

2022 MILK Cross Country Challenge

Wednesday, September 28th, 2022
PROVINCIAL SCHOOL TEAM CHAMPIONSHIP

Sanctioned by:



Tentative Schedule

10:00 am	Grade 4 Girls	2km
10:30 am	Grade 4 Boys	2km
10:50 am	Grade 5 Girls	2km
11:10 am	Grade 5 Boys	2km
11:30 am	Grade 6 Girls	2km
11:50 am	Grade 6 Boys	2km
12:10 pm	Grade 7 Girls	2km
12:30 pm	Grade 7 Boys	2km
12:50 pm	Grade 8 Girls	2km
1:10 pm	Grade 8 Boys	2km
1:40 pm	Grade 9/10 Girls (JV)	3km
1:55 pm	Grade 9/10 Boys (JV)	4km
2:10 pm	Varsity Girls	4km
2:25 pm	Varsity Boys	5km

Sponsored by:



VOLUNTEERS: Each school must provide one volunteer for this event. Volunteer names must be submitted to Michael at programs@athleticsmanitoba.com prior to the event. Roles will be assigned and distributed via e-mail.

Entry Fees:

- Entry fee of \$15.75 per team (per age group) to a maximum of \$157.50 per school.
- Individual entries \$10.50 per person.
- Cheques can be made payable to Athletics Manitoba.

ENTRY DEADLINE:

- Tuesday, September 20th, 2022
- Entries can be compiled either online through Trackie – <http://www.trackiereg.com/2022-MilkXC>
- Or with an entry template ([Download HERE](#)). Completed templates must be sent to programs@athleticsmanitoba.com

LATE ENTRIES: Any entries received after the September 20th deadline will be \$26.25 per team & \$15.75 for individuals; up to a maximum of \$257.50 per school.

- **IMPORTANT:** For the school divisions that have their divisional meets outside of the entry deadline, arrangements **MUST** be made in advance with Michael. There will be **NO** onsite registration.

SCORING:

- A team will consist of a maximum of 6 and a minimum of 4 athletes of one gender with the best 4 performances counting in the team score. Athletes must belong to the same school.
- Coaches must complete and submit their scoring forms at the end of each race.

AWARDS

- Banner for Top Team, (Male and Female) in each Grade
- Top 10 athletes in each age category receive award ribbons.
- All athletes receive a participation ribbon and a carton of chocolate milk.