

# NCAA CROSS COUNTRY QUALIFIER

Wednesday, October 10<sup>th</sup> 2018

**Please Note:** - start times and race distances (as per OFSAA adjustments)

Host: NCAA

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Convenors: Albert Tschirhart / Dino Germano

Date: Wednesday October 10<sup>th</sup>, 2018

Location: Fireman's Park - Niagara Falls

Race Events: Meet Schedule:

9:50am Coaches Meeting (at the Pavilion)

10:15am- Para- Athletes -3km

10:45 a.m. Midget Girls -4km

11:15 a.m. Midget Boys -4km

11:45 p.m. Junior Girls -5km

12:25 p.m. Junior Boys -5km

1:00 p.m. Senior Girls -6km

1:45 pm. Senior Boys -6km

Individual awards received at finish line.

Age Groups: OFSAA categories as of September, 2018

Awards: Individual Awards  
1<sup>st</sup> – 3<sup>rd</sup> medals 4<sup>th</sup>- 10<sup>th</sup> Ribbons

Course Description: Looped course of flat fast sections mixed with gently rolling grades. Primarily grass/ forest trail.

Washrooms: We have access to the recreation centre for washrooms and extreme weather conditions. Please respect the facility by staying out of other areas.

Entry Fee: \$9.00 per person  
Maximum \$100.00 per school

Entry Deadline: **Monday, October 7th, 2018, 11:59pm**  
Entries are to be entered at

**trackie.ca**

**Please use the attached instruction sheet to help you quickly enter your athletes into the web based registration site. Please list all athletes, last name, first name, gender, in the appropriate columns provided.**

**Numbers for athletes will be in the school registration package available at the meet. Please ensure each athlete has the correct number.**