The University of Alberta Bears & Panda’s XC and Track & Field Programs are please to host:

**2015 STEWART MEMORIAL CROSS COUNTRY CUP**

*In Conjunction with the 2015 Athletics Alberta Senior XC Championships*

**Saturday, October 31st 2015**

**LOCATION:**
William Hawrelak Park, Edmonton. Plenty of parking on site for cars/vans/busses.

**COURSE:**
Hawrelak Park is primarily a grass park with flat sections and some rolling hills. In addition, the connected trail system will be used as part of the course; this consists of packed dirt & gravel with rolling hills, some significant in steepness. Strips of Mondo track surface will be utilized when crossing paved paths/roadways. Teams should be prepared for the navigation of hay bails on the competition course during race day.

A course map will be available the day prior to competition.

<table>
<thead>
<tr>
<th>AGE CATEGORY</th>
<th>YEAR OF BIRTH</th>
<th>RACE DISTANCE</th>
<th>RACE START TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>University/ Open Women</td>
<td>1996 &amp; Earlier</td>
<td>6,000m</td>
<td>12:00pm</td>
</tr>
<tr>
<td>Senior Women</td>
<td>1996 &amp; Earlier</td>
<td>6,000m</td>
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<tr>
<td>University/ Open Men</td>
<td>1995 &amp; Earlier</td>
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<tr>
<td>Senior Men</td>
<td>1996 &amp; Earlier</td>
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</tr>
</tbody>
</table>

**ENTRY FEES:**

University Team Entries: Per Can West Regulations [Maximum of $100 per school].

Non University/Provincial Championship Entries: $15.00 + processing fee
Non University/Provincial Championship Late Entry: $30.00 + processing fee

All Entries submitted through Trackie.ca via the following link;


**Entry Deadline:** Monday October 26th, 2015 - midnight
**Late Entry Deadline:** Thursday October 29th, 2015 - midnight

**Entry Contact:**
Wes Moerman – Associate Director, Athletic Programming
Email: wes.moerman@ualberta.ca
Telephone: 780-492-5097
ATHLETICS ALBERTA/ATHLETICS CANADA MEMBERSHIP:
All competitors must be members of Athletics Alberta or their respective provincial branch. If athletes are not members of their provincial associations, they can purchase a day of meet membership at the cost of $5.

Entry Information:
• Club/ School
• First & Last Name
• Gender
• Date of Birth
• Athletics Alberta Membership Number

AWARDS:

STEWART CUP MEMORIAL (University & Alumni Teams):
• Top 5 runners score per team
• Stewart Cup awarded to best overall team result between University of Alberta and University of Calgary
• Scoring: 1st place scores 1 point, 2nd place scores 2 points, etc. Lowest total wins.

ATHLETICS ALBERTA SENIOR XC PROVINCIAL CHAMPIONSHIPS:
• Provincial Championship medals to top 3 individuals & teams
• Non Athletics Alberta registered athletes are not eligible for Alberta Championship medals
• Athletics Alberta Team Championships: Teams are 6 runners with top 4 to score. If a club does not designate their team members prior to the start of the race, the first 6 athletes finishing will be considered the team.
• Scoring: 1st place scores 1 point, 2nd place scores 2 points, etc. Lowest total wins.

RESULTS:
Unofficial results will be posted immediately after the race within the Pavilion building. Official results will be posted on the Internet & emailed to Head Coaches of teams in attendance by November 2nd 2015.

MEDICAL:
University of Alberta Athletic Therapy will be on site.