

2019 SHSAA Cross Country Provincial Championship

Prince Albert Carlton

Welcome to Prince Albert on behalf of Carlton Comprehensive Public High School and the NCDAA. We hope you enjoy Provincials. Here are a few notes about the event:

Registration: Will be held in the CPAC foyer (new gym) at Carlton: 9:00 - 10:00am. Please have athletes enter through the CPAC doors or from the back entrance near the rink parking lot. The main entrance to the school will be closed.

Parking: There will be parking in Carlton's two parking lots on the North side of the school and in the rink lot on the south side of the school.

Hotels: Rooms have been blocked off at the following hotels:

Super 8	- 9 rooms at \$130 per night
Holiday Inn Express	- 20 Rooms at \$134 per night
Best Western	- 24 rooms at \$120 per night

Rooms will be released on Sept. 11th if not booked by then.

Course: There is a map of the course on the SHSAA website. It is the runner's responsibility to know the course. We will have marshals on the course to help direct runners.

The start line for the course will be on the East side of the soccer field. There is a 2km loop and a 1km extension loop. All athletes will start on the 2km loop. There will be a turn around loop for the 4km runners just after the ravine. They will run two laps of the same course. This is also the turn for the 2nd lap of the 5km race.

The course continues on for an additional 1km loop for the 3km runners and this is the first lap for the 5km runners.

Both the 4km and 5km runners will start their second lap turning by the discus throw cage.

The finish line chute will be on the west side of the soccer field (side closest to the school).

The course is fairly flat (a few small hills) and has two road crossings.

Washrooms: Inside the school we will have access to washrooms.

Concession: There will be a full concession at the school that will have a variety of options. Subway and Domino's are across the street, and PA has many other options for dining.

Spectators: Please respect the space of the athletes and avoid standing on the course. No spectators are allowed on the closest soccer field, however; they can feel free to walk behind the finish line and stand on either of the two hills that surround the track for a good view of the race.

Awards: They will be presented after all the races are complete. This will be done outside or in the CPAC in case of inclement weather.

Course Familiarization Walk: They will happen at approximately 10:15, following the Opening Ceremonies. There is a map on the SHSAA website.

Warm-up: Please make sure that you stay off the course and out of the way competitors while warming up. Athletes can use the track or areas outside the soccer field. If there is extreme weather, the gym may be used (but no outside shoes or spikes allowed).

Start Line: East side of the Soccer field

Finish Line: West side of the Soccer field (closest to the school)

Approximate Race Times: Midget Girls 3000m at 12:00 pm, Midget Boys 3000m at 12:25 pm, Junior Girls 4000m at 12:50 pm, Junior Boys 4000m at 1:15 pm, Senior Girls 4000m at 1:40 pm and Senior Boys 5000m at 2:05 pm.