

# 2010 BIRCH OPEN CROSS COUNTRY RUNNING MEET

**DATE:** Saturday, September 18, 2010

**LOCATION:** Birch Ski Area, Roseisle, MB  
Roseisle is 25km west of Carman on Provincial Hwy #245  
Go one mile west of Roseisle on Hwy #245, then turn left and go two and a half mile south; then right one mile to Birch Ski Area. There are Birch Ski Area signs on the corners.

**REGISTRATION:** Registration on site between 9:30 am and 11:00 am

**START TIMES:** Races start at 12:00 noon (see race schedule below)

**ENTRY FEE:** Students: \$5.00                      Adults: \$5.00

**AWARDS:** Medals for individual first, second, and third place in each category.  
Medals for first, second and third place in the "team" standings in each of the school categories.

**SCHOOLS TEAM INFORMATION:**

- Runners participating on a team are also eligible for the individual awards.
- A team consists of a minimum of three, and a maximum of four runners.
- The placing of the top three finishers on each team will determine the team points total.
- Schools may enter as many teams as they wish in each category.
- School "team" runners must be listed prior to race time.

**ALL RUNNERS MUST BE FROM THE SAME SCHOOL**

<b>CATEGORIES AND DISTANCES:</b>	<b>MALE</b>	<b>FEMALE</b>
Grade 4 and Under	1.5 km	1.5 km
Grades 5 & 6	2.0 km	2.0 km
Grades 7 & 8	2.5 km	2.5 km
Grades 9 & 10	5.0 km	3.0 km
Grades 11 & 12	5.0 km	3.0 km
Open (Adult)	5.0 km	3.0 km

**RACE ORDER/START SCHEDULE (New This Year)**

12:00 Noon	1.5 km	Grade 4 & Under (Male & Female)
**Continuing at 15 Minute Intervals	2.0 km	Grades 5 & 6 (Male & Female)
	2.5 km	Grades 7 & 8 (Male & Female)

**Award Presentations for the above races will be made shortly after the runners have finished each race.**

3.0 km and Open (Adult)	Female – Grades 9 & 10, 11 & 12
5.0 km and Open (Adult)	Male – Grades 9 & 10, 11 & 12,

**For additional information please contact:**

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