



University of Regina Cougar Athletics Presents:
**The 8th Annual U of R Cougar Trot
Cross Country Race**

Race Date: September 18, 2010

The Races:

- Races at the Cougar Trot range from 2km to 8km based on age group and are open to all skill levels.
- The University race is a team competition between participating CanWest & CIS schools.

Location & Facilities:

- The course is a mostly flat, 2km grass loop with 1 hill.
- All races start and finish at the parking lot of the Kramer Imax Theatre 2903 Powerhouse Drive, Regina, SK.
- Shelter and washrooms are available on site, change rooms and lockers are available at the University of Regina Centre for Kinesiology, Health and Sport (5 minutes away).
- Physiotherapy / Trainers will be on site in case of emergency.
- Water and sport drinks will be available for purchase, water fountains are sparsely located in the park so please bring sufficient water.

Scoring & Awards:

- Ribbons will be awarded to the top 8 finishers in each age class following the races.
- The University event will be scored as a team competition. Teams consist of up to 7 athletes with the top 5 athletes scoring and the remaining athletes qualifying as displacers.

Entries

- Entries will be accepted by email only: bruce.mccannel@uregina.ca
- Entry deadline of September 15, 2010, late entries will be accepted during registration on race day
- Please indicate the name and contact information of the person who will be picking up and paying for your team or individual entry.
- The open category can be entered by any athlete.

Each entry must include: First & Last Name; Gender; Date of Birth & Age Class; Team (if entered) & SK Athletics #

Entry Fees & Registration

- Individual: \$10 per athlete; Late Entry: \$20 per athlete; University: \$3 per athlete
- Registration will occur between 9:15am and 11:15am on site at the registration tent. All entry fees must be paid by cash or check (made out to: University of Regina) prior to the race.

Results:

Unofficial results will be posted following each race. Official results will be available at www.reginacougars.com by September 20, 2010.

For more information contact:

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Sanctioned by Saskatchewan Athletics

Membership information found at: www.saskathletics.ca





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Race Schedule

Time	Age Group	Events
10:30	Race Tour	
11:30	Peewee Girls (born 1999 or later):	2 km
11:35	Peewee Boys (born 1999 or later):	2 km
11:50	Bantam Girls (born 1997/98):	2 km
11:55	Bantam Boys (born 1997/98):	2 km
12:15	University & Open Women:	5 km
12:35	University & Open Men:	8 km
12:40	Midget Women (born 1995/96):	3 km
13:00	Midget Men (born 1995/96):	3 km
13:15	Juvenile/Junior Women (Juv. born 1993/94 Jr. 1991/92)	4 km
13:20	Juvenile/Junior Men (Juv. born 1993/94 Jr. 1991/92)	6 km
13:30	Masters Men (35yrs and up)	6 km
13:30	Masters Women (35yrs and up)	6 km

*****Timetable may be adjusted the day of race*****

