

**ECHO VALLEY CROSS COUNTRY MEET**

**Excel Athletika Track and Field Club will be hosting the 1st annual Echo Valley Cross Country Meet on Sat. Sept. 21st in Echo Valley Provincial Park.**

**This event is open to all age groups**

**EVENT SCHEDULE**

**10:00 am – Walk Through for those interested – maps will be posted on**

[**https://www.excelathletika.ca**](https://www.excelathletika.ca)

**12 pm – U12 and U14 Girls – 2k**

**12:30 pm – U12 and U14 Boys – 2k**

**1 pm – U16 Womens 4k**

**1:45 pm – U16 Men 4k**

**2:30 pm- U18 and Masters Men – 6k**

**3:15 pm U18 and Masters Women – 6k**

**4 pm U20 and Senior Womens – 8 k**

**5 pm U20 and Senior Men – 8k**

**Registration is open until Sept. 19th at:**

**Medals to be awarded to the top three athletes in each group.**

**For additional information contact:**

**Grant Van Eaton**

**manager@excelatheltika.ca**

**Smoke “n” The Valley BBQ to follow**



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