

2022 Vancouver Thunderbirds Cross Country Relay Race

Date: September 17th, 2022

Location: West Point Grey Academy - 4125 W 8th Ave, Vancouver, BC V6R 4P9

Meet Director: Will Riley 778 878 6253 / email – willaaronriley@gmail.com

Website: <https://www.thunderbirdstrack.org/track-and-field>

Meet Registration: <https://www.trackie.com/online-registration/event/thunderbirds-xc-relays/482105/#.Yxo4cuzMLVq>

Venue



- Onsite Bathrooms
- Street Parking near residential area
- Undercover Areas
- 1.25 km Loop

Event Schedule

- 9:00 AM – Package Pickup
- 10:00 AM – JD Races
- 10:45 AM – U16/U18 Race
- 11:45 AM – Family Race
- 12:45 PM – U20/Open Race

Race Details

- JD Race
 - 5x1.25km loops
 - Up to five teammates
 - Each individual athlete cannot run more than 1 loop in a row
 - Average age of team places them in age category
 - Top teams for each overall category wins award
- U16/U18 Race
 - 5x1.25km loops
 - Up to five teammates
 - Each individual athlete cannot run more than 1 loop in a row
 - Average age of team places them in age category
 - Top teams for each overall category wins award
- Family Race (Must include at least one child of JD age)
 - 4x1km loops
 - Up to four teammates
 - Each individual athlete cannot run more than 1 loop in a row
 - All ages welcome?
 - Top teams for each overall category wins award
- U20/Open Race
 - 8x1.25km loops
 - Up to four teammates
 - Each athlete must run two 1.2km loops in a row (no more than two)
 - Average age of team places them in age category
 - Top teams for each overall category wins award



VANCOUVER THUNDERBIRDS

XC

RELAY RACE

DATE / VENUE

SEPTEMBER 17TH

WEST POINT GREY ACADEMY - 4125 W

8TH AVE, VANCOUVER

HAVE FUN

START THE 2022 XC SEASON OFF WITH A RUST BUSTER TEAM EVENT. GATHER FRIENDS, FAMILY, AND TEAMMATES TO COMPETE IN A FUN RELAY STYLE CROSS COUNTRY RACE.

REGISTER HERE: [HTTPS://WWW.TRACKIE.COM/ONLINE-](https://www.trackie.com/online-)

[REGISTRATION/EVENT/THUNDERBIRDS-XC-RELAYS/482105/#.YX04CUZMLVQ](https://www.trackie.com/online-registration/event/thunderbirds-xc-relays/482105/#.YX04CUZMLVQ)

INFO CHECK THIS LINK



WWW.THUNDERBIRDSTRACK.ORG





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