



2006 ATHLETICS MANITOBA PROVINCIAL CROSS COUNTRY CHAMPIONSHIPS

DATE: *Saturday, October 21, 2006*
STARTING TIME: *10:00 a.m.*
LOCATION: *Kilcona Park / Harbourview Golf Club*

AGE CLASSIFICATIONS

Pee Wee Men/Women	1995 and later	Junior Men/Women	1987—1988
Bantam Men/Women	1993—1994	Senior Men/Women	1986 —1972
Midget Men/Women	1991—1992	Masters Men/Women	1971 and earlier
Juvenile Men/Women	1989—1990		

DISTANCES & START TIMES

Times listed are tentative and are subject to change, please be sure you arrive with plenty of time to spare, in case times change.

All races will be run mass start with combined age groups and genders
10:00am 2000m Mass Start followed by 3000m, 5000m, etc.

Exact Schedule will be posted / distributed following finalization of course routes

2000m Mass Start	Pee Wee & Bantam Female & Male	6000m Mass Start	Senior & Master Female
3000m Mass Start	Midget Female & Male, Juvenile Female	8000m Mass Start	Junior Male
5000m Mass Start	Juvenile Male & Junior Female	10,000m Mass Start	Senior & Master Male

INFORMATION

Changing and washroom facilities will be open for use at the Harbourview Club House. The restaurant will be open for purchasing refreshments. Awards will be presented to the top 3 male and female athletes in each age class, as well as the top team (all team members) in each age class. This meet is sanctioned by Athletics Manitoba and is the official qualifying event for the Canadian Cross Country Championships.

NO OUTSIDE FOOD OR BEVERAGE IS ALLOWED INSIDE THE HARBOURVIEW CLUBHOUSE.

ENTRIES

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 club or school.

Entry Deadline: Entries must be received no later than **Friday, October 13, 2006**

Team Entry (per Age Group)	\$20.00 for member schools/clubs	ADDITIONAL \$5.00 DAY
Late Entry Fees	\$40.00 for member schools	MEMBERSHIP FOR EACH
Individual Entry	\$5.00 for member school athletes/clubs	INDIVIDUAL NON-MEMBER
Late Entry Fees:	\$10.00 for member school athletes	

Cheques Payable to: Athletics Manitoba

Send Entries to: **200 Main Street** **Fax: (204) 925-5792** **athleticsmb@shaw.ca**
Winnipeg, MB R3C 4M2 **Tel: (204) 925-5744** **www.athleticsmanitoba.com**

NOTE: Schools are reminded to renew their School Club Memberships prior to the event to avoid non-member fees. If you do not have this information or the forms, please call 925-5743.



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

214-200 MAIN ST. WINNIPEG, MB R3C 4M2 TEL: 204-925-5743 FAX: 204-925-5792 EMAIL: athleticsmb@shaw.ca www.athleticsmanitoba.com

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CROSS COUNTRY CHAMPIONSHIPS**

OFFICIAL ENTRY FORM - PLEASE SUBMIT BY FRIDAY, OCTOBER 13, 2006

(duplicate if more teams are to be entered)

SCHOOL/CLUB: _____ (Teams will be indicated by Letter)

Age Group (Year of Birth): PW (95+) BT (93-94) MD (91-92) JV (89-90) JR (87-88) SR (67-86) MST (Age 35 on October 21)

Last Name	First Name	Date of Birth	M/F	Age Group	TEAM
					1
					2
					3
					4
					5
					6
					1
					2
					3
					4
					5
					6
					1
					2
					3
					4
					5
					6
					1
					2
					3
					4
					5
					6

_____ # Ind Athletes x \$5.00= _____ # Teams x \$20.00= _____ **TOTAL=** _____



FALL / WINTER
06/07

Track & Field / Road Running / Cross Country

Wednesday Evenings, September 13-October 11	Fall RJT Track & Field/Cross Country Program
Saturday, December 2	Flying 'M' Fall Frolic
Thursday, December 7	Grand Prix #1
Friday, December 8	Grand Prix #2
Wednesday, January 10	Grand Prix #3
Wednesday, January 24	Track Attack #1
Wednesday, January 24	Grand Prix #4 & Men's Multiple Event Championship
Saturday, February 3	Cargill Indoor Games: University & Pee Wee
Thursday, February 8	Cargill Elementary Relays
Friday, February 9	Cargill Indoor Games
Saturday, February 10	Cargill Indoor Games
Tuesday, February 13	Track Attack #2
Tuesday, February 13	Grand Prix #5 & Women's Multiple Event Championship
Tuesday, February 20	Grand Prix #6
Friday, February 23	Can West Championships
Saturday, February 24	Can West Championships
Tuesday, February 27	Boeing Elementary Relays
Thursday, March 1	Boeing Provincial Championships
Friday, March 2	Boeing Provincial Championships
Saturday, March 3	Boeing Provincial Championships
Friday, March 9	Track Attack #3
March 8-10	CIS Championships (McGill University)
Friday, March 16	Athletics Manitoba Elementary Relays
Monday, March 19	Track Attack #4

Track & Field Information