



Niagara Cross-Country Fest
Saturday October 23rd
Revised October 7th Hosted by
Niagara Olympic Club and Athletics Niagara



Location: Firemen’s Park, 2377 Dorchester Rd., Niagara Falls, ON
Sanctioned by: Athletics Ontario
Meet Directors: Sharon Stewart sharon.noc@outlook.com
Wayne Rae athleticsniagara@gmail.com
Registration: <https://www.trackie.com/online-registration/>
Performance lists will be available on Trackie.
Entries Deadline: Sunday, October 17th @ 4:00 pm
Entry Fees: \$20.00 for Athletics Ontario registered competitive or non-competitive athletes.
Late Entries: \$30.00 by Tuesday, October 19 @ 4:00 pm
Results: Chip timing and results by: <http://sportmadesimple.com/>
Waiver: Must be completed online with registration.
Eligibility: Open to Athletics Ontario registered club athletes.
Open to community individual and school team athletes who are registered with Athletics Ontario as a non-competitive athlete. Athletics Ontario non-competitive registration for U12 is \$7.00. All other age groups are \$25.00. Use this link to register as an athlete, before you attempt to register for the cross-country meet.

[Trackie.me - Exclusive page for athletes & teams, and Athletics Canada membership management.](#)

Proof of vaccination: Is required in order for athletes age 12 and up to compete. If AO Clubs submit their team list of vaccinated athletes at registration, no individual proof of vaccination is required.

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

Race Protocol:

Start Line: **No warm ups in the start line area, as race laps will cross the start line.**
Athletes arrive at start line 10 minutes before their race time, with warm ups off.
Finish Line: **Chip timing means ATHLETES MUST KEEP MOVING BEYOND THE FINISH LINE.**

Facility Health Protocol: **COVID rules are in effect.**

No coaches, parents, spectators in the start line or finish line area.
Officials and volunteers in the start line or finish line area will wear masks when 2m distance cannot be maintained.
Coaches, parents, spectators will wear masks in the park when 2 m distance cannot be maintained.

Final Schedule

Niagara Cross Country Fest - October 23, 2021 REVISED schedule				
Age Group		Race Distance	Start Line	Race Time
U12 & U14	Girls	2k = 1 x 2k loop	9:50 AM	10:00 AM
U12 & U14	Boys	2k = 1x 2k loop	10:20 AM	10:30 AM
U16	Girls & Boys	4k = 2 x 2k loop	10:50 AM	11:00 AM
U18	Girls, Boys & Open	6k = 2 x 3k loop	11:20 AM	11:30 AM