

2024 QUESNEL INVITATIONAL XC RACE NOTICE

Date: Saturday, September 21, 2024

Location: West Fraser Timber Park.

Race start times:

- **Race # 1: 10:30 a.m. (Grades 3-5)**
- **Race # 2: 11 a.m. *Mass start* (Grades 6-12)**

Note: Home school and Independent school entries will not be permitted. There is also no open race category.

Volunteer meeting: 9:45 a.m. approx.

Coaches meeting: 10:15 a.m. approx.

Map to West Fraser Timber Park (race venue)

Go to Google online and search "West Fraser Timber Park"

COST: \$15/athlete. Please pay with exact change or write a cheque to **Quesnel Junior School**. Coaches--- Please provide **one cheque** for your entire team.

CONTACT INFORMATION:

If you need more information, please contact Scott Trueman 250 747-2103 (QJS) or e-mail

ScottTrueman@sd28.bc.ca (preferred) or EllaChristieson@sd28.bc.ca

DIRECTIONS FROM QUESNEL:

If proceeding south on highway 97:

You will drive through 3 sets of traffic lights when you are in downtown Quesnel (#1 at the hospital, # 2 just past Safeway, and # 3, parallel to the foot bridge over the Fraser River). Continue about 300 metres past the 3rd set of lights and turn right at Ceal Tingley Memorial Park (follow signs to Plywood Plant/Johnson Sub). Follow this road as it bends left under the railway bridge and right over the Johnson bridge, above the Quesnel River. After you cross the bridge, stay right, and drive another 200 metres (approx.) West Fraser Timber Park, with a wooden archway, will be on your left. If you drive to Rona, you have gone too far. After you turn into the park, stay left until you reach the main parking lot.

If proceeding north on highway 97:

Drive down the Dragon Lake hill, across the Quesnel River Bridge, and through the first set of traffic lights (the RCMP station is on the right immediately after these lights). Proceed approx. 300 metres and make your next left. Immediately after turning, the road will bend right. Continue straight for about 200 metres, then yield left, and follow signs for Ceal Tingley Memorial Park and Plywood Plant/Johnson Sub. Follow this road as it bends left under the railway bridge and right over the Johnson bridge, above the Quesnel River. After you cross the bridge, stay right, and drive another 200 metres (approx.) West Fraser Timber Park, with a wooden archway, will be on your left. If you drive to Rona, you have gone too far. After you turn into the park, stay left until you reach the main parking lot.

Buses (alternate route)!

Please note there is a weight restriction on the Johnson bridge that connects downtown Quesnel to West Fraser Timber Park. Bus drivers will need to exit Highway 97 onto North Star Road near the bottom of the Dragon Lake hill, drive past McDonald's and continue about 2km through Johnson subdivision.

DISTANCES

Short course: Grades 3-5 run 2km approx. (1 lap x 2.25km main loop minus ~200m segment between the main building and start area).

Main course:

- Grades 6 & 7, Bantam, Juvenile, Junior Boys & Girls (grades 8-10) run **4.3km**
(2 laps x 2.25km main loop minus ~200m segment on 2nd lap)

Long course:

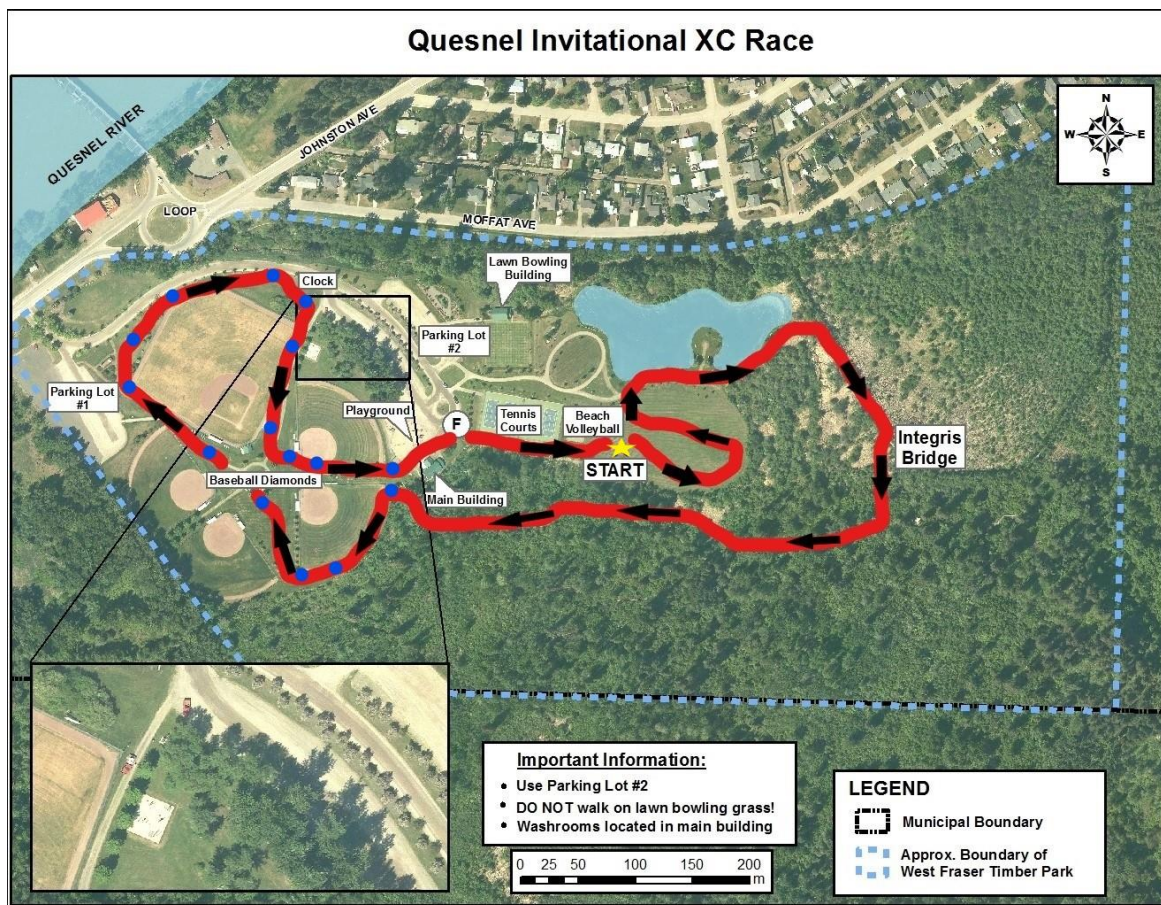
- Senior Boys & Girls (grades 11-12) run **5.4 km.**
(2 laps x 2.25km main loop **plus** ~900m around perimeter of baseball diamonds)

COURSE MAP:

*the blue dots represent the ~900m lap that Senior racers do after their initial 2 laps.

*Grades 6, 7 & Junior (grades 8-10) runners will not run between the main building and the start area after their 2nd lap because they will finish beside the main building.

*Grades 3-5 runners will not run between the main building and the start area on their lap and will finish beside the main building.



COURSE DESCRIPTION: Athletes will start along a wide grassy field, running about 100 metres before turning 180 degrees to their left and going over a small knoll. They will then run another 100 metres before making another 180 degree turn (this time to their right) onto a well packed trail, with some gravel, about 3 metres in width. After running another 200 metres (approx.), they will cross the Integris bridge and make a right turn, marking the entry into the forested part of the course. The forested section extends 800 metres and is a narrow, packed trail which weaves its way up and down along several hills, crossing small bridges. Runners eventually descend onto a grass field adjacent to the park playground, and make an immediate left, continuing around the fenced perimeter of several baseball

fields, up a small knoll in the centre of these fields, before returning past the main building, beside which will be the finish line.

IMPORTANT FINISH INSTRUCTIONS FOR ATHLETES:

Each runner will be given a numbered popsicle stick as they cross the finish line & must give it to the results volunteers immediately after their race.

Grades 6 & 7 runners will wear a coloured ribbon to distinguish them from the high school runners.

Senior runners will wear a different colour ribbon to help volunteers identify those running the long course.

UNFORESEEN CIRCUMSTANCES:

In the unlikely event of a wildlife concern, fallen trees, poor trail conditions, etc. a modified course may be used along the flat, grass section of the park.

COACHES' CONTACT INFO: Coaches, please e-mail ScottTrueman@sd28.bc.ca with your cell phone #s so you can be contacted promptly if the race is modified, or cancelled.

FACILITIES: Washrooms, and change rooms are available in the main building. Coaches are advised to arrive with their own pop-up tents for additional shelter. Limited shelter can also be found in the baseball dugouts, approximately 100 metres from the finish line

WALK THROUGH: People can arrive at 8:30 a.m. Saturday morning if they wish to do a walk through. The route is marked with arrows on the ground. Signage will be set up at key turns and crossing points. Please see the attachment for the course map.

AWARDS:

Medals (gold/silver/bronze) will be awarded for each category. Ribbons will be given for 4th-8th place.

Categories	Born	Grades
___ Elementary	8-10 years old (2014-2016)	3,4,5
___ Elementary	11-13 years old (2011-2013)	6,7
___ Bantam	13 or 14 years old (2010 or 2011)	8
___ Juvenile	14 or 15 years old (2009 or 2010)	9
___ Junior	15 or 16 years old (2008 or 2009)	10
___ Senior	16/17/18 years old (2006/2007/2008)	11, 12

Grade 8 Competition— students must be under 15 years of age as of December 31, 2024 and be in their 1st year of eligibility.

Grade 9 Competition— students must be under 16 years of age as of December 31, 2024 and be in no more than their 2nd year of eligibility.

Junior Competition— students must be under 17 years of age as of December 31, 2024 and be in no more than their 3rd year of eligibility.

Senior Competition— students must be under 19 years of age as of December 31, 2024 and be in no more than their 5th year of eligibility.