



6 in the Six Cross Country Meet

Competition Date: Saturday September 23, 2023

Location: Sunnybrook Park-1132 Leslie Street

Host: Central Toronto Athletic Club

Sanctioned by Athletics Ontario

Start Time: 12:00 p.m.

Registration: To register for the meet visit – <https://trackie.com/event/2023-6-in-the-six>

Entry Deadline and Fees:

Regular Deadline: 11:59pm, Wednesday, September 20th - \$25

Age Categories:

U12 born 2012/2013, U14 born 2010/2011, U16 born 2008/2009, U18 born 2006/2007, U20 born 2004/2005.

Eligibility:

There are no entry standards for this meet. Athletes residing in Ontario must be registered and their clubs affiliated for 2023 with Athletics Ontario by the Entry Deadline. Athletes not registered with Athletics Ontario may enter as an unregistered athlete. An additional \$1.50 fee will be charged to cover insurance.

Confirmation:

As online registrations are processed, entry lists will be made available online at Trackie.reg. Please check to confirm your entries following the entry deadline.

Bib pickup:

All bib numbers will be available for pick up at the meet. Bib numbers should be picked up by a club coach or club representative. Any open athletes not registered with a club may pick-up their own bib number.

General Information

Organizing Committee

Meet Director	Al Pribaz	allan.pribaz@gmail.com
Registration Coordinator	Amanda Lampard	aslampard@yahoo.co.uk
Technical Delegate	Dave Christiani	davidchristiani@rogers.com

Facility Regulations

Maximum spike length is 13mm (1/2"). All competition and official working areas are off limits to non-competitors at all times.

No tents are allowed.

Results

Live results can be found at <https://chiptimeresults.com>

First Aid

Medical Personnel will be on site.

The closest hospital is Sunnybrook Hospital.

Competition Details – Tentative Schedule

The schedule is subject to minor adjustments. A final schedule will be posted by September 21st 4:00pm EST.

Start Time	Age Group	Distance
12:00 p.m.	U12 Girls	2000m
12:20 p.m.	U12 Boys	2000m
12:40 p.m.	U14 Girls	3000m
1:10 p.m.	U14 Boys	3000m
1:40 p.m.	U16 Girls	4000m
2:10 p.m.	U16 Boys	4000m
2:40 p.m.	U18 + U20 Girls	5000m
3:20 p.m.	U18 + U20 Boys	5000m

Note: There are races for elementary schools running in the morning prior to the club/open sections. The above schedule is tentative and **race times may move earlier** depending on the final registration numbers for the elementary schools' races.

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 in their spikes ready to race. Please listen for race instructions on when to enter the start area.

Starting Procedure

There will be a mass start. Upon finishing the race, racers are encouraged to leave the start/finish area immediately, and not to congregate in this area. They will move away from the start/finish area to complete their cool down elsewhere in the park.

Course

The race features a 1k and 2k loop on flat, wide-open trails. The race is suitable for spikes. Maximum spike length is 13mm.

U12 girls and boys	2km [1 x 2km loop]
U14 girls and boys	3km [1km loop + 2km loop]
U16 girls and boys	4km [2 x 2km loop]
U18/U20 girls and boys	5km [1km loop + 2 x 2km loop]

Course Map

