



2010 MILK Cross Country Challenge
Thursday, October 7th
SCHOOL TEAM CHAMPIONSHIP

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

SCHEDULE	Races can run up to 15 min. ahead	
10:00 am	Grade 4 Girls	2km
10:20am	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 participation ribbon and a carton of milk.

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 7th meet must be received no later than **Friday, October 1, 2010.**

All entries must be submitted by email via posted spreadsheet to diana_stevens@shaw.ca

Team Entry (per Age Group) \$10.00 To a school maximum of \$60.00

Individual Entry \$5.00

Cheques Payable to: Athletics Manitoba

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. The restaurant will be open for purchasing refreshments. This meet is sanctioned by Athletics Manitoba and MHSAA and sponsored by MILK.

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

145 Pacific Ave., Winnipeg, Manitoba R3B 2Z6 (204) 925-5745 www.athleticsmanitoba.com