



COACH INFORMATION PACKAGE

2025 ACAC Cross-Country Running Championships

Hosted by Northwestern Polytechnic

Saturday, October 25, 2025

Muskoseepi Park, Grande Prairie, Alberta

NORTHWESTERN
POLYTECHNIC 

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WELCOME

On behalf of Northwestern Polytechnic, I'm pleased to welcome you and your teams to the 2025 ACAC Cross-Country Running Championships in Grande Prairie. It's an honour to host this year's event at Muskoseepi Park – a scenic and challenging course that reflects the strength and spirit of ACAC competition.

As we gather, we respectfully acknowledge that this event takes place on the traditional lands of Treaty 8, home to many First Nations and Métis peoples. We

are grateful to share in this space and continue to learn from the communities who have called it home for generations.

We look forward to a great day of racing, connection, and sportsmanship. Thank you for being part of it.

James Phillips, Athletics Director
Northwestern Polytechnic





Schedule of Events

Saturday, October 25, 2025

- | | |
|-------------------|---|
| 12:00 p.m. | ACAC Women's 6K (3 x 2km loop)
Muskoseepi Park |
| 1:00 p.m. | ACAC Men's 8K (4 x 2km loop)
Muskoseepi Park |
| 2:30 p.m. | ACAC Awards Ceremony
(ACAC competitors only)
Northwestern Polytechnic Theatre |

General Information

ACAC schools will be invoiced following the event. Race packages will be available for pickup on-site at Muskoseepi Park starting at 10:00 a.m. inside the pavilion.

All ACAC competitors must be registered by their schools prior to the deadline.

Timing and Results

- Racepro Timing will provide chip timing and official results.
- All participants must wear their timing chip to be included in the results.
- Please do not cross the finish line unless you are completing your race.
- Athletes should exit the finish area promptly to prevent duplicate results.

Course Description

This year's ACAC Championship course in Grande Prairie features a balanced mix of uphill, downhill, and flat terrain, offering a challenging yet engaging experience in the heart of Muskoseepi Park.

Each lap begins with an incline and narrows after approximately 150 metres, maintaining a minimum width of 3–4 runners across for the remainder of the course. Around the 200-metre mark, runners cross a bridge and continue through roughly 200 metres of small loose gravel. From there, the route climbs a slight hill before transitioning into over 600 metres of flat grassy terrain.

Just after the 1-kilometre mark, athletes will encounter a hairpin turn at the bottom of a hill, followed by another short uphill and downhill segment leading into 500 metres of flat ground. The lap finishes with the steepest incline on the course – approximately 80 to 100 metres in length – before descending into the lap area and continuing through the clearly marked lapping zone and finish chute.

Course Notes:

- Several paved path crossings are present along the course; all will be covered with matting.
- This is an excellent course for spikes.

Facilities

- Portable toilets will be available on the east side of the start/finish line, near the creek.
- Changing facilities are located inside the pavilion, approximately 300 metres from the start/finish area.

Please note: There is no indoor space at the start/finish line; teams are encouraged to bring tents if needed for shelter or gear.

Course Marshals & Safety

Twenty volunteers will be stationed throughout the course to support athletes and maintain safety. Three will be equipped with radios and located at approximately 500m, 1km and 1500m along the course in case of emergency.

Doping Control Protocol

The Canadian Centre for Ethics in Sport (CCES) has indicated that random doping testing may occur during ACAC races.

- Athletes selected for testing will be assigned a CCES chaperone immediately after finishing their race.
- Once the athlete is ready to provide a sample, they will be transported to the testing facility with the chaperone.
- Athletes must bring all personal belongings with them and should not plan to return to Muskoseepi Park afterward.

ACAC Coaches Meeting

Thursday, October 23, 2025

7:30–9:30 p.m. via Zoom

Zoom link will be emailed on
Monday, October 20, 2025

ACAC Accreditation & Fees

A \$50 accreditation fee per participant will be sent separately to coaches and athletic directors. A participation gift is included in the accreditation package.

Entry & Accreditation Submission

All ACAC entries, accreditation forms, and team photos are due by Monday, October 20, 2025, at 4:00 p.m. Please submit all materials using the attached Excel spreadsheet and email them to KMitchell@NWPolytech.ca

Accommodations

Both hotels listed below are across the street from the NWP campus and a short 5–10 minute walk to the course via the campus trails.

Service Plus Inns & Suites

\$134.99 + taxes (includes hot buffet breakfast)
10810–107 Avenue | 780–538–3900

Encore Suites by Service Plus Inns

\$149.99 + taxes (includes hot buffet breakfast)
10639–110 Street | 587–259–0425

Travel Directions

From the hotels, get back on 107 avenue heading East. Turn left at the lights and head north. At the lights at 106 street turn right. Follow that road until 102 Street and turn right. Head south and turn right on 102 avenue. You will see a red sign on, on your right at the park turn. Drive down the hill to the parking lots.

Awards Luncheon & Departure

**Douglas J Cardinal Performing Arts Centre,
Northwestern Polytechnic**

(Enter via the north side of campus –
[click to see map](#))

2:30 p.m.	Doors open
3:00 p.m.	Lunch
3:30–4:00 p.m.	Awards Ceremony
4:30 p.m.	Team Departure

Event Contacts

James Phillips Race Director
NWP Athletics Director
587-998-6049
Phillips@NWPolytech.ca

Randy Moroz Results Coordinator
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CLOSING REMARKS

Northwestern Polytechnic is honoured to host the 2025 ACAC Cross-Country Running Championships. We extend our sincere thanks to all participating institutions, coaches, and student-athletes for your commitment to excellence and to the values of collegiate sport.

We look forward to a successful event that reflects the spirit of competition, respect, and collaboration that defines the ACAC community.



