

2016 Atlantic Cross Country Championships
October 29th
STFX University



Athletes, coaches and cross country enthusiasts are encouraged to come take part in the 2016 Atlantic Cross Country Championships. This year's meet will be a unique and exciting event as it will be held in conjunction with the AUS XC Championships featuring the best university runners in Atlantic Canada. Come to race as well as cheer on the top harriers in Atlantic Canada. The STFX course will provide a classic cross country experience for all ages!

Course: STFX University
Meet Director (AUS): Joann Doiron
Meet Director (Atlantics): Gina MacInnis

Tentative Schedule

Time	Gender	Division	Distance
10:00	Male and Female	Bantam and Younger (2003 and younger)	2km
10:25	Male and Female	Midget (2001-02)	3km
10:50	Male and Female	Youth (1999-2000)	4km
11:20	Male and Female	Junior, Senior, Masters (1998 and older)	6km
12:00	Female	AUS	6km
12:45	Male	AUS	10km

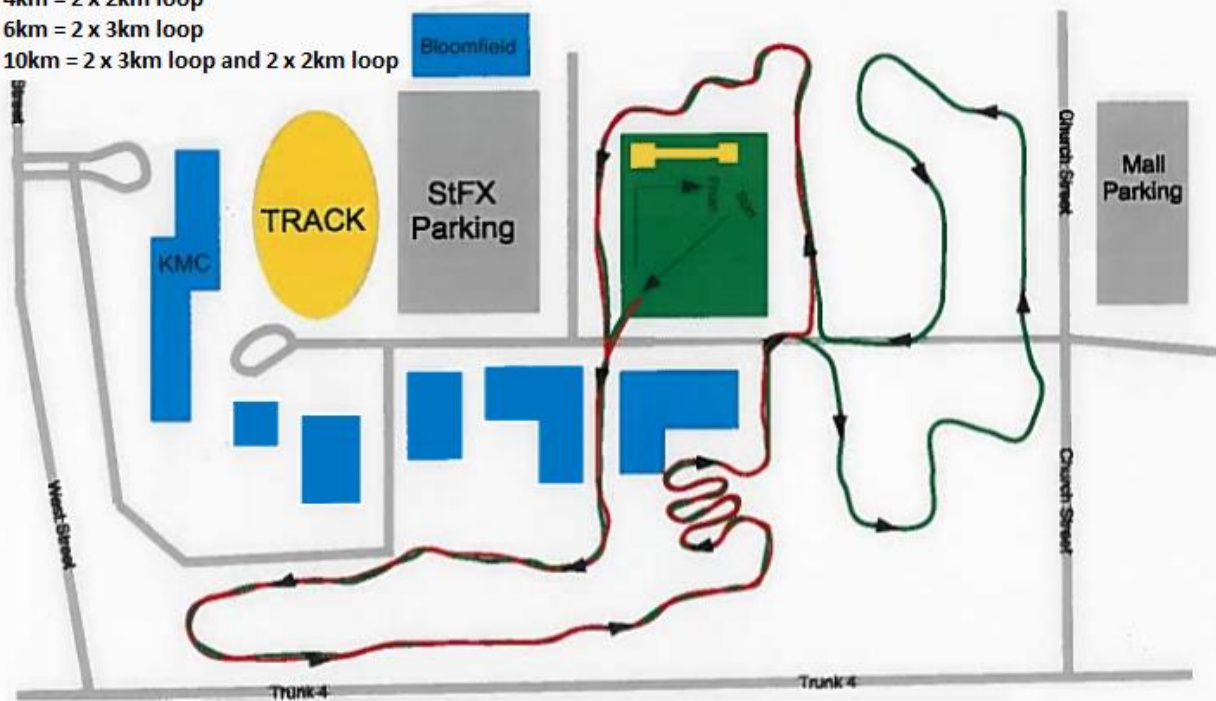
Registration :

Teams \$60 (up to 10 runners with the top 4 team members scoring)
 Individuals \$10 (12 years and older)
 \$5 (11 years and younger)
 Registration closes on Thursday October 27th.
 Day of race entries will be charged an additional \$10, from 8:30am until 10am.
 To register, please visit [TrackieReg](#)

Awards : TBA

Course Map:

2km = 1 x 2km loop
3km = 1 x 3km loop
4km = 2 x 2km loop
6km = 2 x 3km loop
10km = 2 x 3km loop and 2 x 2km loop



StFX University

2 km loop (red) & 3 km loop (green)
Start/Finish on grass soccer field