



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave. • Winnipeg, MB R3B 2Z6 • Tel: 204-925-5745 • Fax: 204-925-5792 • www.athleticsmanitoba.com



2010 MILK RUN

Cross Country Challenge

Thursday, October 7th

PROVINCIAL SCHOOL TEAM CHAMPIONSHIP

Kilcona Park/Harbour View Golf Club

10:00 am	Grade 4 Girls	2km
10:15 am	Grade 4 Boys	2km
10:30 am	Grade 5 Girls	2km
10:45 am	Grade 5 Boys	2km
11:00 am	Grade 6 Girls	2km
11:15 am	Grade 6 Boys	2km
11:30 am	Grade 7 Girls	2km
11:45 am	Grade 7 Boys	2km
12:00 pm	Grade 8 Girls	2km
12:15 pm	Grade 8 Boys	2km
12:30 pm	Grade 9 Girls	3km
12:50 pm	Grade 9 Boys	3km
1:10 pm	Junior Varsity Girls	3km
1:30 pm	Varsity Girls	3km
1:50 pm	Junior Varsity Boys	5km
2:15 pm	Varsity Boys	5km

Exact schedule will be posted / distributed following finalization of registration. Races can run up to 15 minutes ahead so please arrange arrival times accordingly.

AWARDS

Banner for Top Team, (Male and Female) in each Grade
All athletes receive a participation ribbon and a carton of chocolate 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 school. Entry fee of \$10.00 per team (per age group) to a maximum of \$60.00 per school. Individual entries \$5.00 per person. Cheques payable to Athletics Manitoba.

Entry Deadline: All entries must be submitted by email via **posted entry form** to diana_stevens@shaw.ca **no later than Friday, October 1, 2010** [<http://www.athleticsmanitoba.com/cross-country/current-events/>].

The entry form is an auto-fill Word document, meaning you can fill in your entry information on the computer (in the grey boxes), save the file and then attach the file to your email to Diana.

Changing and washroom facilities will be open for use at the Harbour View Club House. The restaurant will be open for purchasing refreshments.

This meet is sanctioned by Athletics Manitoba and MHSAA and sponsored by Dairy Farmers of Manitoba.

Contact Rob Guy at 204.925-5745 or robguy@mts.net for additional information

Dairy Farmers
of Manitoba

