3Y7

Village Park Inn takes great pride in offering attentive customer care to every guest. Hotel guests will find this the perfect location situated right off Highway #1 (Trans Canada) and the Calgary Light Rail System. World-renowned Children's Hospital and the Foothills Hospital are nearby. Each stylish and spaciouly-appointed guest room features cable satellite television and high-speed Internet access. Enhanced amenities include an on-site restaurant and cocktail lounge, indoor swimming pool and complimentary underground heated parking.

Contact: **Alexandra Varga**
Phone: 1-403-220-1812
Fax: 403-289-4645
Email: avarga@villageparkinn.com

Preferred Rates:

- \$96.00 + tax for teams
- \$99.00 + tax for friends and family
- Full Hot Breakfast (for athletes and coaches only)
- Cots are not available
- Free internet available

Course Description

The 2011 ACAC Championship XC course will be 8km for the men and 5km for the women. The course has a 2km loop and a 1km loop with the 8km doing 4 laps of the 2km loop and the 5km doing the 1 km loop to start followed by 2 laps of the 2km loop. The course is undulating grass with two hills per 2km loop and one hill on the 1km loop. There are multiple places where runners will have to cross paved pathways. The course will be well marked and flagged with red flags on the left and yellow flags on the right. The 2km loop will be marked at the half way point.

Banquet

The ACAC Championship Banquet will be held at SAIT in the Symposium Room in the Campus Centre Building. Meet and Greet at 3pm.

Entry forms

All entries are due by Wednesday October 26, 2011 at 4:00 pm

Entries can be completed using the attached forms and e-mailed to Jamie Grant at jamie.grantxc@gmail.com

All competitors must be registered with the ACAC Office, listed on each institutions eligibility certificate and compliant with eligibility requirements to enter the race.

2011 ACAC XC Championship Canmore Park Calgary, AB



2km Loop

1km

Parking

Registration

Finish

Start

Canmore Park

1km Loop

2km Loop

Parking

Legend

- ▲ Arrow points in uphill direction
- Direction of travel

5km Race: 1km Loop + 2 x 2km Loops
8km Race: 4 x 2km Loops

To SAIT
Via 19th St. &
16th Ave NW
2.5 km



Registration: ACAC XC Championship Awards Reception and Dinner
Return by Wednesday October 26, 2011 at 4:00pm

Dinner price per person	Institution	Number attending	Total to be invoiced
\$25.00			
Price includes GST			
Participating Institutions will be invoiced – no payment will be accepted at the event			

Invoice Contact Information

Surname or Legal Business Name		Business Contact/Attention to	
Address	City/Province		Postal Code
Phone Number	Fax Number	GST Registration # (if applicable)	

Please complete this form and email to:

Mark Pretzlaff - Athletics Manager 403-284-8363

mark.pretzlaff@sait.ca