

OVSAA

Cross Country Championships



Tuesday October 23, 2018

Stake Lake Cross Country Ski Trails,
Kamloops, BC

Juniors race at 11:30

Seniors race at 12:15

Chilli lunch at 1:00

Awards at 1:15 pm

Who: This race is open to any and all duly registered OVSAA athletes in grade 8 -12. *However, it is strongly recommended that grade 8 athletes should not be entered unless they can legitimately compete at this higher level, as they will be competing against grade 9 and grade 10 runners.* This year ALL Juniors, boys and girls, will run at the same time, in the same race. Girls and boys will be scored separately from one another in both the Senior and Junior races. If a Junior athlete decides to “run up” with the Seniors they will need to race the Senior race. This needs to be decided BEFORE the race by the coach and athlete. Seniors, both girls and boys (grades 11 and 12) will race together in the second race, and as mentioned, each gender will be scored separate from one another.

Registration: Please email your entries to Dina Chase no later than SUNDAY October 21 at 7 pm.

dchase@sd73.bc.ca

As Tom Carlson has stipulated in previous years, late entries will only be accepted if accompanied by a bottle of wine, Purdy's chocolates, or a Starbucks gift card.

Please convey :

- School Information -

School name: Coach name: Coach Phone: Coach Email

- Athlete Information -

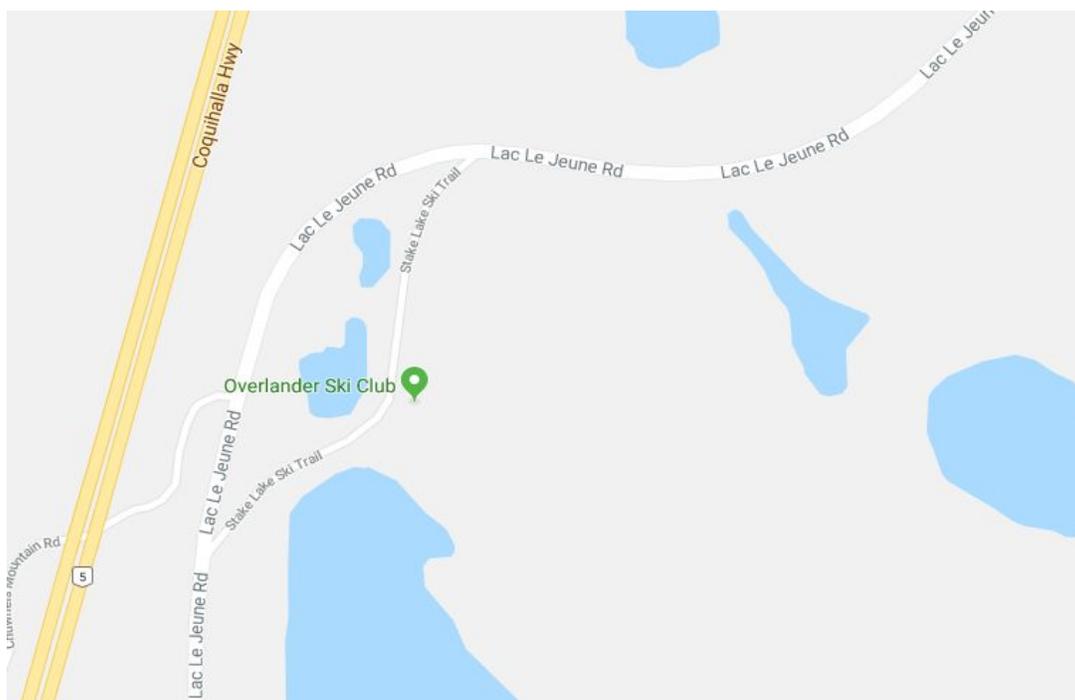
Name: Last, First, Gender, Grade, Division (JR/SR)

Fee: There will be a \$7.00 per athlete fee payable on site, please. Cheques should be made out to:

Valleyview Secondary School

Driving Directions:

Stake Lake Cross Country ski trails can be accessed via Lac Le Jeune road from Kamloops, or via the Coquihalla highway, exit # 336. This exit is approximately 20 minutes north from Merritt, and 25 minutes south of Kamloops.



Upon Arrival: parking is in the main lodge parking lot. There is plenty of parking and turn around space for busses. The racecourse is a short 5 minute walk over to the stadium area where the races will start and finish.

Registration: is in the stadium area at the timing hut, where COACHES are to only check in. We will have a package for each school and will not be passing out numbers to individual athletes.

Toilets: Outhouses and the main washroom building will be open adjacent to the ski lodge and main parking area. HOWEVER, all of the running action, awards, and lunch to follow will be in the stadium area where there will also be several outhouses and deluxe porta-potties.

Meals and Fluids: Water will be available on site in gatorade type containers. We encourage you to bring water bottles as cups will be in short supply. Chilli and accoutrements- both meat and vegetarian - will be served to all volunteers, racers, and coaches at 1:00, after everyone has raced. Meal to be served in the warming hut adjacent to the stadium.

Stake Lake is at a higher elevation than Kamloops and nearby Merritt, hence its suitability as a ski area in the winter months. It is highly likely that we will have some precipitation before or on the day of the race. Please keep this in mind and have your athletes prepare accordingly. It is our suggestion that you have them equipped with:

- Warm clothing and a spare pair of socks and shoes for afterwards
- Rain gear for cozy post race comfort
- Toques and gloves
- A ground tarp to lay out backpacks and personal gear
- Teams may bring soccer field style tents and set up alongside the stadium in the designated area

It is our hope and plan to orchestrate it so that we have sensational weather, however if we do have shallow snow we will still proceed with the race. In the event that we have a BIG snow fall we will move the race down into Kamloops city.

Race Course: Both races will begin and end in the main stadium area. The race starts in a wide field- perfect for a mass start - and gradually narrows to a wide road - in fact the whole course is about the width of a road, as one could image in the winter months two set classic ski trails set on either side of a skate ski path. Racers will run south away from the stadium for about 400 meters, swoop back and head east above the lake. This part of the course has several swoopy stretches interspersed with 2 hills that will help spread out the pack. Racers will then turn back toward the stadium, heading westward along the lake. With one last rolling hill they will cruise on back into the wide open stadium- on a slight down hill and will have finished one lap, which is exactly 2 km long. They will have a smooth curve around a bend and head out for another lap.

Juniors will race 2 laps, with a total distance of 4 km.

Seniors will race 3 laps, totally 6 km.

Perks: This race course is very visible for spectators and coaches and runners. You will never feel despondent, nor filled with despair over where you are and how much longer you will be racing; it is open and beautiful and easy to pass other runners. Plus the finish is a killer sprint downhill. =)

Provincial Registration: Following the races and during the awards, Tom Carlson, our OVSAA man in charge, will be taking over. Coaches and athletes who qualify for Provincials will automatically be entered to compete. PLEASE let Tom Carlson know if you do NOT intend to compete. Individual schools will be invoiced directly for the athlete registration fees.

- Junior Qualifications: Top 3 teams (minimum of 4 runners, max of 7 runners), or top 20 individuals.
- Senior Qualifications: Top 3 teams (minimum of 4 runners, max of 7 runners), or top 20 individuals.

Thanks for coming out to our Kamloops race! We are proud to show you some of our trails and host the many athletes, coaches and parents who are travelling to Kamloops and the West Zone.

See ya trail side,

Dina Chase

Valleyview Secondary School