

# ELLISON PARK CROSS COUNTRY RACE 2019

## HOSTED BY W.L. SEATON SECONDARY

**DATE:** Wednesday September 25<sup>th</sup>, 2019

**TIME:** Jr. Girls 4:00pm  
Jr. Boys 4:05pm  
Sr. Girls 4:10pm  
Sr. Boys 4:15pm

**LOCATION:** Ellison Provincial Park Mountain Bike Trails

**DIRECTIONS:** From Hwy 97 in Vernon turn West on 25ave and follow for 16 km, registration and the start finish area will be on your left.

**WASHROOMS:** A single outhouse is available at the start/finish area. More washrooms are available at Ellison Provincial Campground.

**SNACKS:** There will be water and some snacks provided post race courtesy of the Vernon Track and Field Club. **Please have your athletes bring their own cups or water bottles to use as there will be none available at the snack table.**

**AWARDS:** There will be ribbons for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in Grade 8 girls & boys, Junior girls & boys and Senior girls & boys categories.  
There will also be team ribbons for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in Junior girls & boys and Senior girls & boys categories.

**Race Route:** The Jr's will run a two loop course for a total of 4.1 km

- two loops -first loop roughly 2.7 km  
-second loop roughly 1.4 km
- start line is an old service road, so not very wide  
-We ask that teams line up behind one another
- some sections are rocky and rooty please watch your footing
- flags, flagging tape and arrows will mark the course
- there will be officials/volunteers on course

The Sr's will run a two loop course for a total of 5.2 km

- two loops -first loop roughly 2.8 km  
-second loop roughly 2.4 km
- start line is an old service road, so not very wide  
-We ask that teams line up behind one another
- some sections are rocky and rooty please watch your footing
- flags, flagging tape and arrows will mark the course
- there will be officials/volunteers on course

**PARKING:** There is limited parking available at the start/finish area. Overflow parking is available at the day use area of Ellison Provincial Campground. Handicap parking will be available at the start/finish. Refer to the map below.

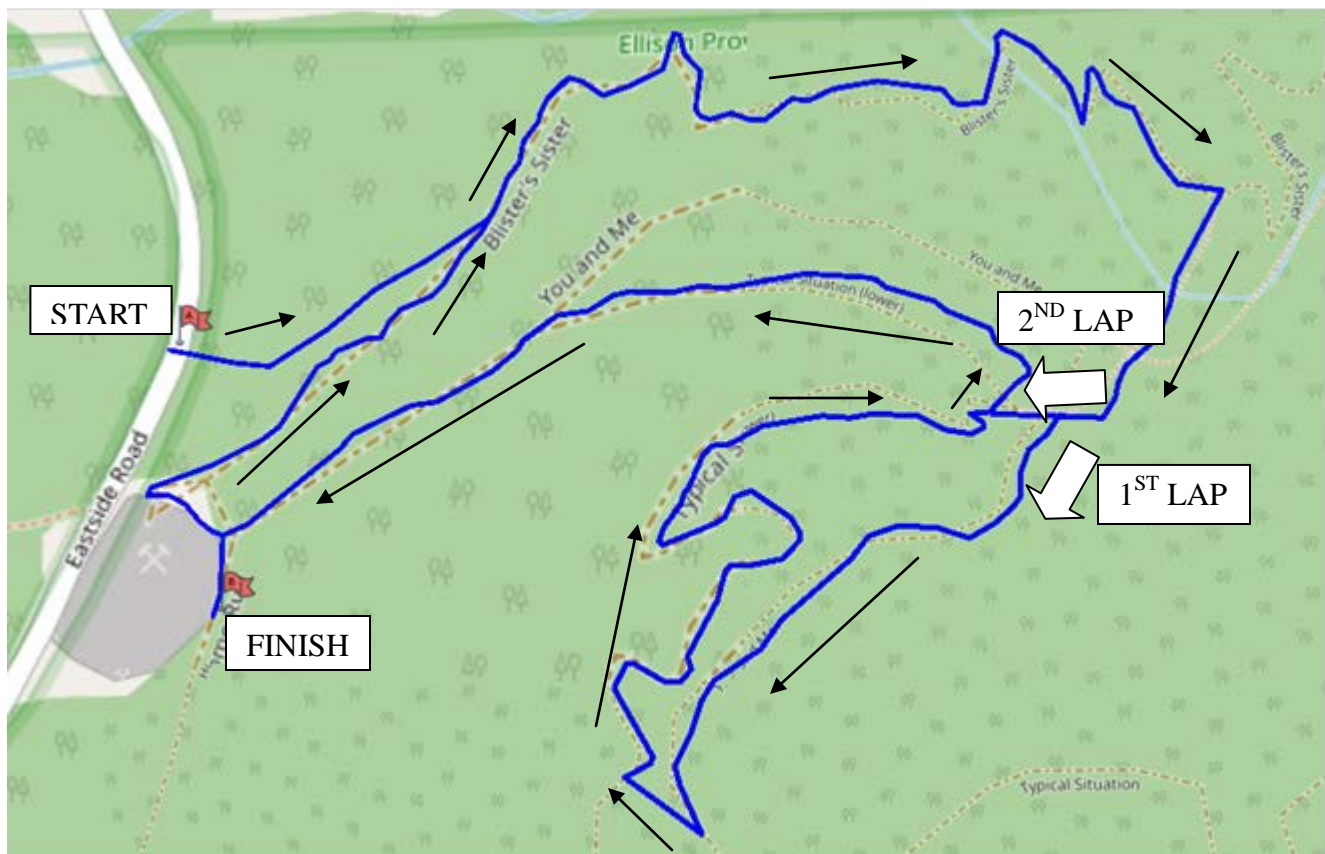
## MAP OF OVERFLOW PARKING AND START/FINISH AREA



# ELLISON CROSS COUNTRY RACE DESCRIPTION

## JUNIOR'S

- two loops
  - first loop roughly 2.7 km
  - second loop roughly 1.4 km
- start line is an old service road, so not very wide
  - We ask that teams line up behind one another
- some sections are rocky and rooty please watch your footing
- flags, flagging tape and arrows will mark the course
- there will be officials/volunteers on course



# ELLISON CROSS COUNTRY RACE DESCRIPTION

## SENIOR'S

- two loops -first loop roughly 2.8 km  
-second loop roughly 2.4 km
- start line is an old service road, so not very wide  
-We ask that teams line up behind one another
- some sections are rocky and rooty please watch your footing
- flags, flagging tape and arrows will mark the course
- there will be officials/volunteers on course

