



CCAA Nationals Community XC Running Race

Saturday, November 12, 2022

Medicine Hat College (MHC) Athletics is pleased to be hosting the 2022 CCAA Cross-Country Running Race. As part of the event, community runners of all ages and abilities are invited to take part in a Community Race on Saturday morning before the championship races in the afternoon.

Location:

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

Race Distances/Start Times:

9:30 a.m. 3 km and 6 km (both races will start at the same time)

Categories

Distance	Elementary	Jr. High	Sr High	Open
3 km	Girls, Boys	Girls, Boys		Women, Men
6 km			Girls, Boys	Women, Men

- Note: If your age category is not listed for a particular race, you will compete in the next oldest category (e.g. Jr High runners in the 6 km will compete in the Sr. High category)

Course:

The course features 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 2 for maps.)

Registration:

-\$15 per athlete (includes all processing fees)

Register online at <https://www.raceprotiming.ca/ccaaentry22.php>

Entry deadline is **Wednesday, November 9, 2022 at 11:59 p.m.**

We will not be taking race-day registrations.



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Race Bib Pickup:

Pick up your race numbers on-site between 8:30 a.m. and 9:15 a.m.

Awards:

- Results be posted on site after the completion of each race. Results will also be posted at www.racepro.ca
- Ribbons for the top 3 in each category.

Further Information:

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

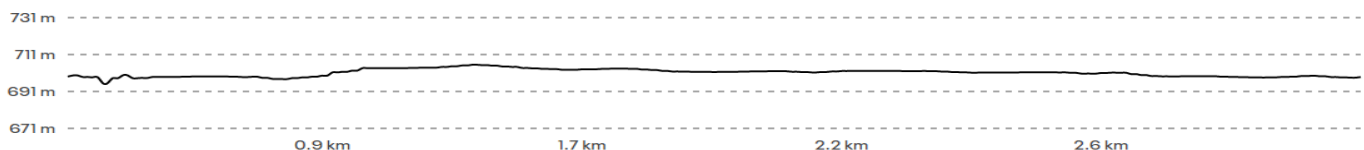
Course Map

3 km loop (6 km does 2 loops)



Elevation

Start 699 m Max 706 m Gain 7 m



Updated October 7, 2022