

LKSSAA CROSS COUNTRY CHAMPIONSHIP

Tuesday, October 17

Thames Grove Conservation Area, Chatham

Entries: Complete on trackie by Thursday, October 12 at 4pm

Schedule:	12:40	Coaches Meeting (Gazebo)	
	1:00	Junior Girls	1 small loop + 2 large loops
	1:40	Junior Boys	1 small loop + 2 large loops
	2:20	Novice Girls/Para Girls & Boys	2 large loops
	2:50	Novice Boys	2 large loops
	3:20	Senior Girls	3 large loops
	4:05	Senior Boys	3 large loops

Awards: 15 minutes after the completion of the Sr. Boys race

Note: Bring your own safety pins