

2019 Athletics NS XC Championships
Saturday, November 9th
Point Pleasant Park



Athletes, coaches and cross country enthusiasts are encouraged to come take part in the 2019 Athletics NS XC Championships. This year's meet will be the first ever provincial club championship!

Course: Point Pleasant Park

Meet Host: YHZ

Registration: Entry Fee: \$10 (12 years and older)
Free: (11 years and younger)
Non-Member Fee: An additional \$10

Entry Deadline: Registration closes on Wednesday, November 6th

Late Fee: Day of race entries will be charged an additional \$10 for a total of \$20, from close of registration to 11am on day of race.

Schedule: Noon: 1km – 11 years and younger-M/F

12:15: 3km – 12/13 -M/F

12:45: 5km – 14/15 M/F, 16/17-M/F, 18/19 -M/F, Senior (20-34) – M/F, Masters 35+

1:15: 4x1km Relay – All Ages

Scoring: Club champion will be awarded based on the top 7 scorers across all age groups. Ie.

Club A finishes 1st, 3rd, 5th in 16/17M and 2nd, 8th in 16/17F and 4th, 5th in 18/19M would have a total score of 1+3+5+2+8+4+5=29