

LKSSAA CROSS COUNTRY 2019

DATE: Wednesday, October 16

LOCATION: Canatara Park, Sarnia

RACE ORDER & STARTING TIMES

12:30	Para	3km
12:40	Novice Boys	4km
1:05	Novice Girls	4km
1:35	Junior Boys	5km
2:05	Junior Girls	5km
2:45	Senior Boys	6km
3:25	Senior Girls	6km
4:10	Awards	

START LINE

- Each school may have up to 4 people on the start line

SWOSSAA QUALIFICATION

- Top ten teams in each division and those individuals, not on teams, **finishing in the top 30 in each race** qualify for SWOSSAA
- SWOSSAA information will be posted at sh.triton.net

ENTRIES

Entries are due Friday, October 11 at 2 pm and must be done on trackie. The meet will be posted on trackie no later than October 1.