

University of Victoria Vikes Cross-Country Invitational

September 28th, 2019

Victoria, BC

Race Location: Beaver Lake Park, Victoria BC

Race Start Time: Open 6K 12:00 pm /Open 8K 1:00 pm.

Athletes must report to the starting line 15 minutes prior to the official race time to check in with the clerk of the course. Team scores will be top 5 per gender to score and maximum 7 per team to displace.

Race Course Description: 2km loop on grass and dirt trails. Spikes or flats are fine. Course map to follow.

Entry Fee: \$100 per team (\$200 for combined men's and women's teams); \$20 per individual / unattached runner.

Meet Entries Due: Please submit entries *no later than 5 p.m. Tuesday September 24th, 2019* at <https://www.trackie.com/online-registration/>

Athletic Trainers: There will be an athletic trainer from the University of Victoria at the meet with water and ice available near the start/finish line.

Hotels: Carlton Plaza Hotel 642 Johnson St., Victoria BC, V8W1M6 (250) 388-5513 (12km to course)
Howard Johnson 4670 Elk Lake Drive 250-704-4656 (walking distance to the course)

Meet Directors: Contact Hilary Stellingwerff hstellin@uvic.ca Keith Butler ksbutler@shaw.ca