



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

145 PACIFIC AVE, WINNIPEG, MANITOBA R3B 2Z6 TEL: 204-925-5745 FAX: 204-925-5792 www.athleticsmanitoba.com

2013 MILK RUN Cross Country Challenge Wednesday, October 2 PROVINCIAL SCHOOL TEAM CHAMPIONSHIP Kilcona Park/Harbourview 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 9/10 Girls (JV)	3km
12:45 pm	Grade 9/10 Boys (JV)	3km
1:00 pm	Varsity Girls	3km
1:15 pm	Varsity Boys	5km



Final 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
Top 10 athletes in each age category receive award ribbons.
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 \$80.00 per school. Individual entries \$5.00 per person. Cheques payable to Athletics Manitoba.

Entry Deadline: All entries must be submitted by email chris.belof@shaw.ca no later than **Friday, September 27, 2013.**

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 Dairy Farmers of Manitoba.

Contact Chris Belof at 204.925-5745 if you have any questions.





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2013 MILK Cross Country Challenge

Entries due Friday, September 27, 2013

Email to: chris.belof@shaw.ca

Entry Fees: \$5.00 per individual entry. \$10.00 per team (up to 6 individuals) to a school maximum of \$80.00.

Indicate number of teams per event – Maximum of 6 athletes per team, best 4 performances will be used in team total for award banners. Banners will be presented to the top male and female team per age grouping. Top 10 in each age category will receive award ribbons. All participants will receive a participation ribbon.

School: _____ **Coach:** _____

Contact Email: _____ **Contact Phone #** _____

Teams	Number of Teams	Individual Entries
Grade 4 Girls		
Grade 4 Boys		
Grade 5 Girls		
Grade 5 Boys		
Grade 6 Girls		
Grade 6 Boys		
Grade 7 Girls		
Grade 7 Boys		
Grade 8 Girls		
Grade 8 Boys		

Junior Varsity Girls		
Junior Varsity Boys		
Senior Varsity Girls		
Senior Varsity Boys		

