



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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2015 MILK RUN

Cross Country Challenge

Wednesday, October 1, 2015

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 \$15.00 per team (per age group) to a maximum of \$150.00 per school. Individual entries \$10.00 per person. Cheques payable to Athletics Manitoba.

Entry Deadline: All entries must be submitted by email athletics.admin@shaw.ca no later than Friday, September 25, 2015 (www.athleticsmanitoba.com).

Changing and washroom facilities will be open for use at the Harbourview Club House. 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.

Milk Every Moment



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Entry Form due September 25, 2015

Email to: programs@athleticsmanitoba.com

Entry Fees: **\$10.00 per individual entry.**

\$15.00 per team (up to 6 individuals) to a school maximum of \$150.00.

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		

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