

CANATARA MEET OF CHAMPIONS
Thursday, October 8, 2009

Canatara Park, Sarnia
Home of OFSAA '08

RACES:	1:00	Midget Girls	3km
	1:20	Junior Girls	4km
	1:50	Senior Girls	5km
	2:25	Midget Boys	5km
	2:55	Junior Boys	6km
	3:35	Senior Boys	7km

COURSE: Course is relatively flat and run on varied terrain including grass and wood chip trails, with a few paved road crossings. Short spikes are recommended.

SCORING: First four finishers per team to count, with all other runners as displacers. All runners must wear their assigned number.

ENTRY FEE: \$8 per entry to a maximum of \$175 per school. Unlimited entries. Please make cheques payable to L.S.S.A.A and bring with you to the meet.

AWARDS: Awards to the top team in each division and the top 10 individuals. Awards may be picked up underneath the pavilion once the results have been posted.

ENTRY DEADLINE: Thursday, October 1, by e-mail only. Please e-mail a team roster, by division to rnewman@ebtech.net

LOCATION: Canatara Park, Sarnia

Due to construction on the 402, exit at Modeland Road North.

Follow Modeland Road to Cathcart Blvd. Turn left.

Follow Cathcart into Canatara Park, All parking will be at the north side of the park, along the beach.

QUESTIONS: Please direct any questions to Mark Scott @ Northern Collegiate (scottma@lkdsb.net) 519 542 5545 x234