



MHC Rattlers Cross Country Running Race

Saturday, September 10, 2022

Medicine Hat College (MHC) Athletics is pleased to host the **2022 MHC Rattlers Cross-Country Running Race**. The event is an all-comers cross country race; college, school-aged, and community runners of all ages and abilities are welcome to enter. Runners will compete on the same course that will host 2022 CCAA National Cross Country Running Championships on November 12, 2022.

This year's event is proud to be Race #1 in both the **2022 ACAC Grand Prix Cross Country Running Series** and the **2022 New Balance Cross Country Running Series**.

Location:

Medicine Hat College - Main Campus
299 College Drive SE
Medicine Hat, AB Canada

Race Distances/Start Times:

12:15 p.m. 2 km and 4 km (both races will start at the same time)
1:00 p.m. 6 km
2:00 p.m. 8 km

Categories

Distance	Elementary	Jr. High	Sr High	Open	ACAC
2 km	Girls, Boys	Girls, Boys		Women, Men	
4 km		Girls, Boys	Girls, Boys	Women, Men	
6 km			Girls, Boys	Women, Men	Women
8 km				Women, Men	Men

- Note: If your age category is not listed for a particular race, you will compete in the next oldest category (e.g. Elementary school runners in the 4 km will compete in the Jr High category, Sr High runners in the 8 km will compete in the Open category, etc.)



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Course:

The course features a 2 km and a 3 km loop winding around the scenic MHC campus. This is a relatively flat and fast “championship” cross-country course with a few small hills on each loop. The terrain is a mix of grass and dirt suitable for flats or spikes. Paved road and bike trail crossings will be covered with mats. (See page 3 for maps.)

Registration:

- \$10 per athlete pre-registered (*\$5 extra for day of meet entries*)

Non-ACAC runners pre-register here:

[Online Registration Form for MHC Rattlers Cross Country Race | TrackieReg](#)

- \$10 per ACAC Athlete with a max of \$100 per school.

ACAC schools fill out Excel Spreadsheet and send completed Excel file to DStuder@mhc.ab.ca (Dean can also provide you with the Excel Spreadsheet if you need it.) Your school will be invoiced for the number of runners you enter.

Online and ACAC entry deadline is **Wednesday, September 7 at 4 p.m.**

Race Bib Pickup/Late Registration:

Pick up your race numbers on-site between 11:30 a.m. and 1 p.m. Cash or cheque only for race day registrations.

Awards:

- Results be posted on site after the completion of each race. Results will also be posted at www.rattlersrunning.ca later on Saturday.
- Ribbons for the top 3 in each category.
- Running Room and New Balance will provide prizes for the top 3 in the Men’s 8 km and Women’s 6 km races.

Sponsors:

Running Room, New Balance, MHC Rattlers Athletics

Further Information:

Contact Bill Corcoran (Bcorcoran@mhc.ab.ca) or call (780) 538-2369

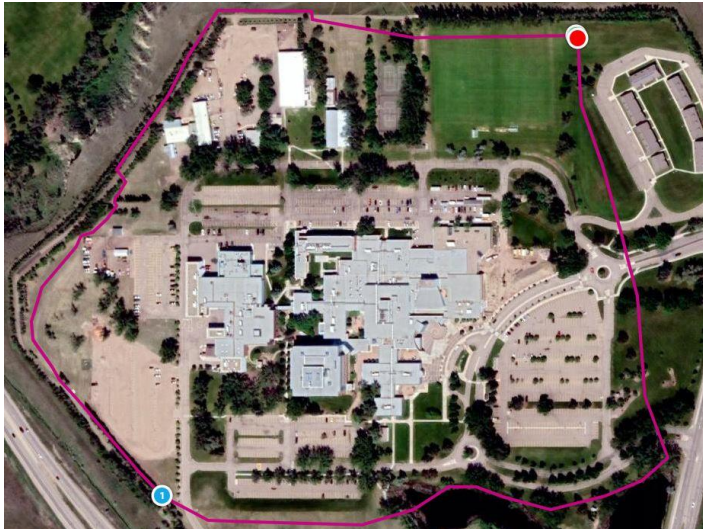


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Course Maps

2 km loop



3 km loop

