**2024 S.D. & G. CROSS-COUNTRY CHAMPIONSHIP**

**Date: Wednesday, October 16, 2024**

**Location:** **Mille Roches Beach, South Stormont, ON**

We are excited to invite S.D.&G. schools to the S.D.&G. Championship at the beautiful Mille Roches Beach along the Long Sault Parkway. This course is on grass fields along the St. Lawrence River and coaches & spectators can cheer on their athletes at multiple points in every race. Individual and team prizes are up for grabs again this year. We will continue with the practice of teams per division being comprised of **3** runners.

**Parking** is in the main parking lot at the beach.

**Registration** will be near the finish line.

Please set up school **tents** in the designated area made clear at registration.

There will be a **canteen** for snack or drink purchases, but athletes should pack a lunch.

**Registration deadline:** **FRIDAY, OCTOBER 12, 11:59 PM**

\*\*\*PLEASE USE [WWW.TRACKIE.COM](http://WWW.TRACKIE.COM) to register – <https://www.trackie.com/event/sd-g-cross-country-championship/1017272/>

**Schedule:**

8:45 Registration / Walk Course

9:30 Novice Girls 4 km

10:00 Novice Boys 4 km

10:30 Junior Girls 5 km

11:00 Junior Boys 5 km

11:30 Senior Girls 6 km

12:15 Senior Boys 6 km

1:00 Awards Presentations

**Cost:** $2 per runner, payable to Holy Trinity Catholic Secondary School.

A first-place medal will be awarded to the 1st place individual and the 1st place team in each division. Team plaques will also be awarded. **Coaches: Please bring trophies from last year.**

At morning registration, coaches will receive maps, bibs, receipts, schedule, and team forms. A friendly reminder to coaches to instruct your athletes that they are not permitted to go swimming in the St. Lawrence even if they’d like to cool off after their race!

Much thanks,

Lynn McCuaig, Holy Trinity - Lynn.McCuaig@cdsbeo.on.ca

Glen Campbell, Glengarry - glen.campbell@ucdsb.on.ca

Joe Groeneveld, North Dundas - joe\_groeny99@hotmail.com

\*\*\*EMAIL one of us if you have any questions.