



TRACK & FIELD CLUB

NORWESTERS NORTH SHORE CROSS COUNTRY CHAMPIONSHIPS

Sanctioned by BC ATHLETICS

Saturday October 14, 2006

(The third race of the Lower Mainland Cross Country Series)

OPEN TO ALL

Location: CATES PARK, Dollarton Highway, North Vancouver.

SCHEDULE

TIME	SEX	BIRTH YEAR	DISTANCE	LOOP
9:00am	Course Walk through and Package Pickup			
10:00am	Boys/Girls	1997	1.59k	2 X Loop A + C
10:30am	Boys/Girls	1996	2.1k	1 X Loop B
11:00am	Boys/Girls	1995	2.1k	1 X Loop B
11:30am	Boys/Girls	1994	3.0k	1 X Loop B +A +C
12:00noon	Boys/Girls	1993	3.0k	1 X Loop B +A + C
12:30pm	Boys/ Girls	1992	4.2k	2 X Loop B
1:00pm	Boys/Girls	1991	4.2k	2 X Loop B
1:15pm	Women	Juv/Jun	4.2k	2 X Loop B
1:30pm	Juv & Jun (men) Open & Masters (Men & Women)			6.3k 3x Loop B

(See map for loops)

Boys will run before girls with 15 minute intervals between races. However, if numbers warrant then boys and girls will run together. **The course is grass and forest trails (gravelly in places) with short distances of blacktop and some wooden bridges. SPIKES SHOULD NOT BE WORN.**

Registration: Debby Stephenson,
3520 Church St,
North Vancouver,
BC, V7K 2L4
Phone - (604) 988 - 9241 Fax - (604) 988- 9242
email address: alohayvr@shaw.ca

Registration will end 30mins before a race is scheduled to start. Events may move ahead by 30mins.

Awards: Medals to 1st, 2nd, & 3rd. Ribbons to 6th place (1997 through Juv/ Jun)
PRIZES for Open & Masters.

Entry Fees: \$9.00 per athlete \$7 if registered by 9pm Oct 11. (JD's)
\$12.00 per athlete \$10 if registered by 9pm Oct 11. (Juv/Jnr/ Open/ Masters)

If you do not hold a BC Athletics Membership or a BC Athletics School Membership please add \$3.00 for a BC Athletics Day of Race Membership.

False statements may result in disqualification from this and future events. By entering this meet all athletes agree to abide by IAAF/CTFA and BC Athletics rules

DIRECTIONS TO MEET:

- **Cates Park** is in the east end of the District of North Vancouver on the way to Deep Cove.
- **From the Second Narrows Bridge:** Keep in the outside lane and take the first exit over the Bridge. This takes you onto Dollarton Highway. Stay on Dollarton Highway travelling east till you see the Cates Park sign on the right hand side of the road.
- **From West Vancouver, and the First Narrows** take the last exit before the Second Narrows Bridge. At Phibbs Bus Depot turn left and follow Dollarton Highway until you see the Cates Park signs on the right hand side of the road.
- **(DOGS ARE NOT PERMITTED IN THE PARK)**

