



2009 CCAA Cross Country Running National Championships



Date: November 13 & 14th 2009
Site: Camrose, Alberta

CHAMPIONSHIP INFORMATION PACKAGE

SECTION 1

PRE-CHAMPIONSHIP GENERAL INFORMATION

1. ORGANIZING COMMITTEE

Address: Augustana Campus, University of Alberta – 4901-46 Ave, Camrose, Alberta T4V 2R3
Fax: 780-679-2485
Phone: 780-679-1564
E-mail: gryan1@ualberta.ca
Event Web Site: <http://www.runaugustanaccaa09.ca/>
Athletic Web Site: <http://www.augustana.ualberta.ca/athletics/>

Name	Tournament Responsibility	Phone #	Cell #	email
Greg Ryan	Chair-Budget	780-781-6868		gryan1@ualberta.ca
Gerhard Lotz	Technical	780-679-1521	780-679-3935	glotz@augustana.ca
Yvonne Becker	Hospitality	780-679-1160		ybecker@augustana.ca
Brian Stackhouse	National Convenor	403-343-2731		brian.stackhouse@rdc.ab.ca
Bill Dean	CCAA Executive Rep	780-497-5295		deanb@macewan.ca
Robert Renman	Webmaster-Registration	780-672-5040		robert@vitaleffect.com
Sandra Murray-MacDonell	CCAA Executive Director	613-937-1508	613-360-2409	sandra@ccaa.ca
Meaghan Green	Communications and Events Coordinator	613-933-6080 ext 2211		meaghan@ccaa.ca

2. SCHEDULE OF EVENTS

Friday, November 13		Locations
12:00 - 8:00	Arrival / accreditation	Norsemen Inn
3:00 - 5:00	Course walk	Stoney Creek Centre
3:00 - 5:00	Team pictures	Stoney Creek Centre
6:00	Opening ceremonies	Augustana Dining Hall
7:30 - 9:00	Coaches meeting	Norsemen Inn
Saturday, November 14		Locations
10:30	Course walk	Stoney Creek Centre
10:30 - 11:30	Team pictures	Stoney Creek Centre
12:30	Women's race	Stoney Creek Centre
1:30	Men's race	Stoney Creek Centre
2:30	Citizen / Coaches race	Stoney Creek Centre
5:00	Awards banquet	Norsemen Inn
Sunday, November 15		
	Departure	

3. COMPETITION SCHEDULE**Saturday November 14, 2009****10:30 am:** Course Walk**12:30 pm:** Women's Race**1:30 pm:** Men's Race

SECTION 2

DETAILED INFORMATION – PARTICIPANT SPECIFIC

4. PARTICIPATING TEAM FUNCTION/SPECIAL EVENTS

Pre-Race Meal/Opening Ceremonies

Date: Friday, November 13, 2009

Time: 6:00 pm

Site: Augustana Dining Hall

Cost: Included with Accreditation Fee

Dress: Casual

Additional Tickets: \$10

Awards Banquet/Closing Ceremonies

Date: Saturday, November 14, 2009

Time: 5:00 pm

Site: Norsemen Inn

Cost: Included with Accreditation Fee

Dress: Semi Formal

Additional Tickets: \$20

[See website for Opening Ceremonies and Banquet registration](#)

5. MEETINGS

COACHES MEETING

Date: Friday, November 13th, 2009

Site: Norsemen Inn Hotel

Schedule: 7:30 pm – 9:00 pm

6. CHAMPIONSHIP HOTEL

CCAA policy A8, S10, 10.6:

It is required that colleges attending the event stay at the designated host hotel. Coaches must insist on being assigned to the same floor as their team when booking rooms. Bookings must be done before Host's established deadline date. Unless there is no vacancy before the established deadline, teams which do not stay at the host hotel shall be subject to a fine of \$500/ team.

Hotel: Norsemen Inn

Address:

6505-48 Avenue
Camrose, Alberta
T4V 2K3

Phone: 780-672-9171

Fax: 780-672-0130

Contact person: Sean Willms

Room rates: \$95 plus tax

Rooms held until November 3rd. Please book before this date to be guaranteed rooms.

Parking at hotel: free

Distance from competition site: 3 km

Hotel Amenities: see www.norsemeninn.com

7. TRANSPORTATION

Air	WestJet www.westjet.com Air Canada www.aircanada.com Edmonton International Airport www.flyeia.com	Teams should be flying into Edmonton Distance from Airport to Hotel is 75 km by car Map of route from airport to Camrose
Vehicle rentals	Avis - 1-800-879-2847 Budget - 1-800-661-7027 Hertz - 1-800-263-0600 note: it is possible to rent 15 passenger vans in Alberta	Thrifty - 1-800-847-4389 National - 1-800-227-7368
Shuttle	It is expected that most if not all teams will have rental vehicles for local transportation. A shuttle from the hotel to the Opening Ceremonies and race site may be possible on prior request. Please contact Greg Ryan at gryan1@augustana.ca to explore this.	

8. REGISTRATION & TEAM ACCREDITATION

CCAA policy A8, S10, 10.12:

Participating teams must bring to the championships a cheque for their accreditation fees. This cheque is to be given to the host at registration/accreditation if not already received. Failure to do so may result in a fine of \$100 to the offending institution(s).

Location: Norsemen Inn

Time: 12 noon – 8 pm

Accreditation Fee: \$50

Cheque payable to: University of Alberta

[See website for registration forms](#)

9. TECHNICAL INFORMATION

9.1 FACILITIES:

Competition location: Stoney Creek Park

Dimension and details: [See description and video on website](#)

Course map: [See website](#)

9.2 THERAPY / MEDICAL SERVICES:

Course coverage: EMT

SERVICES AVAILABLE:

- treatment by appointment (made at the clinic)
- taping (provided by student and certified therapists)
- please bring your own taping supplies
- sport medicine physician by appointment only
- student athletic therapist on site

10. SPORT INFORMATION REQUIREMENTS

Below is a list of items the championship host office must receive from participating schools no later than the dates indicated.

CCAA policy A8, S10, 10.4.1:

Teams who attend national championships and who have not submitted the information by the date required by the host may be subject to a **\$100 fine**.

CHECKLIST:

NOTES: •SUBMISSIONS EARLIER THAN THE DATES INDICATED BELOW WOULD BE GREATLY APPRECIATED BY THE ORGANIZING COMMITTEE.
•PLEASE UTILIZE THE "SUBJECT" LINE WHEN SENDING YOUR EMAIL INFORMATION



Team Logo

Team Logo must of high quality (.tif or .eps), black and white & colour.

E-mail to: gryan1@ualberta.ca

SUBMISSION DATE: November 2nd



Event Registration

Event Registration must be submitted using the online form on the championship website. Bring your cheques for registration with you.

Please identify on the Event Registration form the Head of Delegation for your institution.

CCAA policy A8, S10, 10.1:

All participating teams must identify a Head of Delegation, who will be an official representative of the College / Conference. The Head of Delegation's responsibilities include but are not limited to:

- Ensuring all traveling representatives have reviewed the CCAA Code of Ethics / Participating Team Responsibilities / and have been made aware of the behaviour / conduct expectations of the CCAA, the PCAA and their institution, both on and off the court (field) prior to, during and following the championship.
- Attendance, with the coaching staff, at the Coaches Meeting.
- Providing to the host and host hotel front desk, a cell phone number at which the Head of Delegation can be reached for the duration of the championship.
- Actively assisting host and CCAA personnel with the orderly conduct of the championship.

SUBMISSION DATE: November 2nd

- Runner Registration**
Runner Registration must be submitted using the online form on the championship website.
SUBMISSION DATE: November 2nd

- Arrival and Departure Information**
Arrival and Departure Information must be submitted using the online form on the championship website.
SUBMISSION DATE: November 2nd

- Media Information**
Media Information must be submitted using the online form on the championship website.
SUBMISSION DATE: November 2nd

- T-shirt Information**
T-shirt Information must be submitted using the online form on the championship website.
SUBMISSION DATE: November 2nd

- Medical Form**
The CCAA Team Medical form must be submitted at accreditation. The form is available on the Registration page of the championship website.
SUBMISSION DATE: November 13th