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**2022 Lakehead Running Mid-Canada XC Championship**

**Saturday, October 8th, 2022**

**TENTATIVE SCHEDULE**

**LOCATION:** Kamview Nordic Centre

**HOSTED BY:** Lakehead Running

**AVAILABLE TO:** U12 and older Athletes & Schools

**Competition Schedule:**

***\*Athletes will pick-up their BIB# from their Coaches/ Registration Table\****

**11:00am U12/U14 Races Check-in Open until 10:30am**

12:00pm U12/U14 Awards

**12:30pm U16 and older Women Check-in Open until 12:00pm**

**1:15pm U16 and older Men Check-in Open until 12:45pm**

2:00pm U16 and older Awards

*\*Please ensure that you are checked-in & have received your race package no later than the times listed above\**

* **U12/U14 Races will be contested @ 3km**
* **U16/U18/U20/Senior Races will be contested @ 6km**
* U12 = Age 10 – 11
* U14 = Age 12 – 13
* U16 = Age 14 – 15
* U18 = Age 16 – 17
* U20 = Age 18 – 19
* Senior = Age 20+
* All division will have both Male, Female & Team Categories
* Teams must have a minimum of 5 athletes in that division to qualify for scoring

**ENTRY INFORMATION:**

**Entry Deadline**: Entries must be received no later than **Wednesday, October 5th by midnight. *All entries must be done using Trackie.reg REGISTRATION (link attached below).***

**Entry Fee per athlete: $10.00**

**MEET INFORMATION:**

* All entrants must have a signed Waiver Form to complete (available at check-in desk & online)
* Race-Package pick-up will be available to coaches/parents Saturday, October 8th in the competition area
* Course Map will be available closer to the competition date
* Top individual finishers in each division will receive a Championship Shirt
* Top team in each division will receive Championship Ribbons
* Washrooms will be available on site.
* Results will be emailed to coaches and posted on our website.
* Entry fees can be paid using the following methods; online, e-transfer, or cheque/cash on-site. (lakehead.running@gmail.com)
* If you have questions currently, please email Joe McDonough ([lakehead.running@gmail.com](mailto:lakehead.running@gmail.com)).