



# 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](mailto:athleticsmb@shaw.ca) [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)

## 2009 CHRIS McCUBBINS PROVINCIAL CROSS COUNTRY CHAMPIONSHIPS

**Thursday, October 15<sup>th</sup>  
SCHOOL TEAM CHAMPIONSHIP**

**Saturday, October 17<sup>th</sup> & October 31<sup>st</sup>  
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

### DISTANCES:

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

### AWARDS

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

### 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

- 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

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 15<sup>th</sup> meet must be received no later than **Friday, October 9, 2009**  
Entries for the October 17<sup>th</sup> meet must be received no later than **Tuesday, October 13, 2009**  
Entries for the October 31<sup>st</sup> meet must be received no later than **Tuesday, October 27, 2009**

<b>Team Entry (per Age Group)</b>	<b>\$20.00</b>	Late Entry Fees: \$40.00
<b>Individual Entry</b>	<b>\$5.00</b>	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 events will be run on October 17<sup>th</sup> and the PeeWee to Junior & Masters will be run on October 31<sup>st</sup>.*

**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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**OFFICIAL ENTRY FORM -see information for deadlines**

(duplicate if more teams are to be entered)

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

Thursday, October 15<sup>th</sup>, School Challenge                       Saturday, October 17<sup>th</sup>, Senior Provincial Championships

Saturday, October 31, PeeWee to Junior & Masters 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**