

# Vermilion's Autumn Cross Country Running Challenge

## Friday, September 20, 2024

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Hosted by J.R. Robson School

**Located at Vermilion Provincial Park Soccer Fields**

**Optional Course Walk Through at 12:00 pm**

**Race Times:**

**Elementary**

Grade 4 - 6 Girls	1:00 pm	2 km
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Grade 4 - 6 Boys	1:40 pm	2 km
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**Junior High**

U13 - 14+ Girls	2:20 pm	3 km
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U 13 - 14+ Boys	2:50 pm	3 km
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**High School**

Junior Boys and Girls	3:20 pm	4 km
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Int. Boys, Girls & Sr. Girls	4:00 pm	5 km
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Sr. Boys	3:20 pm	6 km
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- Entry Fee: **\$5.00 per athlete.** Cheques made out to J. R. Robson School, please bring with you on the day.
- High school running times are approximate and may be moved up as categories may be combined based on entry numbers.
- Ribbon ceremony (places 1-6) to follow immediately after each race.
- Send an email to [lindsey.bates@btps.ca](mailto:lindsey.bates@btps.ca) and a registration Google doc will be shared for runners to be entered into.
- Registrations must be received by 4:00 p.m. September 17<sup>th</sup>, 2024.
- For Junior and Senior high runners please use September 1 as the cut-off date for your category.
- Outdoor washrooms available at the site, no refreshments available.
- Coaches check in for your package upon arrival.
- Trails will be marked if you cannot attend the walk through.
- **Please remind athletes to bring a sufficient supply of liquids as limited water is available on site.**

Any question please direct to Lindsey Bates at [lindsey.bates@btps.ca](mailto:lindsey.bates@btps.ca) or 780-853-4177.