



# CENTRAL TORONTO ATHLETIC CLUB

## ***Early Bird Elementary School Meet / 6 in the Six Cross Country Meet Sunnybrook Park – September 24, 2022***

### *Race Schedule*

**NOTE:** Due to the final number of entries, the original draft schedule has been revised to condense the meet so that athletes running the same distance will start at the same time. Race categories will still be maintained and will be indicated in the results. This will provide a better race experience for the athletes and a shorter condensed schedule.

<b>Start Time</b>	<b>Arrival at Staging Area (Adjacent to Start Line)</b>	<b>Age Group</b>	<b>Distance</b>
9:15 a.m.	9:00 a.m.	<b>Gr. 3-6 &amp; U12:</b> <i>Boys Wave followed by Girls Wave 30" later</i>	2000m
9:35 a.m.	9:20 a.m.	<b>Gr. 7/8 &amp; U14:</b> <i>Boys Wave followed by Girls Wave 30" later</i>	3000m
10:00 a.m.	9:45 a.m.	<b>U16:</b> <i>Boys Wave followed by Girls Wave 30" later</i>	4000m
10:30 a.m.	10:15 a.m.	<b>U18:</b> <i>Boys Wave followed by Girls Wave 30" later</i>	5000m

### *Check In*

ALL race packages and bibs can be picked up by the club coach or elementary school coach beginning at 8:15 a.m. on race day. Bib pick up will be at the **Central Toronto Athletic Club tent near the White Pavilion**. Athletes who entered individually may pick up their own race bib. All schools or clubs who have multiple entries should designate one coach to pick up all the race bibs for their team and distribute to their athletes. Elementary school coaches should drop off signed waiver forms for each of their athletes when picking up their school's race package. For club/open athletes, when registering online a waiver was signed off electronically, so no paper waivers are required on race day.

### *Race Procedure*

On arrival, athletes should warm-up on the fields and chip bark trail running south and east of Parking Lot 6 (A) located on the right side of the road after coming up the hill past the stables.

Athletes may do a pre-race walk through on the morning of the race prior to the start of the races after which time the course will be closed.

Athletes are responsible to arrive at the athlete staging area adjacent to the Start Line and behind the registration tent 15 minutes prior to their race. Athletes who are wearing spikes may put them on here and complete their warm-up in this area. Athletes will be walked over to the start line about 5 minutes prior to their race.

For each race, boys will be sent off first in a mass start, with the girls following 30 seconds later.

**Athletes, please do not stop your watches as you cross the finish mat! It interferes with the function of your chip timer. Thank you.**

Upon finishing the race, athletes are asked to leave the start/finish area as soon as possible.

There will be portable toilets available for use on the south side of the pavilion.

### *Parking*

Enter the park off Leslie Street and proceed along the park road up the hill past the stables to get to the upper playing fields area. There are two parking lots on either side of the road that should be accessible for parking. If park staff decide to keep the road gated just past the stables, the parking lot across from the stables will have to be used and athletes and spectators will have to walk up the hill to the playing fields. If the parking lot across from the stables becomes full, cars will be re-directed back to the previous parking lot located off the park road on the way in from the Leslie Street entrance. There are stairs from this parking lot which can be used to access the upper playing fields.



*Good Luck To All!*