



CTAC Early Bird Elementary Cross-Country Meet **Saturday September 23rd 2023.**

No rain date planned

Attention: Elementary school cross country coaches

Are you looking for a fun, early season race opportunity for your cross-country runners? Please consider our event being hosted by the Central Toronto Athletic Club! We look forward to hosting you on September 23rd.

Location: Sunnybrook Park – 1132 Leslie Street, Toronto Ontario

Hosted by: Central Toronto Athletic Club (<http://www.centraltorontoac.ca/>)

Participants: Open to ALL Ontario elementary school students grades 1-8

Entry fee: \$15.00/athlete. (Insurance included) (\$300 maximum per school)

The entry fee includes insurance and an online processing fee.

Entry Deadline:

Wednesday September 20, 2023 11:59pm.

To register for the meet visit – <https://trackie.com/event/2023-ctac-elementary>

Race Number Pickup:

Race numbers will be available to pick-up at a tent onsite the morning of the race starting at about **8:00 am**. Please arrive **60** minutes prior to your race to allow time to pick up race numbers. A representative from each school will be required to pickup the package of numbers for the entire school and distribute the numbers to your athletes. **Race times may go ahead by a max. of 15 mins.**

Race Schedule:

Grade 1 & 2 girls 9:00 a.m.	1km	Grade 1 & 2 boys 9:15 a.m.
Grade 3 & 4 girls 9:30 a.m.	2km	Grade 3 & 4 boys 9:50 a.m.
Grade 5 & 6 girls 10:10 a.m.	2km	Grade 5 & 6 boys 10:30 a.m.
Grade 7 & 8 girls 10:50 a.m.	3km	Grade 7 & 8 boys 11:20 a.m.

Waiver:

Please have each participant fill out and sign a copy of the waiver found online at the registration site and collect them. The school official picking up the package of race numbers on race day will need to provide the signed waivers at that time.

Check in Procedure:

All competitors should arrive adjacent to the starting area 15 minutes before the start of their race already warmed up with their race bib on and ready to race. Please listen for instructions on when to enter the start area.

Course:

The races make use a 1k and 2k loop on flat, wide open trails and grass.

Grade 1 & 2 girls and boys	1km [1 x 1km loop]
Grade 3 & 4 girls and boys	2km [1 x 2km loop]
Grade 5 & 6 girls and boys	2km [1 x 2km loop]
Grade 7 & 8 girls and boys	3km [1km loop + 2km loop]

Course Map:



Please Note: If your school will not be sending athletes to the meet but you have individual families who are looking for a cross country race opportunity for their child, we are hosting separate races for Athletics Ontario registered club athletes and non-registered athletes immediately following the elementary school races. Please direct them to consider entering that event individually. The details can be found at the following location:

<https://trackie.com/event/2023-6-in-the-six>

Further questions can be answered by:

Al Pribaz, Meet Director
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