



*University of Regina Cougars Athletics Presents:*  
**The 17<sup>th</sup> Annual U of R Cougar Trot  
Cross Country Race**

**Race Date:** September 14, 2019

**The Races:**

- Races at the Cougar Trot range from 2km to 8km based on age group and are open to all skill levels including university, club, high school and elementary school.
- Athletes are able to move up age groups to run their desired distance.

**Location & Facilities:**

- The course is a mostly flat, 2km grass loop with one 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 or at Douglas Park Track.
- Physiotherapy / First Aid - Trainers will be on site in case of emergency.
- Bring sufficient water as a canteen may not be available and water fountains are sparsely located in the park.
- As parking is shared with the Science Centre it is limited to passenger vehicles and bus drop offs, additional parking and bus parking is available just East of the site at Wascana Drive and McDonald street.

**Scoring & Awards:**

- Ribbons will be awarded to the top 3 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**

All Entries will be done through Trackie: [TrackieReg.com/2019CougarTrot](http://TrackieReg.com/2019CougarTrot)

- Entry deadline of September 11, 2019, late entries will be accepted on race day at a cost of \$25.00 per entry.
- 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.

**Entry Fees & Registration**

- Individual: \$10 per athlete; Late Entry: \$25 per athlete.
- Registration will occur between 9:30am and 11:15am on site at the registration tent.
- All entry fees must be paid by cash or check on the day of the race. (Checks to: University of Regina)

**Results:**

Unofficial results will be posted following each race. Official results will be available at [www.reginacougars.com](http://www.reginacougars.com) by September 20, 2018.

For more information contact:  
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Meet sanctioned by Saskatchewan Athletics  
Membership information: [www.saskathletics.ca](http://www.saskathletics.ca)



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## Race Schedule

<u>Time</u>	<u>Age Group</u>	<u>Events</u>
11:00	Race Tour	
11:45	Peewee Girls (born 2008 or later):	2 km
11:45	Peewee Boys (born 2008 or later):	2 km
11:55	Bantam Girls (born 2006/07):	2 km
11:55	Bantam Boys (born 2006/07):	2 km
<b>12:15</b>	<b>University &amp; Open Women:</b>	<b>6 km</b>
12:15	Junior Women (born 2000/01):	6 km
<b>12:45</b>	<b>University &amp; Open Men:</b>	<b>8 km</b>
12:45	Junior Men (born 2000/01):	8 km
13:15	Midget Women (born 2004/05):	4 km
13:15	Midget Men (born 2004/05):	4 km
13:15	Youth Women (born 2002/03):	4 km
13:30	Youth Men (born 2003/03):	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\*\*\*



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