



**FRANK REYNOLDS MEMORIAL  
CROSS COUNTRY MEET  
OCTOBER 15, 2022**

DOLLARTON HIGHWAY

DEEP COVE

CATES  
PARK

	<b>START/FINISH</b>
	<b>LOOP A - 600m</b>
	<b>LOOP B - 900m</b>
	<b>LOOP C - 2100m</b>

**9:00am Course Walk Through, Package Pickup**

9:30am Boys/Girls	2015/16	600m	1xLoop A
10:00am Boys/Girls	2014	1500m	1xLoop B+1xLoop A
10:30am Boys/Girls	2013	1500m	1xLoop B+1xLoop A
11:00am Boys/Girls	2012	2100m	1xLoop C
11:30am Boys/Girls	2011	2100m	1xLoop C
12:00pm Boys/Girls	2010	3000m	1xLoop C+1xLoop B
12:30pm Boys/Girls	2009	3000m	1xLoop C+1xLoop B
12:30pm Men/Women	U16	3000m	1xLoop C+1xLoop B
1:00pm Men/Women	U18	4800m	2xLoop C+1xLoop A
1:00pm Women	U20	4800m	2xLoop C+1xLoop A
1:45pm Men	U20/Snr/Mast	6300m	3xLoop C
1:45pm Women	Snr/Mast	6300m	3xLoop C

