



CTAC Early Bird Cross Country Meet
Sunnybrook Park – Saturday September 27, 2025
Final Instructions

Race Schedule

Start Time	Arrival at Staging Area (Adjacent to Start Line)	Race	Loops	Apx. Distance
9:00 a.m.	8:45 a.m.	Gr. 1-2 Girls	1 x 1000m loop	1000m
9:15 a.m.	9:00 a.m.	Gr. 1-2 Boys	1 x 1000m loop	1000m
9:30 a.m.	9:15 a.m.	Gr. 3-4 Girls	500m + 1500m loop	2000m
9:50 a.m.	9:35 a.m.	Gr. 3-4 Boys	500m + 1500m loop	2000m
10:10 a.m.	9:55 a.m.	Gr. 5-6 Girls	500m + 1500m loop	2000m
10:30 a.m.	10:15 a.m.	Gr. 5-6 Boys	500m + 1500m loop	2000m
10:50 a.m.	10:35 a.m.	Gr. 7-8 Girls	2 x 1500m loop	3000m
11:20 a.m.	11:05 a.m.	Gr. 7-8 Boys	2 x 1500m loop	3000m

Check In

ALL race packages and bibs can be picked up beginning at 8:00 a.m. on race day. Bib pick up will be at the red **Central Toronto Athletic Club tent** located near the Start/Finish area. Athletes who entered individually may pick up their own race bib. All teams with 10 or more entries should designate one coach to pick up all the race bibs for their team and distribute to their athletes. Race bibs should be pinned to the **front** of each athlete's shirt so it is visible at the finish line. We are not using chip-timing so athletes do not need to wear a timing chip. They are still getting an accurate time which will appear in the race results. See the info about results at the end of this document.

Waivers

**** Signed waiver forms for each athlete should be handed in when picking up race bibs.***

A limited number of blank printed waivers will be available at the registration table. Please pre-print, complete and sign a waiver for each athlete prior to arriving to help speed up bib pickup on race morning.

Race Procedure

The course will be setup and marked by 8:00am. Athletes may do a pre-race walk through on the course prior to the start of the first race at 9:00am after which time the course will be closed. There is lots of room to warm-up adjacent to the course on the north side of the park road or on the lower fields to the south-side of the park road. Some of the cricket fields and sports fields will likely be in use so athletes and spectators should be mindful of this and avoid areas being used for other events/games.

Athletes are responsible to arrive at the athlete staging area behind the Start Line 15 minutes prior to their race. Athletes who are wearing spikes may put them on here and complete their warm-up in this area. Athletes will be walked over to the start line about 5 minutes prior to their race. Upon finishing the race, athletes are asked to leave the start/finish area as soon as possible.

Getting to the Park and Parking

Enter the park at the entrance off Leslie Street just south of Eglinton Avenue. Proceed along the park road keeping to the right for about 1.75 km to get to the park stables. Proceed past the stables and go up the hill to get to the upper playing fields area. There are two parking lots on either side of the road just before the large white pavilion. If you continue along the park road past the pavilion and past the Start/Finish area, there is another large parking lot just past the Start/Finish area.

If park staff decide to keep the road gated just past the stables, the parking lot across from the stables will have to be used and athletes and spectators will have to walk up the hill to the playing fields. If the parking lot across from the stables becomes full, cars will be re-directed back to the previous parking lot located off the park road on the way in from the Leslie Street entrance. There are stairs from this parking lot which can be used to access the upper playing fields.

There will be portable toilets available for use on the south side of the white pavilion. Restrooms located in the building across from the stables should also be open. Athlete's should bring their own pre-filled water bottle to the event and any pre or post-race nutrition that they may require.



Course Map



Results

Results will be available on race day shortly after the completion of each race. A printed copy will be posted near the Registration Tent and an electronic copy will be posted online on the event registration page in the Additional Documents section at:

<https://trackie.com/event/2025-ctac-elementary-xc>

Scan QR code to view -->



Results will also be found online later after the meet at:

<https://www.trackie.com/results>

Good Luck To All!



<https://centraltorontoac.ca>