



2026 WESTERN MUSTANGS HIGH SCHOOL CROSS COUNTRY MEET
Friday, September 25th **Thames Valley Golf Course** **London, ON**

RACES: 1:30pm - High School Girls' 5km
 2:15pm - High School Boys' 5km

COURSE: The Cross Country course features undulating terrain, multiple switchbacks, and a winding route that moves away from and back toward the start/finish area, taking runners over hill and dale.

ELIGIBILITY: Open to all athletes. There is no limit to the number of runners a team may enter in each race.

SCORING: The first five (5) finishers from each school team will count toward the team score in each race.

ENTRY FEE: \$15 per individual, OR a maximum of \$350 per school.

The maximum fee per school for combined male and female entries is \$350.

Cheques should be made payable to the **Western University**.

AWARDS : Merchandise will be awarded to the top boys' and girls' team and the top 10 individuals in each race.

ENTRY METHOD: Register through Trackie.ca at <https://www.trackie.com/event/2026-western-ontario-xc35493>

ENTRY DEADLINE:

1. Regular entries must be submitted by **8:00 p.m. on Monday, September 21st**.
2. Late entries will be accepted until **8:00 p.m. on Thursday, September 24th**, at the following increased entry fees: \$20 per individual, OR a maximum of \$400 per school.

RACE DAY REGISTRATION:

1. If you need to make entry changes or add athletes on race day, please report to the **John Innes Room**, adjacent to the 18th green in the Thames Valley Golf Course clubhouse, no later than **12:30 p.m.** to pick up your team packet and make the necessary changes.
2. Team coaches (or designate) must pick up team packet from the John Innes Room no later than 12:45 pm. Entry fees must be paid at that time. **NO EXCEPTIONS! Unpaid teams will not be permitted to compete.**
3. Each team packet will contain one bib number for each runner, with the runner's name printed on the bib. Please securely pin the bib to the front of the racing shirt, with the number facing outward.
4. Team coaches (or designate) are responsible for ensuring that each runner is wearing the correct bib number at the start of the race.

DRESS: Please have all runners arrive dressed and ready to race. Portable washrooms are available on the north side of the clubhouse. Please do not use the washrooms inside the clubhouse.

PARKING: Parking is available at the back of Thames Valley Golf Course, accessible from Sunninghill Avenue.
PLEASE STAY OFF THE GRASS.