



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.



2006 ATHLETICS MANITOBA PROVINCIAL 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=** _____



**2006 Athletics Manitoba Provincial Cross Country Championships
Race Schedule**

Pee Wee Male and Female Bantam Male and Female	10:00 am	2000m
Midget Male & Female Juvenile Female	10:30 am	3000m
Juvenile Male Junior Female	11:00 am	5000m
Senior Female Master Female	11:35 am	6000m
Junior Male	11:35 am	8000m
Senior Male Master Male	12:15 pm	10,000m

2006 Athletics Manitoba Provincial Cross Country Championships
- Course Map -
Kilcona Park / Harbourview Golf Club

LEGEND	
2 km	(Pee Wee & Bantam Female & Male) - 2 Laps Green
3 km	(Midget Female & Male, Juvenile Female) - 1 Lap Red, Blue, Green
5 km	(Juvenile Male & Junior Female) - 1 Lap Red, Green - 1 Lap Red, Blue, Green
6 km	(Senior & Master Female) - 2 Laps Red, Blue, Green
8 km	(Junior Male) - 2 Laps Red, Blue, Green - 1 Lap Red, Green
10 km	(Senior & Master Male) - 1 Lap Green - 3 Laps Red, Blue, Green
●	500m Approximate markings

