



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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2009 CHRIS MCCUBBINS PROVINCIAL CROSS COUNTRY CHAMPIONSHIPS

Thursday, October 15th

Harbourview Golf Course

SCHOOL TEAM CHAMPIONSHIP SCHEDULE

We will begin the first race at **10:00 am**.

Please note that the schedule can run up to **15 minutes ahead** of schedule as the day progresses.

10:00 am	Grade 4 Girls	2km
10:20 am	Grade 4 Boys	2km
10:40 am	Grade 5 Girls	2km
11:00 am	Grade 5 Boys	2km
11:20 am	Grade 6 Girls	2km
11:35 am	Grade 6 Boys	2km
11:50 am	Grade 7 Girls	2km
12:05 pm	Grade 7 Boys	2km
12:20 pm	Grade 8 Girls	2km
12:35 pm	Grade 8 Boys	2km
12:50 pm	Grade 9 Girls/Boys	3km
1:05 pm	Grade 10 Girls/Boys	3km
1:20 pm	Grade 11 & 12 Girls	3km
1:35 pm	Grade 11 & 12 Boys	5km

AWARDS

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