

Fanshawe Invitational High School Cross Country Meet

The meet will be run on the 2019 WOSSAA and 2020 OFSAA Championship Course

Date and Location:

Thursday October 10, 2018

Fanshawe Golf Course

835 Sunningdale Rd E, London, ON N5X 3Y7

Meet Conveners:

General Inquiries:

Adam Jarrett,

Email: a.jarrett@tvdsb.ca

London Central Secondary School

509 Waterloo St London, ON N6B 2P8

(519) 455-2620

Registration:

Cathy Lynch, Email: lynchxc@gmail.com

Registration Information:

Entry Fees: \$10 per competitor, to a maximum of \$300 per school. Please bring a cheque made out to “**London Central Secondary School**” to the meet

Registration Deadline 5 pm Monday, October

TVRA Schools: If your team has already participated in a TVRA meet this season, just let Cathy know if you have any additions or corrections from the previous meet registrations. Don’t forget to bring your numbers!

Non-TVRA Schools:

- Email Cathy Lynch (lynchxc@gmail.com) with your team list (as a simple list of names, one athlete per line. Please, no headings or extra information. But don’t forget to tell her what school you are!)
- There is an entry limit for all races.

Course Information: golf course, some dirt trails.

Spikes are acceptable.

Concession: food and drink will be available at golf course concession. There are no nearby off-site locations to get food.

Awards: Top 10 Individuals in each race. Top team in each division.

Coaches:

Please check in at the pro shop.

Please ensure that athletes wear their assigned number on the front, attached with four pins so they are upright and clearly visible from a distance. These must remain intact and visible until the runner clears the chute.

All athletes must be eligible under OFSAA rules and be registered by their school.

Schedule:

12:15	Para Race
12:30	Novice Boys
1:00	Novice Girls
1:30	Junior Boys
2:15	Junior Girls
3:00	Senior Boys
3:45	Senior Girls