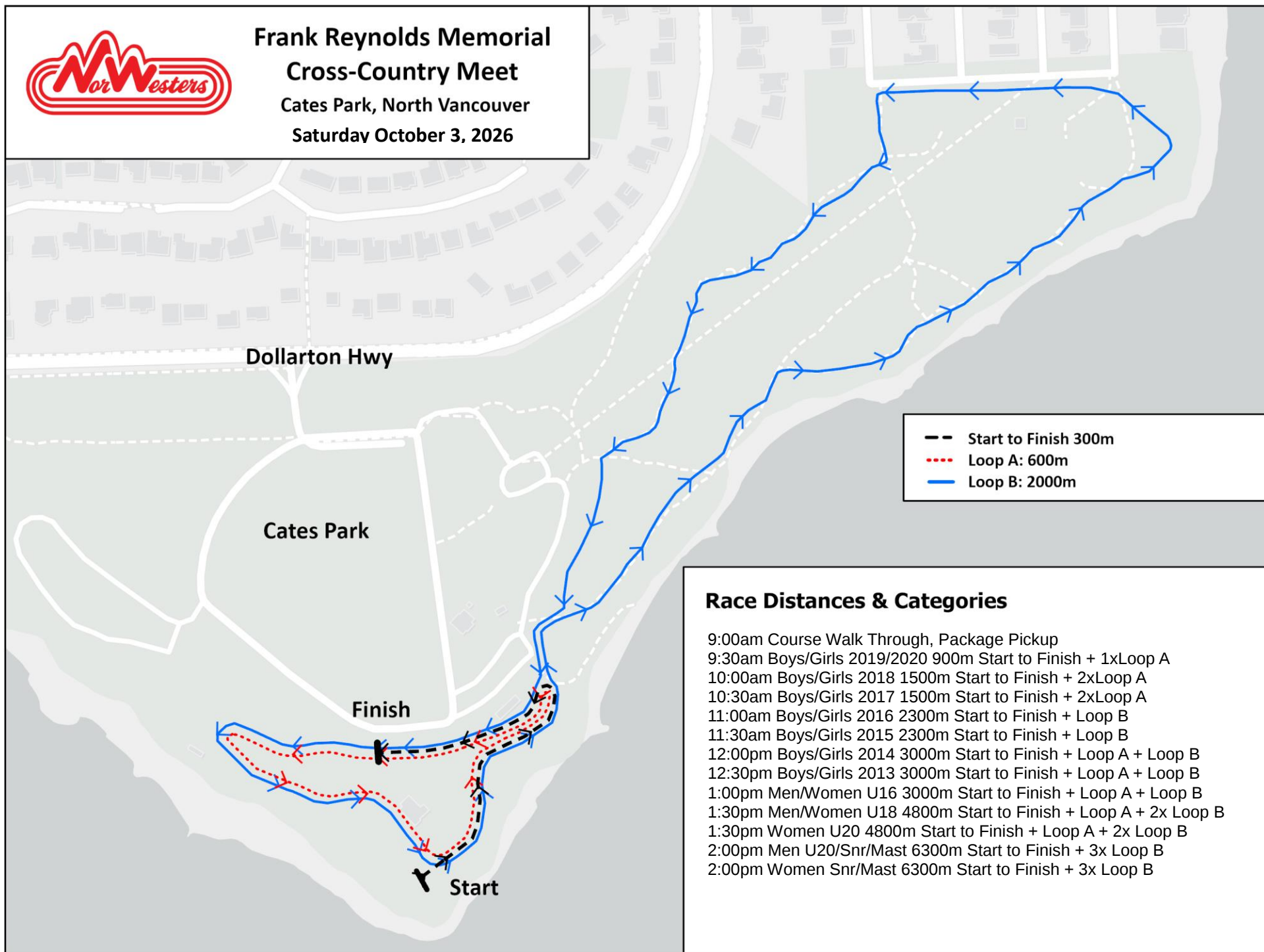




**Frank Reynolds Memorial
Cross-Country Meet**
Cates Park, North Vancouver
Saturday October 3, 2026



Race Distances & Categories

- 9:00am Course Walk Through, Package Pickup
- 9:30am Boys/Girls 2019/2020 900m Start to Finish + 1xLoop A
- 10:00am Boys/Girls 2018 1500m Start to Finish + 2xLoop A
- 10:30am Boys/Girls 2017 1500m Start to Finish + 2xLoop 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