**NSSAF Highland Regional Meet #3**

**Location:** Battery Park, St.Peter’s, NS, B0E 3B0

**Date:** October 10th, 2018

**Contact:** Scott Mombourquette (scott.mombourquette@srce.ca) 902-623-1452

**Registration**

* <https://www.trackie.com/online-registration/register/nssaf-highland-region-cross-country-meet-3/36403/>
* **Registration Deadline: Wednesday, October 9th, 11:59pm. I copied the Trackie page from the Baddeck meet. Runners who were registered for the Baddeck meet should already be registered for the St.Peter’s Meet. However technology does not always cooperate, Please check on your runners.**

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| **Categories, Distances & Start Times**  | **Event** | **Distance** | **Loops** |
| 2:15 |  | Walk Through |  |
| 2:45 **\*** | Junior Girls | 4km | 2 x 2km Loop |
| 2:45 **\*** | Junior Boys | 4km | 2 x 2km Loop |
| 3:25**\*** | Intermediate Girls/Intermediate Boys | 5km | (1 x 1 km Loop) + (2 x 2km Loop) |
| 3:30 **\*** | Senior Girls/Senior Boys  | 6km  | 1. x 2km Loop

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**\* Junior** If the numbers of junior runners is too large for a combined start we will start the Girls at 2:45 and the boys 5 minutes later at 2:50. This should give enough time for the girls to make their way up and into the trails.

**\* Int/Sr –** If the numbers stay the same as the past two weeks we are going to try and start a combined group at 3:25. If the group is too large we will start the Sr. group 5 minutes after the intermediates.

Awards will be distributed as promptly as possible after each event.

**Event Details**

* The course is a mix of trail and dirt road with a small (200m) section of asphalt. There is a steep climb at the beginning of the each loop.
* Please note that there are only two port-a-potty style washrooms onsite, so you may want to tell your runners to stop for a bathroom break enroute to avoid long line-ups.
* First aiders will be on course.
* There is parking available, but we encourage carpooling as much as possible.