



MTA Cross Country

Durham Dragons XC Meet

Date: Saturday September 17, 2016

Location: Alex Robertson Park, Pickering

Rabbits by special invitation!

Registration opens at 8:30am

COURSE WALK: 9:25 am (line up seniors to peewees at start)

FIRST EVENT: Pee Wees 10:00 am

PLACE: Alex Robertson Community Park, 700 Sandy Beach Road, Pickering, ON L1W (3km from 401)

DIRECTIONS: (From West) 401E exit Brock Road (x399) turn R (South) to Bayly St, **(From East)** 401W exit Brock Road (x399) turn L (South) to Bayly St, **(for both)** turn R on Bayly continue to Sandy Beach Rd. turn L at the lights continue S (1.4 km) to Alex Robertson Park (parking on both sides). To leave, just reverse directions back to the 401.

FACILITIES: Washrooms on site in 3 locations, snacks, drinks and pizza will be sold on site. Restaurants and Pickering Town Centre are nearby and a playground an easy walk distance from parking.

COURSES: Courses will start and finish in the same vicinity in an area sheltered by mature trees but within sight of the parking lots. Courses are rolling mostly grass and groomed trails (no pavement) and forest, all in a park setting only meters from the Waterfront Trail. Spikes permitted on course but not required unless course is wet. There are hills and the longer races are 2 spectator friendly loops.

AGE CATEGORIES:

Pee Wee 10+	760m PG	10:00AM	record Lila Hollins (09) Durham Dragons Athletics	3:16 (2015)
Pee Wee 10+	760m PB	10:00AM	record Aditya Sharma (09) Durham Dragons Athletics	3:28 (2015)
Mite 08/09 F	1033m MG	10:10AM	record Caitlin Graham (05) Etobicoke TFC	4:03 (2013)
Mite 08/09 M	1033m MB	10:20AM	record Lucas Teixeira (07) Etobicoke TFC	3:59 (2015)
Tyke 06/07 F	1420m TG	10:30AM	record Caitlin Graham (05) Etobicoke TFC	5:06 (2015)
Tyke 06/07 M	1420m TB	10:45AM	record Devon Clarke (05) Etobicoke TFC	5:05 (2015)
Atom 04/05 F	1992m AG	11:00AM	record Ashleigh Pattynama (01) Burlington TFC	7:22 (2013)
Atom 04/05 M	1992m AB	11:15AM	record Braydon Trowbridge (02) Durham Dragons	7:08 (2014)
Senior 02/03 F	2925m SG	11:30AM	record Meg Jackson (02) Durham Dragons	10:55 (2015)
Senior 02/03 M	2925m SB	11:50AM	record Thomas Witkowicz (00) Durham Dragons	9:17 (2014)

AWARDS: Awards for top 8 individuals, in each race. Team ribbons will be awarded to the top 3 teams (maximum 4 ribbons per team of 4 or more finishers). A team will consist of three runners with ties broken by the position of the third runner closest to the front.

ENTRY FEES: For MTA registered athletes is \$15 per athlete or \$20 cash on the day of the event.
Without MTA numbers is \$20.
No refunds or substitutions.
Make Cheques payable to **“Durham Dragons” on trackie choose to “pay on-site”**

REGISTRATION: Deadline is Wednesday, September 14, 2015, at midnight. Waiver forms must be completed and submitted for each athlete or as a MTA club waiver. Athletes without waivers will not be allowed to compete.

Questions can be e-mailed to: **Dale Lapham, sebcoe1984@hotmail.com**

Registration is online using www.trackie.reg using www.trackie.com

“Pull the Trail” cross country open run to follow with 1:15pm start.

