**PHOENIX ATHLETICS AUTUMN**

**CROSS-COUNTRY MEET**

**SUNDAY, NOVEMBER 8, 2020**

Birchmount Stadium, Danforth Ave. & Kingston Rd., Scarborough

Coaches – please bring your current AO Badge (if you have it) for ID

Numbers: pick-up at desk at NW corner outside the Stadium.

In order to abide by Covid-19 guidelines, no spectators will be allowed entry in to the stadium but are welcome to bring a chair, sit alongside the course, and cheer on the athletes. ALL attendees are asked to practice physical distancing (minimum of 6 feet from others).

Course is 2.05 km, primarily flat with a couple of small hills.

Spikes can be worn. There is approximately 30 to 40m of pavement.

Tentative Schedule:

Age Categories: U14 11:00 am Distance: 2.05 km

U16 12:00 pm Distance: 3.70 km

Open 1:00 pm Distance: 5.40 km

Males and Females will run together unless number of entries require separate groups and this would result in changes to this schedule.

Entry Fees: $20.00 per entrant, all categories

Entry Deadline: 2:00 pm Friday, November 6

See map and additional technical information attached.

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| Under 14 = 1 loop = 2.05 km.  Under 16 = 2 loops = 3.70 km.  Open = 3 loops = 5.40 km. |

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