

- **Sanctioned by BC Athletics –**
A Race in the Lower Mainland Cross Country Series.



Frank Reynolds Memorial Cross-Country Meet
 Saturday, October 15, 2022, 9 am – 2:30 pm
 Cates Park, North Vancouver

You are invited to the annual Frank Reynolds Memorial Cross-Country Meet hosted by the NorWesters Track and Field Club (www.norwesterstandf.com) at scenic Cates Park along the Burrard Inlet waterfront. *See next page for directions.*

9:00am Course Walk Through, Package Pickup

TIME	GENDER	BIRTH YEAR	DISTANCE	LOOP
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

(See map for loops)

Boys will run before girls with 15-minute intervals between races. However, boys and girls will run together if numbers warrant. **The Course is set on the historic Malcolm Lowery Trail** with ocean vistas; running surface is grass and gravel trails with some blacktop and wooden bridges.

SPIKES ARE NOT RECOMMENDED

DOGS ARE NOT PERMITTED IN THE PARK.

Registration:

Link to Trackie registration: <https://www.trackiereg.com/2022-frank-reynolds-xc>

John Millard

Phone – 604-307-8035

Email- john_w_millard@yahoo.ca

Entry Fees: \$8 for Track Rascals (2016- 2015)
 \$15.00 per JD athlete \$10 if registered by 11.59pm Thu. Oct 12. (2014 – 2009 birth years)
 \$17.00 per athlete \$12 if registered by 11.59pm Thu. Oct 12. (U16, U18, U20 Open, Masters)

If you do not hold a BC Athletics membership or a BC Athletics School membership please add \$3 to these fees.

Awards: Medals for 1st, 2nd. and 3rd. Ribbons to 8th place. (JD's to U16). Medals for 1st 2nd and 3rd for U18, U20 Senior and Masters athletes.

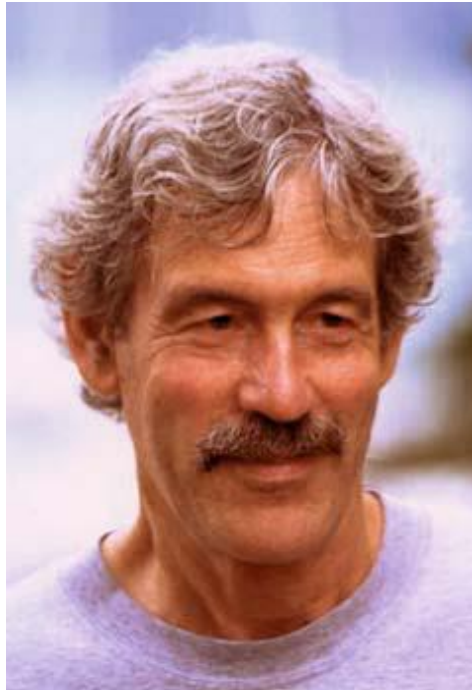
*****Registration will end 30mins before a race is scheduled to start. Events may move ahead by 30 mins at the Meet Directors Discretion.**

False statements may result in disqualification from this and future events. By entering this meet all athletes agree to abide by World Athletics/Athletics Canada and JD and BC Athletics rules.

“There’s no hill a NorWester can’t run up.”

Frank Reynolds

August 11, 1939 - December 28, 2006



Directions: Cates Park is located along the Dollarton Highway on the waterfront of Burrard Inlet and Indian Arm. To get to the park from the Second Narrows Bridge (north bound) or the Upper Levels Highway (Hwy #1, east bound), take the Main Street exit (Exit 23) and then proceed east on Dollarton Highway. The entrance to Cates Park is well marked and parking is plentiful. Registration as well as the start and finish lines are located in the picnic area near the waterfront.

