2020 Virtual MILK Cross Country Challenge

October 13th & 14th, 2020

Registration opens on August 31st & closes on October 12th

Grade 4 Girls	2km	
Grade 4 Boys	2km	**Sanctioned by:**
Grade 5 Girls	2km	
Grade 5 Boys	2km	
Grade 6 Girls	2km	
Grade 6 Boys	2km	
Grade 7 Girls	2km	
Grade 7 Boys	2km	
Grade 8 Girls	2km	
Grade 8 Boys	2km	
Grade 9/10 Girls (JV)	3km	
Grade 9/10 Boys (JV)	4km	
Varsity Girls	4km	**Sponsored by:**
Varsity Boys	5km	

ENTRY INFORMATION:

- All entries must register through *Race Roster* by visiting the REGISTRATION LINK.
- Following registration confirmation, participants will receive an email from *Race Roster* with the instructions for tracking their run with the *RunKeeper App. (RunKeeper must be downloaded onto a smartphone before engaging in race)*
- **ENTRY DEADLINE:** Monday, October 12th, 2020

ENTRY FEES:

- $10.50 a team up to a cap of $52.50 per school & $5.25 per individual (All costs include GST)
- Schools will be invoiced for the total number of athletes who participated, after the event.

RACE INSTRUCTIONS:

- Download the *RunKeeper App.*
- Follow the instructions set via the *Race Roster* event confirmation email. (Open *RunKeeper*; visit the "start" tab; tap the in-app checkered flag; select the event).
- Races can be completed anywhere, however, **in order to ensure the fairest results, we would suggest racing on a relatively flat course.**
- Safety Guidelines- Have someone accompany the athletes on their run (via bike/car) to ensure they are safe on the course.

SCORING: Athletics MB will score the results following the event – teachers will not be permitted to submit their team scores. Teams will consist of a maximum of 6 and a minimum of 4 athletes of one gender; the top 4 placements count towards to final team score.

AWARDS   Banner for Top Team, (Male and Female) in each Grade.