

6 in the Six Cross Country Meet

Competition Date: October 3, 2021

Location: Sunnybrook Park-1132 Leslie Street

Host: Central Toronto Athletic Club

Sanctioned by Athletics Ontario

Start Time: 9:00 a.m.

Registration: To register for the meet visit – <https://trackiereg.com/6-in-the-six>

Entry Deadline:

11:59pm, Thursday, September 30th

Age Categories:

U12 born 2010/2011, U14 born 2008/2009, U16 born 2006/2007 and U18 born 2004/2005.

Eligibility:

There are no entry standards for this meet. Athletes residing in Ontario must be registered and their clubs affiliated for 2021 with Athletics Ontario by the Entry Deadline.

Fees:

\$30 per athlete.

Confirmation:

As entries are processed, performance lists will be made available online at Trackie.reg. Please check to confirm your entries following the entry deadline.

Health Precautions

- All coaches, officials, volunteers & spectators must wear a mask while near or around the start/finish.
- Athletes, coaches, officials & volunteers must keep their gear a minimum of 2m apart & must not share drinks or food.
- There will be portable toilets available for use on the south side of the pavilion.
- Please respect the 2m rule while engaging officials and volunteers during the meet. Wear your mask.
- All participants, coaches, volunteers, and spectators are required to complete the Daily Health Questionnaire within **24 hours of the event**. A link will be provided once entries are confirmed.

Bib pickup & Proof of Vaccination:

Proof of vaccination is required in order for athletes to compete. However, no individual proof of vaccination is required if clubs present their list of vaccinated athletes at registration. Please let us know if this applies.

The vaccine certificate can be downloaded in PDF form here <https://covid19.ontariohealth.ca/>

All individual bib numbers will be available for pick up at the meet. Bib numbers should be picked up by a club coach or club representative.

General Information

Organizing Committee

Meet Director	Al Pribaz	allan.pribaz@gmail.com
Registration Coordinator	Amanda Lampard	aslampard@yahoo.co.uk
Technical Delegate	Dave Christiani	davidchristiani@rogers.com

Facility Regulations

Maximum spike length is 13mm (1/2"). All competition and official working areas are off limits to non-competitors at all times. Covid rules are in effect.

No tents are allowed.

Results

Live results can be found at <https://chiptimeresults.com>

First Aid

Medical Personnel will be on site.

The closest hospital is Sunnybrook Hospital.

Competition Details – Tentative Schedule

The schedule is subject to minor adjustments. A final schedule will be posted by October 1st at 4:00pm EST.

Start Time	Age Group	Distance
9:30 a.m.	U12 & U14	2000m
10:00 a.m.	U16	4000m
10:45 a.m.	U18	5000m

Check in Procedure

All competitors must approach the starting area 5 minutes before the start of their race in their spikes ready to race. There will be NO collection of clothing, water bottles, shoes etc.

Starting Procedure

There will be a mass start. Upon finishing the race, teams must leave the start/finish area immediately, to complete their cool down elsewhere in the park.

Awards

Winning teams will be awarded t-shirts that will be delivered to the coach of the club.

Course

The race features a 1k and 2k loop on flat, wide-open trails. The race is suitable for spikes. Maximum spike length is 13mm. Course details, loop distances and an overhead map will be available online and in the package of bib numbers.

