

## **Cross Country**

The Cross Country event takes place at McArthur Island Park on the north side of the Thompson River. The course is 8 kilometers in length and consists of 4 laps, each 2 kilometers, through the flat, gently rolling park.

Start and Finish are behind the Youth Centre by the adjacent soccer field. There is one water station per lap. No personal drinks are permitted. Spectators are not allowed on the course. Athletes are not allowed on the course except during their race. At all other times they must stay behind the barriers. Personal items may be checked at the Call Room near the start/finish line and may be retrieved by Bib number. Medical personnel will be on the course and near the start/finish line. Toilets are available in the Call Room and portable toilets will be set up on the course. There are no showers available on site. Some refreshments will be provided at the finish. Parking is available in the Sports Centre parking lot. Transportation from TCC will be provided to all cross country athletes who have purchased a Transportation Pass. There will also be an optional visit by bus to the venue the day prior. This ticket can also be purchased with your entry. Both types of bus passes can be purchased at the LOC Desk in the 2010 Centre.

### **Check-in procedure**

Cross country athletes will need to collect their registration packages at the 2010 Centre. Their package will contain their accreditation badge, bibs, declaration cards and competition information. All athletes must submit their declaration cards the day prior by 18:00(6pm). Disposable timing chips will be given to cross country competitors at the TIC in the 2010 Centre when they submit their declaration card the day before. The chip will not be collected at the finish. Athletes will use the same chip for other non-stadia competitions. All athletes must report to the Call Room the morning of the race to ensure bib, singlet and timing chip are accurate. (See the posted schedule for Call Room check in times)

Results will be available at the venue, but the awards will be presented at the awards area in the Athletes Village at approximately 15:00(3pm). Protests must be made at the cross country site. Appeals must be formally made at the TIC in the 2010 Centre