



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

214-200 MAIN ST. WINNIPEG, MB R3C 4M2 TEL: 204-925-5743 FAX: 204-925-5792 EMAIL: athleticsmb@shaw.ca www.athleticsmanitoba.com

2009 CHRIS McCUBBINS PROVINCIAL CROSS COUNTRY CHAMPIONSHIPS

**Thursday, October 15th
SCHOOL TEAM CHAMPIONSHIP**

**Saturday, October 17th & October 31st
INDIVIDUAL & CLUB CHAMPIONSHIP**

START TIME: 10:00 a.m.
LOCATION: Kilcona Park / Harbourview Golf Club

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SCHOOL CATEGORIES:

- Grade 4 BOYS / GIRLS
- 5 BOYS / GIRLS
- 6 BOYS / GIRLS
- 7 BOYS / GIRLS
- 8 BOYS / GIRLS
- 9 BOYS / GIRLS
- 10 BOYS / GIRLS
- 11 BOYS / GIRLS
- 12 BOYS / GIRLS

AGE CLASSIFICATIONS

- Pee Wee Male/Female 1998 and later
- Bantam Male/Female 1996—1997
- Midget Male/Female 1994—1995
- Juvenile Male/Female 1992—1993
- Junior Male/Female 1990—1991
- Senior Male/Female 1975 —1989
- Masters Male/Female 35 Years of Age & Older on day

DISTANCES:

- GRADES 4 – 8 (M/F) - 2000m
- GRADES 9 / 10 (M/F) - 3000m
- GRADES 11 / 12 (M) - 5000m (F) - 3000m

DISTANCES

- 2000m Pee Wee & Bantam Female & Male
- 3000m Midget Female & Male, Juvenile Female
- 5000m Juvenile Male & Junior Female
- 6000m Senior & Masters Female
- 8000m Junior Male & Masters Male
- 10,000m Senior Male

AWARDS

Banner for Top Team, Male and Female, in each Grade
All athletes receive a Certificate.

AWARDS

Provincial Champion receives T-Shirt
Top Three Individuals per classification receive awards

ENTRY INFORMATION

Team Entries: A team will consist of a maximum of 6 and a minimum of 4 athletes of one gender with the best 4 performances counting in the team score. Athletes must belong to the same club or school.

Entry Deadline: Entries for the October 15th meet must be received no later than **Friday, October 9, 2009**
Entries for the October 17th meet must be received no later than **Tuesday, October 13, 2009**
Entries for the October 31st meet must be received no later than **Tuesday, October 27, 2009**

Team Entry (per Age Group)	\$20.00	Late Entry Fees: \$40.00
Individual Entry	\$5.00	Late Entry Fees: \$10.00

Cheques Payable to: Athletics Manitoba
Send Entries to: 214-200 Main Street **Fax: (204) 925-5792**
WINNIPEG, MB. R3C 4M2 **robguy@mts.net**

**Exact schedule will be posted / distributed following finalization of course routes and registration.
Please be sure to arrive in plenty of time to spare in case times change.**

Changing and washroom facilities will be open for use at the Harbourview Club House and registration areas. The restaurant will be open for purchasing refreshments. This meet is sanctioned by Athletics Manitoba and is the official qualifying event for the Canadian Cross Country Championships.

****Senior & Masters events will be run on October 17th and the PeeWee to Junior will be run on October 31st.*

NO OUTSIDE FOOD OR BEVERAGE IS ALLOWED INSIDE THE HARBOURVIEW CLUBHOUSE.

Please call Rob Guy, Meet Director at 204.925.5745 for additional information



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**2009 CHRIS McCUBBINS PROVINCIAL
CROSS COUNTRY CHAMPIONSHIPS**

OFFICIAL ENTRY FORM - PLEASE SUBMIT BY Friday, OCTOBER 9TH, 2009
(duplicate if more teams are to be entered)

SCHOOL / CLUB: _____ (Teams will be indicated by Letter)

Thursday, October 15th, School Challenge Saturday, October 17th, Senior & Masters Provincial Championships

Saturday, October 31, PeeWee to Junior Age Class Provincial Championships

First Name	Last Name	Year of Birth	M/F	Grade	TEAM
					1 (A)
					2 (B)
					3 (C)
					4 (D)
					5 (E)
					6 (F)
					1
					2
					3
					4
					5
					6
					1
					2
					3
					4
					5
					6
					1
					2
					3
					4
					5
					6

_____ # Ind Athletes x \$5.00=_____

_____ # Teams x \$20.00=_____

TOTAL