



## 38th Annual PIRATES INVITATIONAL CROSS COUNTRY MEET



<https://trackie.com/event/2023-PiratesInvitational97349>

Dear Coach,

We invite you to join us at Memorial Park in Brockville for the 38th Annual Pirates Invitational Cross Country Meet on **Thursday, September 28th, 2023**. The course at Memorial Park is challenging, mostly rolling grasslands with one large steep hill. It is an excellent preparation course for your upcoming championships. Please note there are grades 7-12 races and adjustments have been made to the event times from previous years.

### **Order of events:**

*10:00 a.m. - Grade 7 Girls \*3.0 km*

*10:25a.m. - Grade 7 Boys \*3.0 km*

*10:50 a.m. - Grade 8 Girls \*3.0 km*

*11:15 a.m. - Grade 8 Boys \*3.0 km*

*11:40 a.m. - Senior Boys (19 years and under) \* 6.0 km.*

*12:00 p.m. - Senior Girls (19 years and under) \* 6.0 km.*

*12:20 p.m. - Junior Boys (15 years and under) \* 5.0 km.*

*12:40 p.m. - Junior Girls (15 years and under) \* 5.0 km.*

*1:00 p.m. - Novice Boys (14 years and under) \*4.0 km.*

*1:20 p.m. - Novice Girls (14 years and under) \*4.0 km.*

*(\*\* all ages are as of January 1, 2023)*

**Location - Memorial Park, North of St. Lawrence College Campus:**

### **Please note:**

- Course maps will be available when you register at the meet.
- Runners should arrive dressed ready to run.
- The arena and St. Lawrence College will be out of bounds for runners before, during, and after the meet. Coaches, please be diligent in supervising your runners.
- There are outdoor access washrooms located at the North-end of the arena as well as several portable toilets around the grounds.

### **Awards**

Team Awards (1<sup>st</sup>-6<sup>th</sup>) can be collected at the Awards table. T-shirts to winning team.  
Individual awards (1<sup>st</sup>-10<sup>th</sup>) will be given out in the finish chute.

### **Registration:**

Meet package, including course maps will be distributed at registration beginning at 9:00 a.m.

**Entries** – are to be done using the trackie website with link above or go to trackie and go to find an events and type Pirates Invitational.

**Entry Fees** - \$5.00/runner, team maximum of \$350 (Int & HS) (\$200 max if only Intermediate or Secondary), late entries \$10.00/runner

If paying by cheque please make payable to "**Thousand Islands Secondary School**"

**Entries will only be accepted on the trackie website: <https://www.trackie.com>  
and specific questions can be directed via email to:  
danielle.blasko@ucdsb.on.ca**

**The entry deadline is Monday, Sept 25th at 5:00 p.m.** Once entries are processed the entry fee will apply. Entry fees must be paid at the Registration Desk, beginning at 9:00 a.m., on the day of the meet when you pick up your team package. Late entries must be made by 11:00 am on meet day. Runners must wear their numbers on the front.

### **Results**

Full meet results will be emailed to coaches following the meet.