

2021 Virtual MILK Cross Country Challenge

September 29th and 30th, 2021

Registration opens on September 7th & closes on September 28th

Grade 4 Girls	2km
Grade 4 Boys	2km
Grade 5 Girls	2km
Grade 5 Boys	2km
Grade 6 Girls	2km
Grade 6 Boys	2km
Grade 7 Girls	2km
Grade 7 Boys	2km
Grade 8 Girls	2km
Grade 8 Boys	2km
Grade 9/10 Girls (JV)	3km
Grade 9/10 Boys (JV)	4km
Varsity Girls	4km
Varsity Boys	5km

Sanctioned by:



Sponsored by:



ENTRY INFORMATION:

- All entries must register through *Race Roster* by visiting the [REGISTRATION LINK](#).
- Following registration confirmation, participants will receive an email from *Race Roster* with the instructions for tracking their run with the *RunKeeper App*. (*RunKeeper must be downloaded onto a smartphone before engaging in race*)
- **ENTRY DEADLINE:** Tuesday, September 28th, 2021

ENTRY FEES:

- \$10.50 a team up to a cap of \$52.50 per school & \$5.25 per individual (All costs include GST)
- **Schools will be invoiced for the total number of athletes who participated, after the event.**

RACE INSTRUCTIONS:

- Download the *RunKeeper App*.
- Follow the instructions set via the *Race Roster* event confirmation email. (Open *RunKeeper*; visit the “start” tab; tap the in-app checkered flag; select the event).
- Races can be completed anywhere, however, **in order to ensure the fairest results, we would suggest racing on a relatively flat course.**
- Safety Guidelines- Have someone accompany the athletes on their run (via bike/car) to ensure they are safe on the course.

SCORING:

Athletics MB will score the results following the event – teachers will not be permitted to submit their team scores. Teams will consist of a maximum of 6 and a minimum of 4 athletes of one gender; the top 4 placements count towards to final team score.

AWARDS

Banner for Top Team, (Male and Female) in each Grade.