



Vic Matthews Open
Friday, October 18th, 2019
University of Guelph Arboretum

Cross Country – One Start, One Race, One Distance

Start Time: 5:45 pm – Mass start (Men and Women run together)

Course: Located at 360 College Ave East, Guelph, Ontario

We are excited this fall to bring a cross country event to the newly landscaped University of Guelph Turfgrass Institute and adjacent Cutten Fields golf course. The race course has been updated from the one used at previous OUA and Canadian Championships, consisting of a 2.5km loop to be run three times, with several up and down portions over grass, and gravel paths.

Distance: All competitors (men and women) will race 7.5 km

Cost - \$15.00 per runner, to a maximum of \$300 per team. Unlimited runners per team.
This meet is open to all athletes, college, university, club and unattached.

Entry Deadline: 11:59pm on Wednesday, October 16th

Entries: Please register and pay at www.trackiereg.com/VicMatthews

Packet Pick-Up- Will be onsite from 2 to 5 pm on race day

Vic Matthews

A long-time coach of the Gryphon Cross-Country team, Vic coached 4 CIS Champions, 10 Conference (OWIAA and OUAA) Champions, the 1969 CIS Men's Team Champions, and was a leader in establishing Canadian collegiate distance running for women. A member of the Gryphon Hall of Fame, Vic passed away in 2004.