



CTAC Early Bird Elementary Cross-Country Meet **Saturday September 28th 2024.**

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 28th.

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 25, 2024 11:59pm.

To register for the meet visit – <https://trackie.com/event/2024-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 pick up 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. * Final Race Schedule will be published after the entry deadline.

Tentative Race Schedule:

Grade 1 & 2 (U8) girls 9:00 a.m.	1km	Grade 1 & 2 (U8) boys 9:15 a.m.
Grade 3 & 4 (U10) girls 9:30 a.m.	2km	Grade 3 & 4 (U10) boys 9:50 a.m.
Grade 5 & 6 (U12) girls 10:10 a.m.	2km	Grade 5 & 6 (U12) boys 10:30 a.m.
Grade 7 & 8 (U14) girls 10:50 a.m.	3km	Grade 7 & 8 (U14) 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 500m loop, 1km loop and 1.5km loop on flat, wide open trails and grass.

Gr. 1 & 2 (U8)	1km [1 x 1km loop]	Gr. 5 & 6 (U12)	2km [500m loop + 1.5km loop]
Gr. 3 & 4 (U10)	2km [500m loop + 1.5km loop]	Gr. 7 & 8 (U14)	3km [2 x 1.5km loop]

Further questions can be answered by:

Al Pribaz, Meet Director
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416-300-2925

Course Map:

