**2020 Eastern Ontario Cross Country Championships**

**Final schedule Updated Nov 14**

9:00 U10/U12 Boys

9:20 U10/U12 Girls

Late registration will remain open until noon, Nov 14th for heats that have spaces remaining. There is no same day registration.

Please ensure that on the day of the event all athletes, coaches, spectators (max one per athlete please) and volunteers complete the health check/registration at

 https://www.brockvillelegiontrackandfield.com/eoxchealthcheck

9:40 U14 Boys

10:00 U14 Girls

10:30 U16 Boys Heat 1

10:50 U16 Boys Heat 2

11:30 U16 Girls

12:00 U18 Boys Heat 1

12:20 U18 Boys Heat 2

1:00 U18 Girls Heat 1

1:25 U18 Girls Heat 2

2:15 U20 Mens/Women’s

3:05 Open Men’s 8k

3:30 Mixed Masters 4km