



Niagara Cross-Country Fest
Saturday October 22nd, 2022
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: Tuesday October 18th @ 4:00 pm

Entry Fees: \$20.00 for Athletics Ontario registered athletes.
\$25.00 for non-AO athletes.

Late Entry Fees: \$30.00

Results: Chip timing and results by: <http://sportmadesimple.com/>

Waiver: Must be completed online with registration.

Eligibility: Open to Athletics Ontario registered club athletes and Open to community individual and school team athletes

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.

Tentative Schedule: May change based on entry numbers.

U12	Girls	2k = 1 loop	10:00 am
U12	Boys	2k = 1 loop	10:20 am
U14	Girls	2k = 1 loop	10:40 am
U14	Boys	2k = 1 loop	11:00 am
U16	Girls	4k = 2 x 2k loop	11:20 pm
U16	Boys	4k = 2 x 2k loop	12:00 pm
U18	Girls	6k = 2 x 3k loop	12:40 pm
U18	Boys	6k = 2 x 3k loop	1:20 pm
OPEN	combined	6k = 2 x 3k loop	2:00 pm