



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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2011 MILK Cross Country Challenge

WEDNESDAY, OCTOBER 5TH
SCHOOL TEAM CHAMPIONSHIP

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

SCHEDULE Races can run up to 15 min. ahead

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|----------|---------------------|-----|
| 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

This is a scored event, not a timed event. Top ten in each event receive placement ribbons and all others a participant ribbon. All participants will receive a carton of MILK at the end of their race. Banners will be awarded for the top team (male and female) in each grade.

ENTRY INFORMATION

Team Entries: A team will consist of a minimum of 4 and a maximum of 6 athletes of one gender with the best 4 performances will count in the team score. Athletes must belong to the same club or school. Coaches will be given a scoring sheet at the meet and they submit results following each race.

Entry Deadline: Entries for the October 5th meet must be received no later than **Monday, October 3rd**. **All entries must be submitted via email to chris.belof@athleticsmanitoba.com** using the registration form posted on AM website. (Open the form, fill in required information, save to computer and then send as an email attachment.)

Per Team Entry (per Age Group) \$10.00 To a school maximum of \$75.00

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 Chris Belof at 204.925.5745 for additional information

