



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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2010 CHRIS MCCUBBINS PROVINCIAL CROSS COUNTRY CHAMPIONSHIPS

Saturday, October 16th

Harbourview Golf Course

INDIVIDUAL & CLUB CHAMPIONSHIP SCHEDULE

AGE CLASSIFICATIONS

Pee Wee Male/Female	1999 and later
Bantam Male/Female	1997—1998
Midget Male/Female	1995—1996
Youth Male/Female	1994—1995
Junior Male/Female	1992—1993
Senior Male/Female	1976 —1990
Masters Male/Female	1975 & older

SCHEDULE

First race will begin at 10:00 am.

Races can run up to 15 min. ahead of schedule as the day progresses.

10:00 am	Pee Wee Girls	2km
10:20 am	Pee Wee Boys	2km
10:40 am	Bantam Girls	2km
11:00 am	Bantam Boys	2km
11:20 am	Midget Girls	3km
11:40 am	Midget Boys	3km
12:00 pm	Youth Girls	3km
12:25 pm	Youth Boys	5km
12:55 pm	Junior/Master/ Senior Women	5km
1:25 pm	Junior/Master Men	8km
1:55 pm	Senior Men	10km

AWARDS

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