



2018 Cross Country Program

- Open to athletes born in 2006 & older
- Training will be delivered age/ability appropriate
- Certified & Energetic coaches providing a long term athlete development program

Practices

October		
Monday	Wednesday	Saturday
		27
29	31	
November		
		3
5	7	
12	14	17
19	21	

- Meet at Malden Park, Malden Rd. entrance

Practice Times

- Monday's & Wednesday's – 3:45pm
- Saturday October 27 – 9:45am; November 3, 17 – Noon

Registration

- Athletes can register with a coach at any practice

Competitions

1. Athletics Ontario Championships at King City on Sunday November 11th
 - a. Departing on Saturday November 10th
 - b. Transportation by rental vehicle; included
 - c. Accommodations set up by the club but expense responsibility of the athlete
2. Athletics Canada Championships at Kingston on Saturday November 24th
 - a. Departing on Friday November 23rd
 - b. Transportation by rental vehicle; included
 - c. Accommodations set up by the club but expense responsibility of the athlete

Fees (Includes championship entry fee and club t-shirt)

Age Group	Fee
Bantam/Midget (2006-05/2004-03)	\$75.00
Youth (2002-01)	\$100.00
Junior/Senior (2000-1999/ 1998+)	\$115.00

Uniforms

- Club competition uniforms available at a cost of \$50.00