

**Sanctioned by BC Athletics –  
3rd Race in the Lower Mainland Cross Country Series.**



**Frank Reynolds Memorial Cross-Country Meet**  
Saturday, October 4, 2025, 9 am – 2:30 pm  
**New Brighton Park, Vancouver**

You are invited to the annual Frank Reynolds Memorial Cross-Country Meet hosted by the NorWesters Track and Field Club ([www.norwesterstandf.com](http://www.norwesterstandf.com)) at scenic New Brighton Park along the Burrard Inlet waterfront. See next page for directions.

**9:00am Course Walk Through, Package Pickup** **PLEASE NOTE: NEW LOCATION OF MEET**

TIME	GENDER	BIRTH YEAR	DISTANCE	LOOP
9:30am	Boys/Girls	2018/19	500m	Start + Red Loop to Finish
10:00am	Boys/Girls	2017	1.5 km	Start + Green + Red Loop to Finish
10:30am	Boys/Girls	2016	1.5 km	Start + Green + Red Loop to Finish
11:00am	Boys/Girls	2015	2 km	Start + 2X Green + Red Loop to Finish
11:30am	Boys/Girls	2014	2 km	Start + 2X Green + Red Loop to Finish
12:00pm	Boys/Girls	2013	3 km	Start + 2X Blue + Red Loop to Finish
12:30pm	Boys/Girls	2012	3 km	Start + 2X Blue + Red Loop to Finish
1:00pm	Men/Women	U16	3 km	Start + 2X Blue + Red Loop to Finish
1:30pm	Men/Women	U18	5 km	Start + Green + 3X Blue + Red Loop to Finish
1:30pm	Women	U20	5 km	Start + Green + 3X Blue + Red Loop to Finish
2:00pm	Men	U20/Snr/Mast	6 km	Start + 4X Blue + Red Loop to Finish
2:00pm	Women	Snr/Mast	6 km	Start + 4X Blue + Red Loop to Finish

**(See map for loops)**

Boys will run before girls with 15-minute intervals between races. However, boys and girls will run together if numbers warrant. **The Course is set in open parkland with ocean vistas;** running surface is grass and gravel trails with some blacktop.

**SPIKES ARE NOT RECOMMENDED**

**DOGS NOT PERMITTED DURING COMPETITION EXCEPT IN DOG PARK**

**Registration:**

Link to Trackie registration: <https://www.trackie.com/event/2025-frank-reynolds-xc>

Contact: Ana D'Silva

Phone: 778-952-7785

Email: [aem.connect@gmail.com](mailto:aem.connect@gmail.com)

**Entry Fees:** \$10 for Track Rascals (2017-2019)  
\$15.00 per JD athlete \$12 if registered by 11:59 pm Wed. Oct 01. (2016 – 2011 birth years)  
\$20.00 per athlete \$15 if registered by 11:59 pm Wed. Oct 01. (U16, U18, U20, Open, Masters)

If you do not hold a BC Athletics competitive membership or a BC Athletics School membership please add \$7.00 per athlete to these fees.

**Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>. Ribbons to 8<sup>th</sup> place. (JD's). Medals for 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> for U16, U18, U20 Senior and Masters athletes.

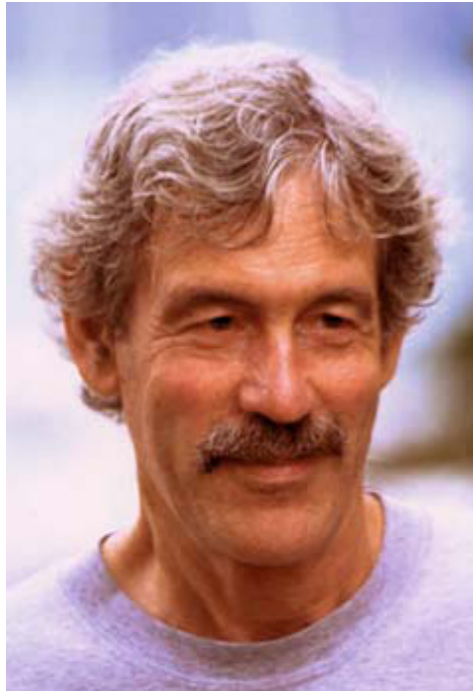
**\*\*\*Registration will end 1 hour before a race is scheduled to start. Events may move ahead by 30 mins at the Meet Directors Discretion.**

*False statements may result in disqualification from this and future events. By entering this meet all athletes agree to abide by World Athletics/Athletics Canada and JD and BC Athletics rules.*

“There’s no hill a NorWester can’t run up.”

Frank Reynolds

August 11, 1939 - December 28, 2006



**Directions:** New Brighton Park is situated at the foot of the east end of the Second Narrows Bridge. Use google maps for parking and entrances to park.

*NorWesters Track and Field Club gratefully acknowledges that we train and compete on the traditional, unceded territories of the Skwxwú7mesh (Squamish), sə́lilwətaʔ (Tsleil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.*