LKSSAA CROSS-COUNTRY 2018

DATE: Wednesday, October 17

LOCATION: Willow Ridge Golf Course (formerly Blenheim Golf Course)

Course opens at 12 noon

RACE ORDER & STARTING TIMES

1:00 Midget Girls (1 small loop, 1 large loop)

1:30 Midget Boys (1 small loop, 1 large loop)

1:55 Senior Girls (1 small loop, 1 medium loop, 1 large loop)

2:40 Senior Boys (1 small loop, 1 medium loop, 1 large loop)

3:20 Para Athletes (1 small loop, 1 medium loop)

3:25 Junior Girls (1 small loop, 2 medium loops)

4:00 Junior Boys (1 small loop, 2 medium loops)

SWOSSAA QUALIFICATION

Top ten teams in each division and those athletes, not on teams, finishing in the top 30 in each race qualify for SWOSSAA

COURSE RULES

1. No athletes, coaches or spectators are allowed on the tees, greens or fairways.
2. No footballs (or other type of balls). No boom boxes (or other types of music makers)
3. Please bring your own safety pins

ENTRIES

The entry deadline is Friday, October 12 at 2 pm. Entry details will be posted by October 1

Thank-you

Sharon Lesy

Convenor