



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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MILK SCHOOL CROSS COUNTRY CHALLENGE

Cross Country Challenge

Thursday, October 1

PROVINCIAL SCHOOL TEAM CHAMPIONSHIP

Kilcona Park/Harbourview Golf Club

Milk Every Moment

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. 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.