



# MUSKOKA ALGONQUIN RUNNERS



Ontario Masters  
Athletics

## Tentative Ontario Cross Country Championship

Start Time	Age Group	Distance
9:30 am	Masters	5000m
10:15am	Senior Women	8000m
11:00 am	Senior Men	10000m
11:00am	Awards	Masters, SW, SM
12:00 pm	Bantam Girls	2000m
12:15 pm	Bantam Boys	2000m
12:30 pm	Midget Girls	4000m
1:00 pm	Midget Boys	4000m
1:20 pm	Awards	BG, BB, MG, MB
1:30 pm	Youth Girls	5000m
2:00 pm	Youth Boys	6000m
2:45 pm	Junior Women	7000m
3:30 pm	Junior Men	8000m
Awards	YG, YB, JW, JM, Overall Team Championship	

For full details please refer to the Technical Package: <http://athleticsontario.ca/events/2017-ao-cross-country-championships/>