



Nanaimo Track + Field Club presents ...

ARBUTUS XC RUMBLE

Saturday, October 5, 2024

Arbutus Meadows, Nanoose Bay BC

Sanctioned by BC Athletics

Distances are in accordance with BC Athletics guidelines.

Non-club High School athletes and teams are welcome to this event but must compete as unattached athletes. BC School Sports ruling does not allow club athletes to compete in the same event as individuals or teams representing their secondary school. This ruling does not apply to elementary school teams and athletes.

RACE SCHEDULE

Time	Event #	Category	Birth Year	Distance
10:00	1	Track Rascals, M/F	2016, 2017, 2018	1km
10:15	2	U10, M/F	2015	1.5km
10:35	2	U12, M/F	2013, 2014	2km
11:50	3	U14, M/F	2011, 2012	3km
12:15	4	U16 F	2009, 2010	3km
12:40	5	U16 M	2009, 2010	3km
1:10	6	U18 F	2007, 2008	5km
1:45	7	U18M	2007, 2008	5km
2:20	8	U20, Senior, Masters M/F	U20, Senior, Masters	8km

Course:

- Grass and forest trails over undulating terrain.
- Short spikes can be used but running shoes are also adequate.
- Course will be open from 9:00am onward but athletes and coaches need to be aware that once the event starts at 10:30am, the athletes racing will have priority on the course. Please take care not to interfere with the ability of athletes to race their course.

The Venue

- Arbutus Meadows is located at 1515 Island Hwy E, Nanoose Bay BC
- www.arbutusmeadows.com
- Washrooms and a concession are available.
- Parking: ample parking available (see map)
- Other: Concession, Lavender Shop

To Enter:

Please enter here - <https://www.trackie.com/event/ntfc-2024-arbutus-meadows-cross-country-rumble/1015868/>

- Entries are due by Wednesday, October 2 at midnight
- No late entries.
- NO DAY OF EVENT ENTRIES.

Entry Fees:

- U14 + under: \$10
- U16 + up: \$15
- A \$5.00 BC Athletics "Day of Entry" membership will apply to individuals who are not currently registered with BC Athletics.

Awards:

- Medals for top 3 in each age grouping (MU10, FU12, MU14 ...)

Course Map: see next page...

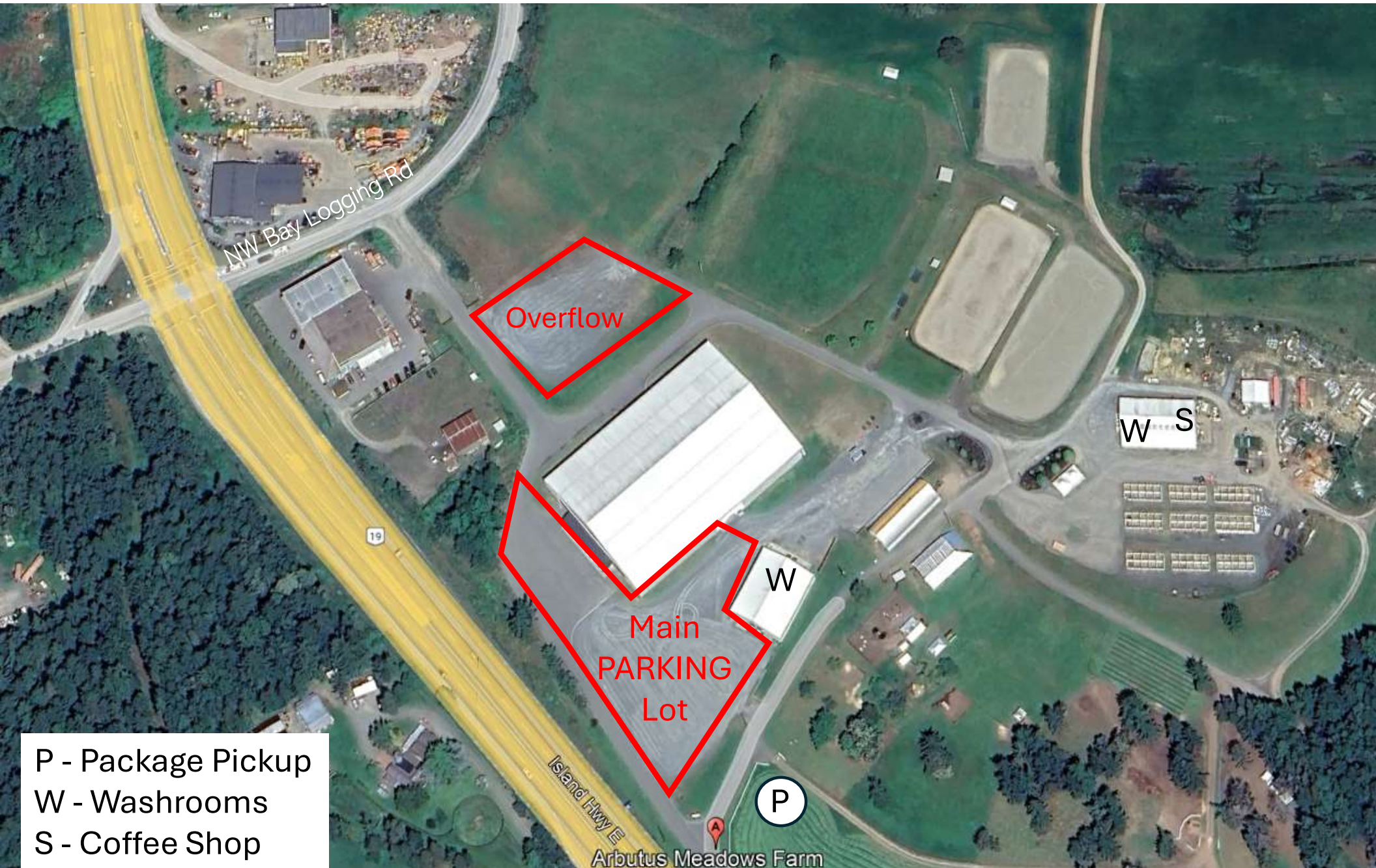


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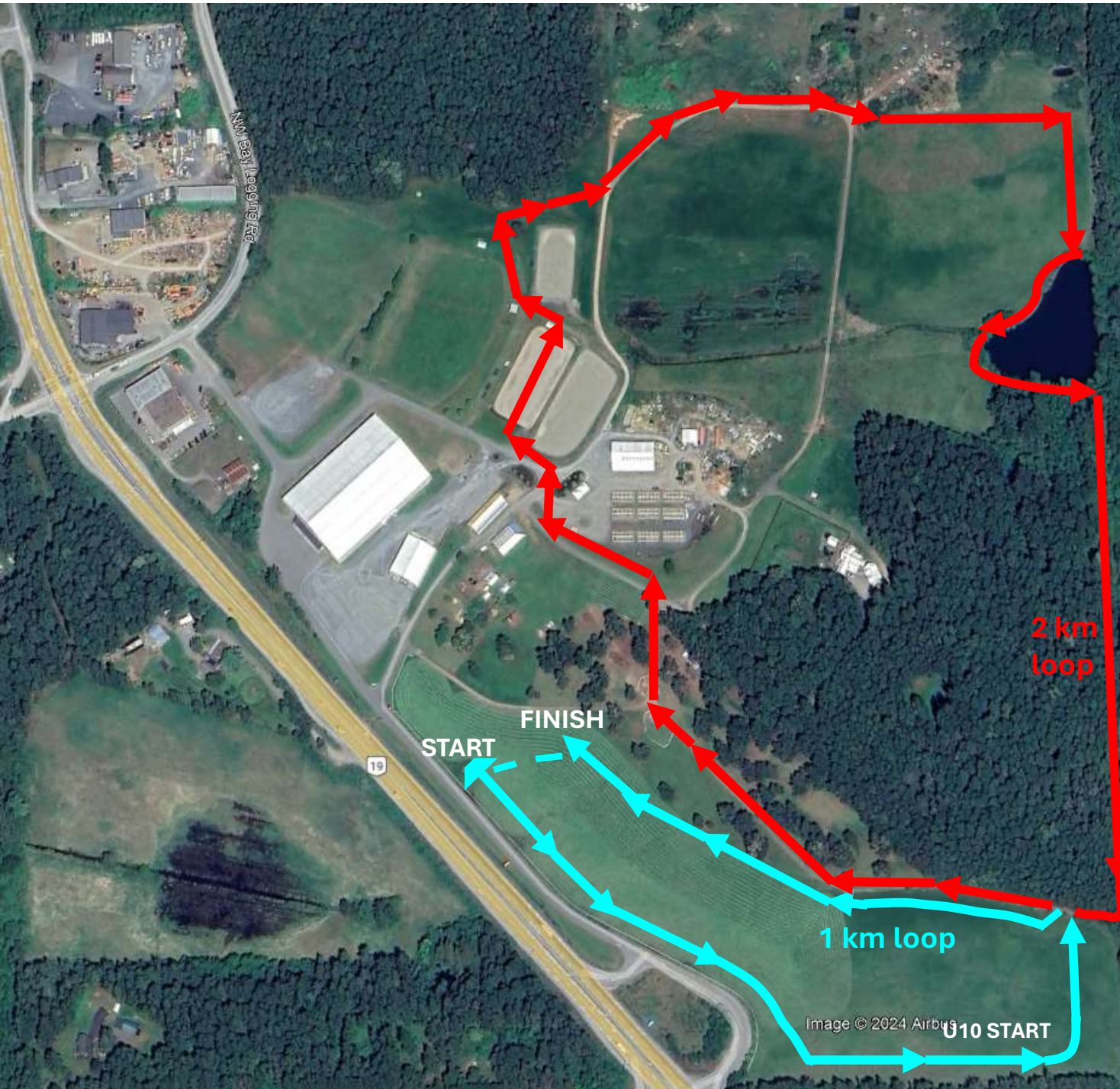
ARBUTUS XC RUMBLE

Location: Arbutus Meadows Farm – 1515 Island Hwy E, Nanoose Bay, BC





- P - Package Pickup
- W - Washrooms
- S - Coffee Shop


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


Race Routes

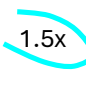

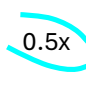
Track Rascals – 1 km  1x

U10 – 1.5 km  1.5x

U12 - 2 km  2x

U14/U16 - 3 km  0.5x  1x  0.5x

U18 - 5 km  0.5x  2x  0.5x

Over 18 - 8 km  1.5x  3x  0.5x

