SOUTH FRASER
TRACK AND FIELD CLUB

South Fraser Track & Field Club Cross Country Meet

September 27, 2014

The South Fraser Cross Country will be held on **Saturday, September 27, 2014** at **Bear Creek Park, Surrey, BC.** The course is a combination of Grass, Dirt, Hardtop and Lime Chippings: spikes are NOT recommended. Awards will be given as follows: Medals 1st to 3rd places; Ribbons 4th to 8th places for 9-19 year old participants. Numbers provided by the registrar must be worn during the race. Altered tags of numbers will result in disqualification.

Registration Entry Information:
• All entries ages 6-99 register at http://www.trackie.com/online-registration/
• Late entries (after September 22) emailed to Shirley Young chedro@telus.net and must paid before the package is collected.
• Registration is also available at the track. **Day of meet entries will be accepted.**

Entry Fees Age Divisions:

Year of Birth	BC Athletics Members Rate	Non-BC Athletics Members Rate
2008-2006	$7.00	$10.00
2005-2001	$10.00	$13.00
2000-1995	$10.00	$13.00
Open (1194 & Earlier) 20+ years & Masters 35+ years	$10.00	$13.00

Schedule

Time of Event	Event	Distance
10:00	Course Walk through (Everyone)	5000m/8000m
10:30	Open Women/Men 20+ & Masters will run same time and distances	1000m
11:15	2008 Girls/Boys 6yrs	1000m
11:15	2007 Girls/Boys 7 yrs	1000m

11:15	2006 Girls/Boys 8 yrs	1000m
11:40	2005 Girls/Boys 9 yrs	1500m
11:55	2004 Girls/Boys 10 yrs	2000m
12:10	2003 Girls/Boys 11 yrs	2000m
12:25	2002 Girls/Boys 12 yrs	3000m
12:45	2001 Girls/Boys 13 yrs	3000m
1:10	2000 Girls/Boys 14 yrs	4000m
1:10	1999 Girls/Boys 15 yrs	4000m
1:10	1997-1998 Girls/Boys 16/17 yrs	4000m
1:45	1195-1996 Girls/Boys 18/19 yrs	6000m

All races start from the 200M start line

Note: the course will be marked, have spotters and rabbits and turtles on bikes.

1000m: Run around the track and out towards the North-West exit of the track and around a set of cones.

1500m: 1 short loop and finish at the finish line (actual distance 1450m+)

2000m: 1 long loop

3000m: 1 long loop + 1 short loop

4ooom: 2 long loops

5ooom: 2 long loops and 1 short loop

6000m: 2 long loops and 2 short loops

8000m: 3 long loops and 2 short loops