

2015 BIRCH OPEN

CROSS COUNTRY RUNNING MEET

- DATE:** Saturday, September 19, 2015
- OUTLINE:** *Birch Open* is a cross country running meet for school students and adults held at *Birch Ski Area* near Roseisle, Manitoba. There are 6 individual and 5 team categories with each having its own distance. The race is followed by an awards presentation on site.
- LOCATION:** Birch Ski Area, Roseisle, MB.
Birch Ski Area is located near Roseisle, MB approximately 27km west of Carman, MB. From Roseisle at the corner of PR240 & PR245 head 1 mile west along PR245 until you reach a blue sign marked "BIRCH SKI AREA" and turn left (southbound) onto *Road 40W*. Then continue straight for another 2 ¼ miles until you come to an intersection that has a white shed and turn right (westbound) onto *Road 32N*. Continue straight. Once you're up the big hill you'll find yourself in the Birch Ski Area parking area.
- REGISTRATION:** On site between 9:30 am and 11:00 am.
- START TIME:** 12:00 noon start (see *race start order schedule* below)
- ENTRY FEE:** \$5.00 per runner (student and adult)
- AWARDS:** Medals for *individual* 1st, 2nd, and 3rd place finish in each category.
Medals for *team* 1st, 2nd, and 3rd place finish in the school category.

TEAM INFORMATION:

- The *team* category is only open to school students and not to adults
- A *team* consists of a minimum 3 and maximum 4 runners
- Placing of the top 3 finishers on each *team* will determine the team points total
- Schools may enter as many *teams* as they wish in each category
- School *team* runners must be listed prior to race time
- Runners participating on a *team* are also eligible for *individual* awards
- ALL TEAM RUNNERS MUST BE FROM THE SAME SCHOOL

Category	Distance	
	Male	Female
Grade 4 & under	1.5 km	1.5 km
Grade 5 & 6	2.0 km	2.0 km
Grade 7 & 8	2.5 km	2.5 km
Grade 9 & 10	5.0 km	3.0 km
Grade 11 & 12	5.0 km	3.0 km
Open (Adults)	5.0 km	3.0 km

RACE START ORDER SCHEDULE:

12:00 noon	1.5 km	Female & Male :: Grade 4 & under *
12:15 pm	2.0 km	Female & Male :: Grade 5 & 6 *
12:30 pm	2.5 km	Female & Male :: Grade 7 & 8 *
12:45 pm	3.0 km	Female :: Grades 9 & 10, 11 & 12 and Open
1:00 pm	5.0 km	Male :: Grades 9 & 10, 11 & 12 and Open

* Awards presentation will be held shortly after the runners have finished each race.

For additional information please:

Phone :: Doug Keith (204) 828-3586
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Email :: birchmountainsports@gmail.com
Visit :: www.athleticsmanitoba.com

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REGISTRATION FORM

- On site registration between 9:30 am and 11:00 am.
- Use a separate sheet for each grade category and for male and female categories.
- Copy extra sheets as required (DO NOT REDUCE PRINT SIZE)

School Coach or Adult Supervisor Information

The school *coach* or *adult* supervisor is a person 18 years of age or older in charge of the well being of individual and team juvenile runners.

Coach or adult name: _____ **Phone no.:** _____

Runner Information

Gender: Male Female

Grade: 4 & under 5 & 6 7 & 8 9 & 10 11 & 12 Open (adult)

- List individual runners and your team members name below
- List your team(s) runners in groupings of 3 and 4 in the space provided
- All team runners must be from the same school
- Fill in only first two columns fields (i.e. SHOOLE NAME & RUNNER'S NAME)

SCHOOL NAME	RUNNER'S NAME	BIB #	ORDER OF FINISH (OVERALL)	ADJUSTED ORDER OF FINISH (BY CATEGORY)	ADJUSTED TEAM POINTS TOTAL (BEST 3)	PLACING TEAM	PLACING INDIVIDUAL
	1						
	2						
	3						
	4						
	1						
	2						
	3						
	4						

