

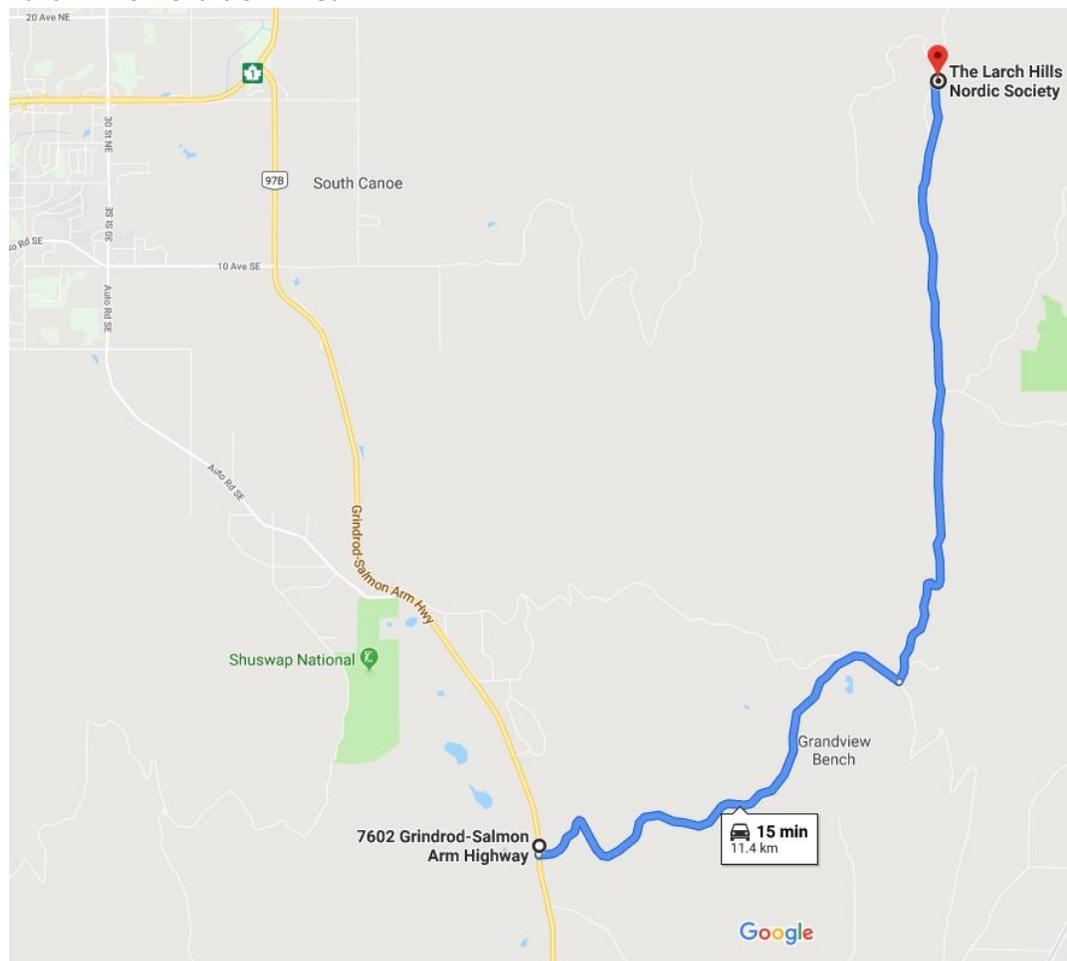
OVSAA
Cross Country Championships
Tuesday Oct 22nd, 2019

Location: Larch Hills Nordic Ski Area (Salmon Arm)

The junior race will start at **11:30** and the seniors at **12:10**. Awards on site at 1:00 pm.

Map: How to get there

Larch Hills Nordic Ski Area



From HWY 97B, turn right on Grandview Bench Road. Shortly after the Grandview Bench Hall and the junction with Black Road, turn left onto Edgar Road. It becomes a gravel road almost immediately. Follow Edgar Road north to the Larch Hills parking lot.

Who: This race is open to any and all duly registered O.V.S.A.A. athletes in grades 8-12, though grade 8 athletes should NOT be entered unless they can legitimately compete at this higher level (they will be competing as Juniors). Junior athletes MUST declare themselves as EITHER Junior or Senior (i.e., Junior athletes may run up as Seniors, but will not be counted as Juniors in that case).

Registration: Registration will be online via zone4.ca. Further details to follow. Registration deadline will be **midnight on Saturday, October 19th**.

There will also be a **\$7.00 per athlete entry fee payable on site**. Cheques can be made out to Salmon Arm Secondary.

On Arrival: Please check in at the registration desk in the basement of the chalet to pick up athlete numbers and a coach's information package. We will be using chip timing, and instructions for pickup and return of the chips will be provided at the registration desk.

Provincials Registration: Coaches and athletes who qualify for Provincials will automatically be entered to compete. Please, please, please ... let Tom Carlson know if you do NOT intend to compete. Individual schools will be invoiced directly for the athlete registration fees.

- Qualification: Top 3 teams (minimum 4 runners, max. 7 runners) or top 20 individuals in both senior and junior categories

Time: The junior race will start at 11:30 and the seniors at 12:10. Awards on site at 1:00 pm (hopefully).

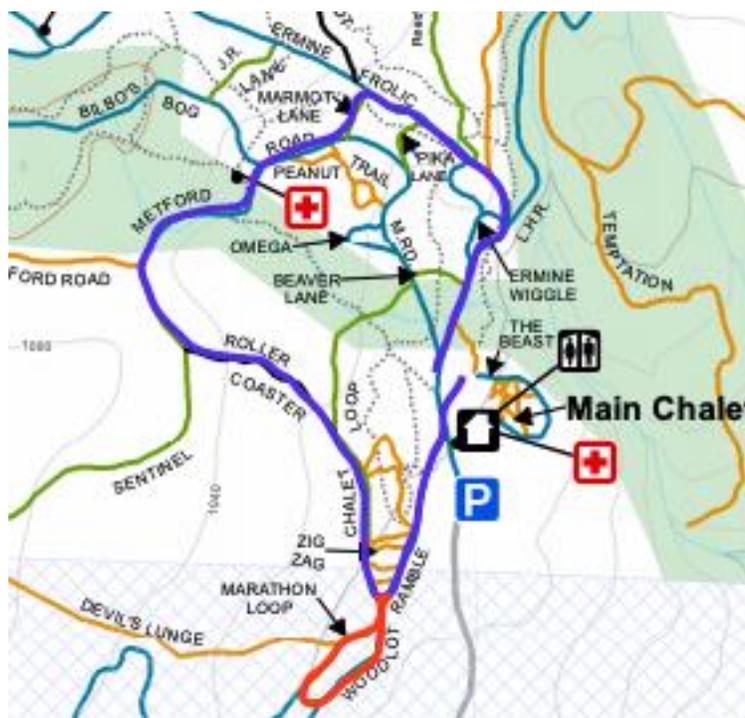
Course Description and Map:

Course Description: 2 loops (2x2.0 km for juniors, 2x2.5 km for seniors)

The course begins at the far end of the stadium area beside the chalet heading up Larch Hills Road for the first couple hundred meters. It then turns left onto Ermine Frolic trail, left on Marmot Lane, right on Metford Rd, left on Rollercoaster, right on Chalet Loop, and left on Woodlot Ramble to return to the stadium area. The 2.5 km course has an additional 500 m around Marathon Loop after Chalet Loop before returning to the stadium. There will be a lap lane to continue up Larch Hills Road and a finish lane in the stadium closer to the chalet. The terrain is mostly logging road or double track trail.

2 km loop in blue

500 m extension in red



Thanks for your time,

Dave van Bergeyk
Salmon Arm Secondary School