

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



Frank Reynolds Memorial Cross-Country Meet
Saturday, October 3, 2026, 9 am – 2:30 pm
Cates Park, North Vancouver

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

9:00am Course Walk Through, Package Pickup **PLEASE NOTE: NEW COURSE WITH NEW START LINE**

TIME	GENDER	BIRTH YEAR	DISTANCE	LOOP
9:30am	Boys/Girls	2019/20	900m	Start to finish +1x Loop A
10:00am	Boys/Girls	2018	1500m	Start to finish +2x Loop A
10:30am	Boys/Girls	2017	1500m	Start to finish +2x Loop A
11:00am	Boys/Girls	2016	2300m	Start to finish + Loop B
11:30am	Boys/Girls	2015	2300m	Start to finish + Loop B
12:00pm	Boys/Girls	2014	3000m	Start to finish + Loop A + Loop B
12:30pm	Boys/Girls	2013	3000m	Start to finish + Loop A + Loop B
1:00pm	Men/Women	U16	3000m	Start to finish + Loop A + Loop B
1:30pm	Men/Women	U18	4800m	Start to finish + Loop A + 2x Loop B
1:30pm	Women	U20	4800m	Start to finish + Loop A + 2x Loop B
2:00pm	Men	U20/Snr/Mast	6300m	Start to finish + 3x Loop B
2:00pm	Women	Snr/Mast	6300m	Start to finish + 3x Loop B

(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 on the historic Malcolm Lowery Trail** with ocean vistas; running surface is grass and gravel trails with some blacktop and wooden bridges.

SPIKES ARE NOT RECOMMENDED

DOGS ARE NOT PERMITTED IN THE PARK.

Registration:

<https://www.trackie.com/event/2026-frank-reynolds-memorial-cross-country-race/1039078/>

Contact: Stan Jang

Phone: 604-351-5975

Email: stan.jang@gmail.com

Regular Fees until 11:59 PM Wed. Sept. 30

\$10 for Track Rascals (2019-2020)

\$13 per JD athlete (2018 – 2013)

\$15 (U16, U18, U20, Open, Masters)

Late Fees until 10:00 AM Fri. Oct. 2

OR in person at Cates Park, up until 1 hour before the posted race start time:

\$18.00 per JD athlete

\$20.00 per athlete U16 and older, to Masters

Refund policy: All fees are NON-REFUNDABLE

There is an additional \$7 non-member fee per athlete if you do not hold a BC Athletics competitive membership and you will also have to sign a waiver form when you register online.

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

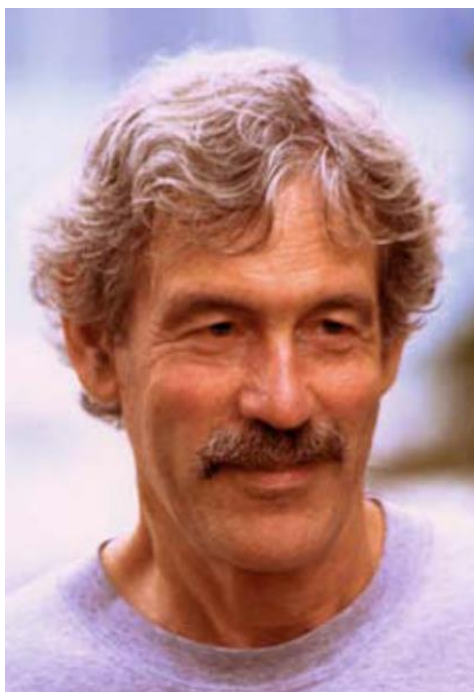
*****Registration will end 1 hour before a race is scheduled to start. Events may move ahead by 30 mins at the Meet Directors Discretion.**

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: Cates Park is located along the Dollarton Highway on the waterfront of Burrard Inlet and Indian Arm. To get to the park from the Second Narrows Bridge (north bound) or the Upper Levels Highway (Hwy #1, east bound), take the Main Street exit (Exit 23) and then proceed east on Dollarton Highway. The entrance to Cates Park is well marked and parking is plentiful. Registration as well as the start and finish lines are located in the picnic area near the waterfront.

