

NSSAF 2016 NORTHUMBERLAND CROSS COUNTRY REGIONAL CHAMPIONSHIPS



Thursday Oct. 15th 2015
Trenton Park, Trenton

Race Directors

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Race Information

1. All athletes finishing in the top 15 as well as all teams in the top 5 will advance to Provincials on October 26th 2015.
2. Teams shall consist of a minimum of 4 and a maximum of 7 athletes.
3. Schools may register more than one team at Regionals per age division but can **only advance one team to Provincials**.
4. **Registration** must be completed online at trackiereg.com. The deadline to complete is **Thursday Oct. 8th @ 4pm**.
5. All races will include **1km and/or 3km loop(s)**. Small loop will be the first to be completed in the appropriate races.
6. Trails consist of a mix of road and crusher dust trail (no pavement).
7. Parking is available at the Trenton Rink close to the start line.
8. Washrooms/changerooms available on site.
9. Cost is **\$10 per athlete up to a maximum of \$40 per school**. Please make cheques payable to North Nova Education Centre. Payment will be onsite.

Schedule of events

Junior girls	3km	12:00pm
Junior boys	4km	12:30pm
Intermediate girls	4km	1:10pm
<i>Banner presentation (junior divisions)</i>		1:15pm
Intermediate boys	5km	1:50pm
Senior girls	5km	2:30pm
Senior boys	7km	3:15pm
<i>Banner presentation (intermediate & senior)</i>		4:00pm