

**SAIT/CALTAF Open
2011 ACAC Grand Prix #4
Saucony Run Alberta Cross Country Series #3
October 1, 2011**

Hosted by SAIT Polytechnic

Tournament Package



SAIT/ CALTAF XC OPEN

Canmore Park, CALGARY, ALBERTA

ACAC Cross Country Running Grand Prix #4

Saucony Run Alberta Cross Country Series #3

Saturday, October 1st, 2011

Distances and Starting Times:

Elementary (Grade 6 and below):	1Km	Starts @ 11:00am
Junior High (Grades 7-9)	2Km	Starts @ 11:30am
ACAC Women/Open:	5km	Starts @ 12:00pm
ACAC Men/Open:	8km	Starts @ 1:00pm

Go to the Athletics Alberta and/or Running Solutions website for more details on the **Saucony Run Alberta Cross Country Series**.

<http://www.athleticsalberta.com/programs/saucony-run-alberta-xc-series/2011-xc-series-races>

http://runningsolutions.shawwebspaces.ca/pages/view/2011_saucony_xc_series/

Registration will take place beside the tennis courts off of Chicoutimi Drive N.W. beginning at 10:00 am. Change and shower facilities are available at the SAIT Campus Center Wellness Center. There are bathrooms at Canmore Park but they are limited.

To get to the SAIT Campus Center:

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

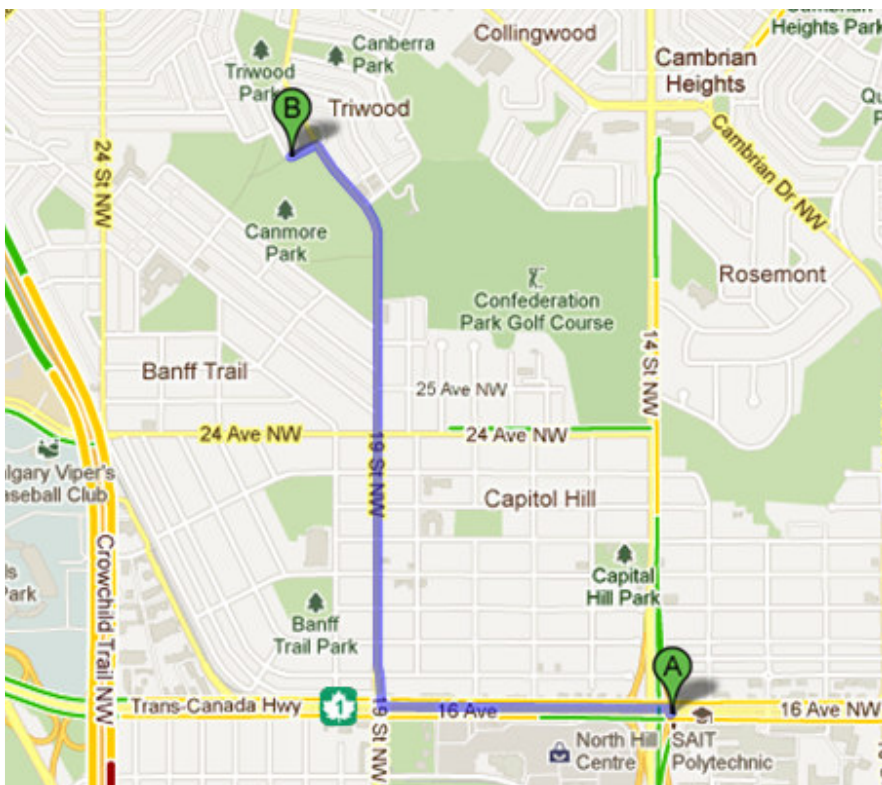
From South of Calgary:

- 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 center will be on your right

To get from the Campus Center to the registration:

- 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 in residential.

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

Course: *The 2011 SAIT/CALTAF Open 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. These paved pathways crossing will be covered by carpet. The course will be well marked and flagged with yellow flags on the left and red flags on the right. The 2km loop will be marked at the half way point.*

Entry fees: \$6.00 if registered by Wednesday September 28 at 5pm, \$10.00 day of Race

\$3.00 for Elementary and Junior High Races

Schools/clubs can enter as many athletes as they wish per age group for \$50, maximum of \$100 total for all races.

Please pay day of the race.

Entry forms:

Entries can be completed using the attached form [2011 Saucony Run AB XC Series Entry Form](#) and e-mailed to Jamie Grant at grantjm@telus.net by *Wednesday, September 28th, 2011*.

2011 SAIT/CALTAF XC OPEN
Canmore Park Calgary, AB



2km Loop

1km

1km Loop

2km Loop

Parking

Registration

Start/Finish

Canmore Park

Parking

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

Legend

- ▲ Arrow points in uphill direction
- Direction of travel