

CANATARA MEET OF CHAMPIONS
Wednesday October 4, 2017

Canatara Park, Sarnia

RACES:	12:30	Para Race	3km
	12:40	Midget Boys	4km
	1:10	Midget Girls	4km
	1:40	Junior Boys	5km
	2:10	Junior Girls	5km
	2:45	Senior Boys	6km
	3:25	Senior Girls	6km

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: Individual entry - \$10 per athlete entered
Team maximum entry - \$175

Unlimited entries. Please make cheques payable to Northern Collegiate and bring with you to the meet.

AWARDS: Awards to the top team in each division and the top 5 individuals not on the winning team. Awards may be picked up underneath the pavilion once the results have been posted.

ENTRY DEADLINE: Friday, September 29.

Meet file for completing entries by Team Manager will be posted at www.lktfxc.com. If you are unable to send entries via HyTek, please send a roster by division. **Please submit entries to markscott40@gmail.com**

LOCATION: Canatara Park, Sarnia

All parking will be at the north side of the park, in the beach parking lot.

QUESTIONS: Please direct any questions to Mark Scott @ Northern Collegiate
(markscott40@gmail.com) 519 542 5545 x12033