

KASSAA CROSS COUNTRY CHAMPIONSHIPS

LOCATION: Lemoine Point, Kingston, Ontario

DATE: Friday October 21, 2016

EVENTS: 9:00 – 10:45am Registration

11:00am	Midget Girls
11:25am	Midget Boys
12:00pm	Junior Girls
12:25pm	Junior Boys
1:15pm	Senior Girls
1:45pm	Senior Boys

COURSE: The course will follow the same routes as last year. We will again start and finish the races in the lower field near the water. Please refer to the map for race routes.

ENTRY INFORMATION:

Entry fee is \$8.00 per runner. Cheques may be made payable to Frontneac Cross Country. Use the attached form to send entry information. Entries are to be sent via email to Shannon Niemi at niemis@limestone.on.ca

SCORING: The top 4 runners per team score by adding their finishing position in the race. A tie is broken with the 4th place runner's position.

In each event the top 6 teams will receive points as follows towards the overall Championship trophy.

1 st – 12 points	2 nd – 8 points
3 rd – 6 points	4 th – 4 points
5 th – 2 points	6 th – 1 point

AWARDS: Individual and team awards will be presented at 2:30 at the start/finish area. Medals will be presented to the 1st place individual and the first place team (max. 5

runners) in each race. Ribbons will be presented to 2nd and 3rd place individuals and 2nd and 3rd place teams (max. 5 runners).

RESULTS:

Results will be posted on the following website:

www.kassaa.ca

GOOD LUCK TO ALL ATHLETES!