



2015 Milk Cross Country Challenge

Wednesday, October 1, 2015

Kilcona Park/Harbourview Golf Club

Entry Form due September 25, 2015

Email to: athletics.admin@shaw.ca

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 Boys		
Junior Varsity Girls		
Varsity Boys		
Varsity Girls		

Milk Every Moment

