

# Capital Region Cross Country Championships

**Date: Thursday, October 11, 2018**

**Host School: CPA**

Race Director:

Steve Harris (902-410-7525) - [sharris@hrce.ca](mailto:sharris@hrce.ca)

Colleen Harris (902-229-5806) - [charris@hrce.ca](mailto:charris@hrce.ca)

Race Location: Point Pleasant Park at the Halifax (Naval) Memorial  
(intersection of sailors memorial way and Arm Road)

1. All athletes who finish in the top 15 qualify for provincials. All athletes on the top 5 teams in the classification also qualify for provincials.

## **5. Race Distances**

Junior **4km**

Intermediate **5km**

Senior Boys: **6km**

### **Classification**

Senior – under 19 years of age as of September 30, 2018

Intermediate – under 16 years of age as of September 30, 2018

**Junior – under 14 years of age as of December 31, 2018**

**YOU MUST CHECK and ENTER BIRTH DATES**

## Schedule of events:

9:30 - 10:15 - Registration - only time to pick up package and pay fees

9:50 - Coaches Meeting - you must attend. If you are not there your athletes will not be eligible to run.

**10:00 ONLY** course walk through

11:00 Junior Girls

11:40 Junior Boys

12:20 Intermediate Girls

1:00 Intermediate Boys

1:40 Senior Girls

2:20 Senior Boys

10. There will be a canteen on site.

### 11. **Parking**

There is parking available at the entrance to the park, both on the upper and lower levels.

### 12. **Bathrooms**

There are a limited number of bathrooms located at the park as well as some portapotties that will be located close to the start line area.

Hopefully, this page will cover most of your questions. However if you have any questions or concerns, please do not hesitate to contact the Race Directors.