



Atlantic Cross Country Championships November 2, 2014

Hosted by Athletics NS

The Atlantic Cross Country meet will be held on the Point Pleasant Park course in Halifax. The Cross Country trail at Point Pleasant Park consists of a 2.5km loop and a 1km loop.

Registration Information and Fees:

- Registration Deadline: Thursday, October 30th
- Entry Fee: \$10
- Pre-registration is required available on TrackieReg

Meet Director:

Kenny Fraser - kennyfraser74@hotmail.com

Tentative Schedule

Time	Distance	Division
11:00AM		Course Walk
11:30AM	1km	Atom and PeeWee boys/girls (03 or younger)
11:50AM	2.5km	Bantam boys/girls (01-02)
12:15PM	3.5km	Midget boys/girls (99-00)/Youth girls (97-98)
12:45PM	5 km	Junior/Senior/Master Women (96 or older) & Youth Boys (97-98)
1:20PM	7.5 km	Junior/Senior/Master Men (96 or older)



Awards and Scoring:

- Top 3 finishers in each division will receive a medal.
- Top team in each age division will receive a banner (min. of 5 runners)

Course Map:

