



**PANAM CROSS COUNTRY CUP 2020**  
**NACAC CROSS COUNTRY CHAMPIONSHIPS 2020**  
Langford, British Columbia, Canada  
Feb 29<sup>th</sup>, 2020



**U20 WOMEN PAN AM XC CUP - 6KM**

Place	Time	BIB	Participant Name	Age	DIV	COUNTRY
1	23:12	99	Brooke Rauber	18	F-U20	USA
2	23:23	89	Sadie Sigfstead	17	F-U20	CAN
3	23:46	107	Jhenifer Melchor	18	F-U20	PER
4	23:50	113	Alejandra Sierra Jimenez	19	F-U20	COL
5	24:12	106	Sandra Salazar	19	F-U20	PER
6	24:21	91	Ceili Mccabe	19	F-U20	CAN
7	24:25	92	Petal Palmer	18	F-U20	CAN
8	24:28	111	Mirelle Leite Da Silva	18	F-U20	BRA
9	24:33	109	Nubia De Oliveira Silva	18	F-U20	BRA
10	24:41	105	Inocencia Huacasi	19	F-U20	PER
11	24:42	95	Kalea Bartolotto	19	F-U20	USA
12	24:42	104	Arian Ivette Chia Hernandez	19	F-U20	MEX
13	24:46	101	Adela Honorato Dominguez	16	F-U20	MEX
14	24:54	98	Bailey Brinkerhoff	19	F-U20	USA
15	24:58	115	Fabianna Szoreny	18	F-U20	PUR
16	25:02	97	Rayna Stanziano	19	F-U20	USA
17	25:04	110	Gabriela De Freitas Tardiv	16	F-U20	BRA
18	25:04	96	Sophia Mcdonnell	19	F-U20	USA
19	25:11	93	Annika Ariano	19	F-U20	CAN
20	25:30	116	Jorelis Vargas	19	F-U20	PUR
21	25:31	103	Sandra Nayelli Ruiz Acuna	18	F-U20	MEX
22	26:00	102	Paola Cordero Palato	18	F-U20	MEX
23	26:15	94	Mackenzie Campbell	18	F-U20	CAN
24	26:33	108	Aurea Salvatierra	19	F-U20	PER
25	26:59	100	Abigail Osterlund	19	F-U20	USA
26	27:04	118	Yulianne Lugo	19	F-U20	PUR
27	28:38	117	Natisha Fontanez	19	F-U20	PUR
28	29:57	114	Adanelys Rodriguez	19	F-U20	PUR
29	32:06	112	Lucia Palma	17	F-U20	PAN



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**U20 Men Pan Am XC Cup - 8km**

Place	Time	BIB	Participant Name	Age	DIV	COUNTRY
1	27:15	65	Corey Gorgas	19	M-U20	USA
2	27:20	67	Evan Bishop	19	M-U20	USA
3	27:27	73	Alejandro Alania	19	M-U20	PER
4	27:27	72	Cesar Daniel Gomez Ponce	19	M-U20	MEX
5	27:32	69	Mario Uriel Lopez Suarez	19	M-U20	MEX
6	27:35	84	Hector Pagan	19	M-U20	PUR
7	27:36	58	Philippe Morneau-Cartier	19	M-U20	CAN
8	27:49	60	Keon Wallingford	19	M-U20	CAN
9	27:54	64	Alex Comerford	19	M-U20	USA
10	27:54	74	Guido Bustamante	18	M-U20	PER
11	28:12	83	Carlos Vilches	19	M-U20	PUR
12	28:16	61	Scott Arndt	19	M-U20	CAN
13	28:20	75	Julio Palomino	19	M-U20	PER
14	28:20	63	Jacob Harris	19	M-U20	USA
15	28:55	85	John Castro	19	M-U20	PUR
16	29:03	68	Daniel Beam	19	M-U20	USA
17	29:09	59	Dakota Goguen	18	M-U20	CAN
18	29:09	66	Lucas Chung	19	M-U20	USA
19	29:17	57	Kevin Robertson	19	M-U20	CAN
20	29:28	70	Luis Elian Cornejo Hernandez	19	M-U20	MEX
21	29:34	76	Juan Huamani	18	M-U20	PER
22	29:45	87	Luis Rosado	19	M-U20	PUR
23	29:57	77	Lucas Pinho Leite	18	M-U20	BRA
24	30:23	71	Erick Salvador Perez	19	M-U20	MEX
25	30:26	78	Eduardo Bandeira Baltazar	18	M-U20	BRA
26	32:49	81	Mitchell Curtis	17	M-U20	BAH
27	32:55	86	Kevin Cubillette	19	M-U20	PUR
28	33:20	88	Brandom Barrantes Calderon	18	M-U20	CRC
29	37:49	80	Denzel Sawyer	16	M-U20	BAH
30	39:09	82	Raphael Palma	18	M-U20	PAN



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**SENIOR WOMEN PAN AM XC CUP - 10KM**

Place	Time	BIB	Participant Name	Age	DIV	COUNTRY
1	37:37	32	Genevieve Lalonde	29	F-OPEN	CAN
2	38:09	41	Carrie Verdon	26	F-OPEN	USA
3	38:12	48	Lizaida Thalia Valdivia	24	F-OPEN	PER
4	38:24	34	Natasha Wodak	39	F-OPEN	CAN
5	38:35	40	Sarah Pease	33	F-OPEN	USA
6	38:38	38	Tansey Lystad	27	F-OPEN	USA
7	38:43	35	Victoria Coates	29	F-OPEN	CAN
8	38:52	47	Rina Cjuro	22	F-OPEN	PER
9	38:55	50	Saida Meneses	23	F-OPEN	PER
10	39:10	33	Maria Bernard-Galea	27	F-OPEN	CAN
11	39:28	44	Cindy Meza Dominguez	28	F-OPEN	MEX
12	39:34	46	Maria De Jesus Ruiz Acuna	21	F-OPEN	MEX
13	39:35	53	Amanda Aparecida De Olive	23	F-OPEN	BRA
14	39:42	55	Laura Gerardin Cusaria	30	F-OPEN	COL
15	39:51	39	Grace Graham-Zamudio	27	F-OPEN	USA
16	39:54	37	Hannah Woodhouse	23	F-OPEN	CAN
17	39:59	43	Danielle Shanahan	26	F-OPEN	USA
18	40:07	36	Kirsten Lee	27	F-OPEN	CAN
19	40:26	42	Calene Morris	26	F-OPEN	USA
20	40:46	49	Margarita Nunez	27	F-OPEN	PER
21	41:24	45	Andrea Soraya Ramirez	28	F-OPEN	MEX
22	42:10	51	Tatiane Raquel Da Silva	30	F-OPEN	BRA
23	44:42	52	Graziele Zarri	22	F-OPEN	BRA
24	45:16	54	Roxane Thery	27	F-OPEN	GDL
25	45:45	56	Soe Maldonado	23	F-OPEN	PUR



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**SENIOR MEN PAN AM XC CUP - 10KM**

Place	Time	BIB	Participant Name	Age	DIV	COUNTRY
1	32:50	6	Johnatas De Oliveira Cruz	30	M-OPEN	BRA
2	32:50	29	Anthony Rotich	30	M-OPEN	USA
3	33:11	23	Paul Ramirez	21	M-OPEN	PER
4	33:23	28	Dillon Maggard	25	M-OPEN	USA
5	33:25	7	Connor Black	24	M-OPEN	CAN
6	33:33	25	David Goodman	32	M-OPEN	USA
7	33:35	8	John Gay	24	M-OPEN	CAN
8	33:43	5	Daniel Ferreira Do Nascimento	22	M-OPEN	BRA
9	33:45	27	Nicholas Hauger	24	M-OPEN	USA
10	34:05	4	Gilberto Silvestre Lopes	31	M-OPEN	BRA
11	34:08	11	Mitchell Ubene	22	M-OPEN	CAN
12	34:12	26	Michael Jordan	29	M-OPEN	USA
13	34:14	30	Tai Dinger	29	M-OPEN	USA
14	34:16	16	Fernando Cervantes Caudill	30	M-OPEN	MEX
15	34:16	17	Abraham Daniel Hernandez	24	M-OPEN	MEX
16	34:25	10	Jean-Simon Desgagnes	22	M-OPEN	CAN
17	34:30	12	Kieran Mcdonald	26	M-OPEN	CAN
18	34:36	19	Leonardo Trejo Camargo	34	M-OPEN	MEX
19	34:38	21	Walter Nina	26	M-OPEN	PER
20	34:43	20	Yuri Labra	22	M-OPEN	PER
21	34:49	18	Jesus Nava Aguila	23	M-OPEN	MEX
22	35:25	22	Frank Lujan	20	M-OPEN	PER
23	35:30	9	Brandon Allen	25	M-OPEN	CAN
24	36:07	31	Luis Castro Coto	24	M-OPEN	CRC
25	36:23	14	Oscar Antonio Aldana Hdez	30	M-OPEN	ESA
26	37:41	13	Diego Armando Gonzales	33	M-OPEN	COL
27	38:12	2	Gabriel Curtis	20	M-OPEN	BAH
28	39:37	15	Belodie Vilovar	30	M-OPEN	GDL
29	41:14	24	Samuel Morales	20	M-OPEN	PUR
30	42:40	3	Oneil Williams	37	M-OPEN	BAH



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**APA CROSS COUNTRY CUP 2020 – TEAM SCORES**

**U20 FEMALE**

PLACE	COUNTRY	TOTAL	POINTS (FIRST 3)				
1	CAN	15	2	6	7	19	23
2	PER	18	3	5	10	24	
3	USA	26	1	11	14	18	25
4	BRA	34	8	9	17		
5	MEX	46	12	13	21	22	
6	PUR	70	20	24	26	27	28

**U20 MALE**

PLACE	COUNTRY	TOTAL	POINTS (FIRST 3)					
1	USA	12	1	2	9	14	16	18
2	PER	26	3	10	13	21		
3	CAN	27	7	8	12	17	19	
4	MEX	29	4	5	20	24		
5	PUR	32	6	11	15	22	27	

**SENIOR FEMALE**

PLACE	COUNTRY	TOTAL	POINTS (FIRST 3)					
1	CAN	12	1	4	7	10	16	18
2	USA	13	2	5	6	15	17	19
3	PER	20	3	8	9	20		
4	MEX	44	11	12	21			
5	BRA	58	13	22	23			

**SENIOR MALE**

PLACE	COUNTRY	TOTAL	POINTS (FIRST 3)					
1	USA	12	2	4	6	9	12	13
2	BRA	19	1	8	10			
3	CAN	23	5	7	11	16	17	23
4	PER	42	3	19	20	22		
5	MEX	47	14	15	18	21		



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**OVERALL PANAM CUP**

PLACE	COUNTRY	TOTAL	U20F	U20M	SF	SM
1	USA	34	6	10	8	10
2	CAN	32	10	6	10	6
3	PER	27	8	8	6	5
4	MEX	18	4	5	5	4
5	BRA	17	5	0	4	8
6	PUR	7	3	4		

**NACAC CROSS COUNTRY CHAMPIONSHIPS 2020 – TEAM SCORES**

**U20 FEMALE**

PLACE	COUNTRY	TOTAL	POINTS (FIRST 4)				
1	CAN	21	2	3	4	12	16
2	USA	24	1	5	8	10	11 17
3	MEX	42	6	7	14	15	
4	PUR	59	9	13	18	19	20

**U20 MALE**

PLACE	COUNTRY	TOTAL	POINTS (FIRST 4)				
1	USA	22	1	2	8	11	13 15
2	CAN	37	6	7	10	14	16
3	MEX	43	3	4	17	19	
4	PUR	44	5	9	12	18	21

**SENIOR FEMALE**

PLACE	COUNTRY	TOTAL	POINTS (FIRST 4)				
1	CAN	17	1	3	6	7	11 13
2	USA	21	2	4	5	10	12 14

**SENIOR MALE**

PLACE	COUNTRY	TOTAL	POINTS (FIRST 4)				
1	USA	13	1	2	4	6	8 9
2	CAN	27	3	5	7	12	13 16
3	MEX	50	10	11	14	15	



# TEAM MANUAL

(December 2019)

ASSOCIATION OF PAN AMERICAN ATHLETICS - APA  
NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETICS ASSOCIATION - NACAC  
SOUTH AMERICAN ATHLETICS ASSOCIATION - CONSUDATLE



## ASSOCIATION OF PANAMERICAN ATHLETICS (APA) EXECUTIVE COUNCIL

President: Marcos Oviedo (VEN)  
Vice-President: Geen Clarke (CRC)  
Treasurer: Marcos Melazzi (URU)  
Members at Large: Elena (Nena) Mantilla (PER)  
Claude Blackmore (GUY)  
Esther Maynard (BAR)  
Juan Carlos Ramirez (ESA)

## NORTH AMERICA, CENTRAL AMERICA AND CARIBBEAN ATHLETICS ASSOCIATION NACAC COUNCIL

President: Mike Sands (BAH)  
Vice President: Catherine Jordan (BAR)  
Treasurer: Ephraim Serrette (TTO)  
Members at Large: Howard Cornelius (ANT)  
Evelyn Farrell (ARU)  
Cydonie Mothersill (CAY)  
Calixto Sierra (HON)  
General Secretary: Keith Joseph (VIN)

## CONSUDATLE EXECUTIVE:

President: Helio Gesta de Melo

## INTERNATIONAL DELEGATES :

Organizational: Carlos Clemente ( ESA)  
Technical: Bill Roe (USA)

## VICTORIA INTERNATIONAL CROSS COUNTRY ASSOCIATION (ORGANIZING COMMITTEE)

Chair: Ulla Hansen  
Treasurer: Paul Siluch  
Secretary: Julian Marceau  
Board Members: Lori Chestnut  
Bruce Deacon  
Gary Duncan  
Jonathan Foweraker





Louise Hodgson-Jones  
Chris Kelsall  
Tom Michell  
Keith Wells  
Thelma Wright

## COMPETITION

General Manager:	Bruce Deacon
Athlete and Team Services:	Ulla Hansen Lori Chestnut
Federation Relations:	Thelma Wright Kabir Hosein
Finances:	Paul Siluch
Course Manager:	Gary Duncan
Marketing and Communications:	Louise Hodgson-Jones
Medical:	Martin Wong Mike King
Volunteers:	Maianna Marquette
Transportation:	TBD
Chief Official:	Keith Newell
Anti-Doping:	Canadian Centre for Ethics in Sport
Jury of Appeal:	TBD during Technical Meeting



## GENERAL INFORMATION OF GREATER VICTORIA/LANGFORD

Greater Victoria is located on the southern tip of Vancouver Island on the west coast of Canada. The population of the region is approximately 400,000. The region is comprised of 13 municipalities including the City of Victoria and the City of Langford (where the competition is held). Langford is a 20 minute drive from downtown Victoria. We will arrange a trip downtown for shopping and sightseeing.

Greater Victoria is located in British Columbia, a province noted for its rugged beauty. With a population of 5.2 M and an area of 944,735 km<sup>2</sup>, you won't have the chance to meet everyone or see the whole place during the time you are at the competition. But we do hope you'll return when you have more time. Check out <https://www.destinationbc.ca/>.

There are 198 distinct First Nations in B.C., each with their own unique traditions and history. More than 30 different First Nation languages and close to 60 dialects are spoken in the province. Greater Victoria is located on the traditional territory of the Lkwungen (Lekwungen) peoples.

**WEATHER:** Situated on the Pacific Ocean, our climate is temperate and similar to Seattle, WA. The historical average temperatures for the end of February are lows of 2C and highs of 9C. Since the course is at elevation, it may be a bit cold for the early races, but it will warm up during the day. While usually precipitation at this time of the year is in the form of rain, snow is not out of the question.

**LANGUAGE SPOKEN:** English

**HEALTH CONCERNS:** Greater Victoria is a clean and safe region and there are no health concerns or vaccination requirements. The tap water is superb, but we will have bottled water on hand to meet your preferences.

**CURRENCY:** We use the Canadian Dollar (CAD). It is recommended that you exchange currency before departure or at the airport or prior to arriving at the race hotel. ATM machines are available at Bear Mtn,

**ELECTRICAL:** 110-120 V (with a standard frequency of 60 Hz)



## APA MEMBERS

1	AIA		12	CAY		23	GUY		34	PAR	
2	ANT		13	CHI		24	HAI		35	FER	
3	ARG		14	COL		25	HON		36	PUR	
4	ARU		15	CRC		26	ISV		37	SKN	
5	BAH		16	CUB		27	MB		38	SUR	
6	BAR		17	DMA		28	JAM		39	TKS	
7	BER		18	DOM		29	LCA		40	TTO	
8	BIZ		19	ECU		30	MEX		41	URU	
9	BOL		20	ESA		31	MNT		42	USA	
10	BRA		21	GRN		32	NCA		43	VEN	
11	CAN		22	GUA		33	PAN		44	VIN	

## IMPORTANT DATES

**Friday, December 20<sup>th</sup>, 2019**

**Friday, January 24<sup>th</sup>, 2020**

**Sunday, January 26<sup>th</sup>, 2020**

**Monday, February 10<sup>th</sup>, 2020**

**Thursday, February 27<sup>th</sup>, 2020**

**Friday, February 28<sup>th</sup>, 2020**

**Saturday, February 29<sup>th</sup>, 2020**

**Sunday, March 1<sup>st</sup>, 2020**

Last Day to Confirm Participation

Deadline to request non-quota officials

Entries close at 4:00PM PST

Accreditation photographs due

All Day Arrival of Delegations & Training

Course inspection (9:30-11:00 AM)

Victoria sightseeing/shopping trips  
(12:30-4:30pm)

Media conference (1:00PM)

Coaching Conference (2:00-5:00 PM)

Technical Meeting (5:15-6:15 PM)

VIP Reception (6:00-8:00PM)

Race Day

Evening Dinner & Team Awards

All Day Departures



## ENTRIES BY COUNTRY AND ATHLETES

Each country may enter six (6) athletes per event, with the placing of the team's top four athletes being totalled for team results. Each country must enter their athletes using the online registration site <https://www.trackie.com/online-registration/register/2020-pan-am-xc-cup-team-declaration/36968/>. Please ensure all information is complete and athletes are entered in the correct event.

## NO SHOW PENALTY

The Local Organizing Committee has to pre-pay hotel reservations and meal expenses for all individuals entered by each delegation. Delegations will be required to pay for the cost of meals for those who are no-shows/scratches within the final entries (\$320.00 CAD per person). This will need to be paid at time of check-in and prior to receiving accreditation.

## OFFICIALS / FINANCING / ACCREDITATIONS

Delegations staying longer than the 3 quota days paid by the LOC will be charged the full cost of lodging and accommodations. Contact the LOC no later than January 26<sup>th</sup> to make these arrangements [kabir@panamxcup2020.com](mailto:kabir@panamxcup2020.com).

The LOC will cover all lodging, meals, and ground transportation from Thursday morning to Sunday morning for quota athletes and officials. This includes Lunch/Dinner on Thursday, Breakfast/Lunch/Dinner on Friday, Breakfast/Light Lunch/Dinner on Saturday, and Breakfast on Sunday. There is a restaurant in the hotel and sports bar and coffee shop within 200m.

Team Leaders will be responsible for extra expenses such as restaurant and bar expenses, telephone calls, laundry, in-room movies, extra non-quota rooms, or any other hotel amenities used by members of their delegation. The hotel will require that each Delegation place a credit card on file to cover any damage or room incidentals. To be clear, in no instance will the LOC cover any additional charges or damages or allow check in without a credit card on file.



## QUOTA

The quota of officials and athletes established is detailed in the following table:

Athletes participation	Officials or accompanied persons
1	1
2 - 6	2
7 - 12	3
13 - 18	4
19 - 24	5

Additional non-quota officials will be accommodated provided there is hotel vacancy. Priority will be given to the quota athletes and officials first. The expenses for non-quota officials is the responsibility of the Federation and must be paid in advance. Requests for all non-quota officials are to be sent directly to the LOC [kabir@panamxccup2020.com](mailto:kabir@panamxccup2020.com) no later than **January 24<sup>th</sup>, 2020**. An estimated cost will be provided, and an immediate confirmation is required no later than **4:00 PM PST, January 26<sup>th</sup>, 2020**.

## HOTELS

Athletes and team officials will be lodged at the Westin Bear Mountain Resort and Spa. This 5-star hotel is with a warm West Coast feel. The rooms are spacious, and the meals are world class. There are two types of rooms: two queen beds or a suite with a king bed and pull-out queen bed. The LOC will do its best to accommodate team rooming requests. Please send rooming lists by separate email if known to [elite@panamxccup2020.com](mailto:elite@panamxccup2020.com).

## AIRPORT

The arrival airport is the Victoria International Airport (YYJ) and is approximately 45 minutes' drive from the hotel/race course. Please forward arrival/departure schedules to the LOC as soon as possible to help us coordinate transportation. It is possible to fly into Vancouver (YVR) and take a bus/ferry to Victoria (Tsawwassen to Swartz Bay). This is a beautiful 1.5 hour ride; orca whales and other sea mammals are often seen during the crossing. Allow about 3-4 hours more from arrival in YVR to your transportation time.



## ARRIVAL PROCEDURE AND ACCREDITATION

Upon arrival at the hotel, the Delegation Leader must go to the Technical Information Centre (TIC). All other team members are to wait in the hotel lobby. The Delegation Leader will receive a welcome package including meal wristbands for their team members. These will allow access to meals and the competition warm-up area. All team members must wear their wristbands during the entire stay. No wristband, no meals. The TIC staff will not issue additional wristbands unless the Delegation pays for additional members or there is a verifiable LOC administrative error. Replacement wristbands will NOT be issued.

Teams will be issued with accreditation cards for each athlete and team coach. Photos of each Delegation member must be submitted no later than **February 10<sup>th</sup>, 2020**. Passport photocopies are not acceptable.

The Delegation Leader will be required to place a credit card on file with the hotel to cover any team incidentals or damages. The Delegation Leader will then receive the hotel room keys and rooming assignments for their team.

To expedite athlete check-in, technical verification of uniforms and U20 passports can be done at a separate time. The Delegation Leader must bring samples of the national team uniform and passports for all U20 athletes to verify ages of all competitors. This must be done at the TIC no later than 12:00 noon, Friday, February 28<sup>th</sup>

## REGULAR TIC HOURS

The Technical Information Centre (TIC) will be open:

- Thursday, February 27<sup>th</sup> 8:00am - 7:00pm
- Friday, February 28<sup>th</sup> 8:00am to 4:00pm

If your team arrives when the TIC is not open, please proceed to the hotel front desk. Hotel staff will call a LOC representative to ensure that your arrival is expedited.

## NATIONAL FLAGS

Each delegation is requested to provide two national flags for the competition and awards ceremonies decoration. The flags should measure 1.20m x 0.80m and 3m x 2m respectively. They will be flown in the circuit during the competitions.



## MEALS SCHEDULE

Meals will be buffet style. Special dietary restrictions (e.g. allergies) need to be emailed to the LOC [elite@panamxccup2020.com](mailto:elite@panamxccup2020.com) no later than February 15<sup>th</sup>, 2020. A light lunch will be provided on race day near the finish line. Meals will be served at the following times:

	Break-fast	Lunch	Dinner
<b>Thursday, February 27th</b>		12-1:30 PM	6:00-8:30 PM
<b>Friday, February 28th</b>	6:30-10 AM	12-1:30 PM	6:00-8:30 PM
<b>Saturday, February 29th</b>	6:30-10 AM	1:30-3:30 PM	6:00-8:30 PM
<b>Sunday, March 1st</b>	6:30-10 AM		

## TRANSPORTATION SCHEDULE

Delegations will be picked up at Victoria International Airport (or Ferry Terminal if requested) and transported to the Westin Bear Mountain based on their submitted travel itinerary. If there are last minute changes to the arrival due to missed connections or late flights, please contact the LOC Transportation Manager.



## MEDICAL SERVICES

There will be a clinic for the Delegations at the hotel from Thursday to Saturday. The LOC will provide doctors, physiotherapists, chiropractors and massage therapists. Sign-up sheets will be available at the TIC.

The medical service is free of charge; however, it will be the participant's responsibility to pay for any additional specialized services, including ambulance, emergency room, medical specialist consultation, hospitalization, surgery, medical procedures, all medicines, laboratory, x-rays, special studies, and physical therapy treatments.

During the championships, each team will be assigned a team tent and team medical staff should use these tents for treatment during the competition day. There will be a medical tent in the warm-up area for LOC medical staff.

The competition site will have doctors and first aid medical staff. Individual first aid response will be available on site and in radio communication with officials.

## MEDICAL AND LIFE INSURANCE

Each country, according to World Athletics rules, is responsible for the insurance of the participants in their delegation. Member federations are responsible for taking out insurance to cover illness or injury/life to members of their delegation and/or team when travelling internationally.

Team leaders will be asked to confirm all athletes are medically fit to participate and should have a list of any medications/ allergies/ recent illnesses /injuries of all team members. Medical forms including blood type should be available should they be required in case of injury or illness during the competition.

## SECURITY - POLICE

Langford is one of the safer communities in British Columbia. Security will be provided by the local police force (Royal Canadian Mounted Police-RCMP). The emergency phone number is 9-1-1.





# TECHNICAL DETAILS

The IV PANAMERICAN CROSS COUNTRY CHAMPIONSHIPS will abide by World Athletics technical rules and regulations.

Championship distances are:

U20 Women 6K (3 laps)

U20 Men 8K (4 laps)

Senior Women 10K (5 laps)

Senior Men 10K (5 laps)

## COMPETITION SCHEDULE

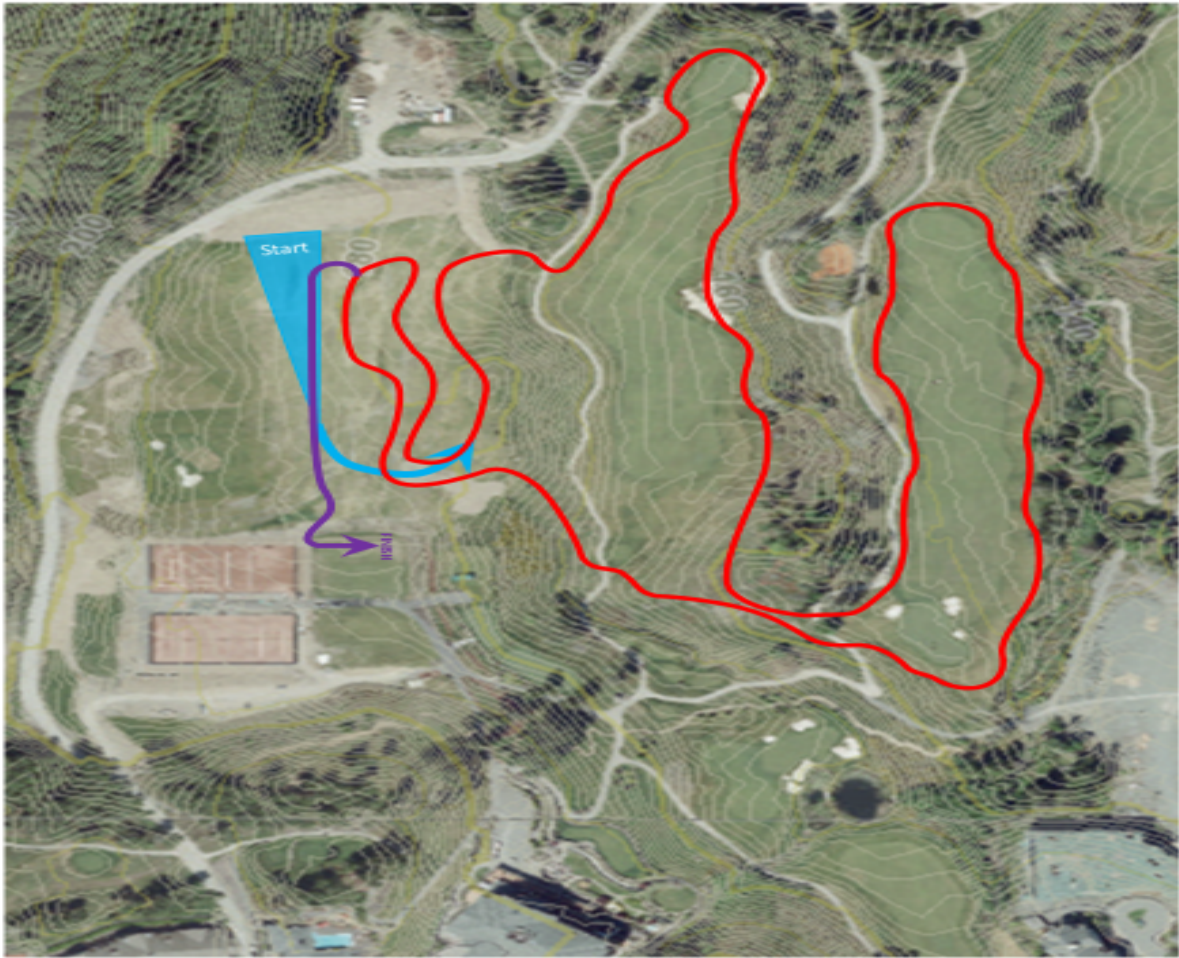
### 2020 Pan Am Cross Country Cup Race Schedule

TIME	RACE	DIS- TANCE
9:00	Community Race	5k
10:00	Junior Women Pan Am XC Cup	6k
10:40	Junior Men Pan Am XC Cup	8k
11:20	Nations Cup	1.6k
11:45	Senior Women Pan Am XC Cup	10k
12:30	BREAK	
1:00	Senior Men Pan Am XC Cup	10k
1:40	Pacific Northwest Youth Cup	5k
2:15	Can Am XC Race #1	5k
2:50	Can Am XC Race #2	5k



## COMPETITION VENUE

The competitions will be contested on the Bear Mountain Golf course located immediately outside of the meet hotel. This is a challenging course with some significant hills and changes in terrain. See <https://panamxcccup2020.com/about/thecourse/> for a map of the course and video description. Note that there will likely be some minor changes to the course over the next few months, but the LOC will attempt to keep the website updated.



## WARM-UP ZONE

The warm-up area is adjacent to the start area. No entry will be permitted without accreditation.



## CALL ROOM

The call tent is located in the warm-up area. No Delegation Officials/coaches are permitted to enter the call room. Athletes must show race bibs, national uniforms, and timing transponders. Call room instructions will be finalized at the Technical Meeting. Athletes will be marshalled to the start and will have approximately five minutes to warm-up on the course prior to the start.

## TECHNICAL INFORMATION CENTRE

The Technical Information Centre (TIC) will serve as the primary location for all technical and athlete services. Information will be posted about transportation schedules, technical announcements, or general information. All protests or grievances are to be submitted at the TIC according to World Athletics rules.

The Team Leaders will receive a special accreditation wristband for the TIC access. No information or services will be given to persons who do not have a TIC accreditation wristband.

## TECHNICAL MEETING

The Technical Meeting will be held on Friday, February 28th, 2020 at 5:15 PM.

Agenda for the Technical Meeting

1. Welcome by the National and International Leaders
2. Technical Manual Presentation
3. Questions and Answers
4. Ratification of participation of athletes
5. Selected Starting boxes for each race
6. Distribution of competition numbers and transponders

## COMPETITION UNIFORMS

According to World Athletics rules, every athlete **must** compete using the official colors of their country.

Upon the arrival of the Team Leaders to the Accreditation Center, they will present the different uniforms to be used by their national team and pictures will be taken which will be given to the Call Room Officials.

Athletes who are not wearing the official uniform will not be allowed in the competition areas.



## COMPETITION NUMBERS

Competition numbers for the athletes will be distributed to the Team Leaders at the Technical Meeting. Each athlete will receive three (3) numbers: to be worn on front (with Transponder), back of competition singlet, and clothing bag. The numbers should not be folded to respect all the logos or written script.

## AWARDS CEREMONIES AND TEAM POINTS

Individual awards for the top three finishers will be presented after each race. Team awards will be presented at the final dinner. Details will be included in the Welcome Packages.

### **TEAM SCORING PAN AM CHAMPIONSHIPS:**

All national teams with a minimum of four/maximum 6 runners will be scored in the Pan Am Cup. Those Federations with less than four runners will still remain in calculation but, cannot score as a team. Race finish order remains as the points earned for each runner, whether part of a full team or not. Six (6) runners make up a full team, with the top four (4) runners per country scoring by place. The team with the lowest total of four runners will be declared the Pan Am winner of each race.

### **NACAC AREA CHAMPIONSHIPS SCORING:**

Teams of minimum four (4)/maximum six (6) per Delegation from NACAC Area Member Federations will be entered and scores calculated only against other NACAC team runners. 4 runners per Federation score but all remaining team members and individual entries from NACAC countries without full teams remain in place order for displacement of all other finishers. Re calculated finish order serves as the points earned. Lowest total of 4 finishers per Country is the NACAC Area Champion for each of the 4 race Divisions.

In the event of a tie, it shall be resolved in favour of the team whose 4th scoring member finishes nearer to first place.

## ANTI-DOPING CONTROL

Anti-doping tests will be conducted throughout the competition in accordance with World Athletics rules.

In accordance with WADA rules, athletes must have a list of all medications and supplements they are on. Any necessary TUE forms must be sent by the Federations to the World Athletics office prior to the competition dates.



## PROTESTS

The Technical Delegate in consultation with the LOC will select a Jury of Appeal which will be presented at the Technical Meeting.

Protests must be filed at the TIC within 30 minutes of the official posting of the results of the event with a \$100.00 USD/\$130 CAD deposit. As per World Athletics Rules, this deposit will be forfeited if the appeal or protest is not upheld. The Jury of Appeal will decide after considering all the available resources.

## MIXED ZONE

The Local Organizing Committee will accommodate a mixed zone for the media to interview athletes after they finish their event. All athletes will leave the competition area through the mixed zone. The Local Organizing Committee will award press passes for the mixed zone.

## RESULTS

The results of each event will be transmitted as rapidly as possible to the announcer. Results will also be posted and available to team leaders in the TIC and posted immediately online.

## VISAS

Federations should all consult the nearest Canadian Embassy or Consulate to confirm if a VISA, other documentation or fees are required to enter.

The Organizing Committee recommends this process begin as soon as possible. A letter of invitation has been provided by Athletics Canada.

**ANYTHING NOT STATED IN THIS TEAM MANUAL WILL BE DECIDED BY THE ORGANIZATIONAL AND TECHNICAL DELEGATE AND THE LOCAL ORGANIZING COMMITTEE.**





# GREATER VICTORIA

