



**2023 SJHS Last Chance Meet  
High School Cross Country**  
Tuesday, October 10<sup>th</sup>, 5:30 – 6:00 pm  
Hosted by the Saint John High Cross Country Team



**Sponsored by the Saint John Reds Track & Field Club & UNBSJ Cross Country/Track**

**Team Location:** Wolatoq, Lancaster Avenue, West Saint John

**Course Description:** All events will take place on a well marked course around the perimeter of the park on a mix of grass and trail. This course is made up of a combination of 1.1 km providing a fast and challenging course. Thank you to J.D. Irving Limited for use of the park.



**Registration Information:** There is no registration fee but schools are encouraged to confirm attendance in advance at [saintjohntrack@gmail.com](mailto:saintjohntrack@gmail.com) . Individual and team entries are welcome. All athletes on a team must attend the same school and each team must have one adult in charge of check-in and recording. Registration will occur on site 3:30-4:00 pm. Athletes can walk the course up until 4:15 pm.

**Parking:** Limited parking is available in the park but overflow is available nearby.

**Events:** Participants are expected to meet at the start line just prior to race.

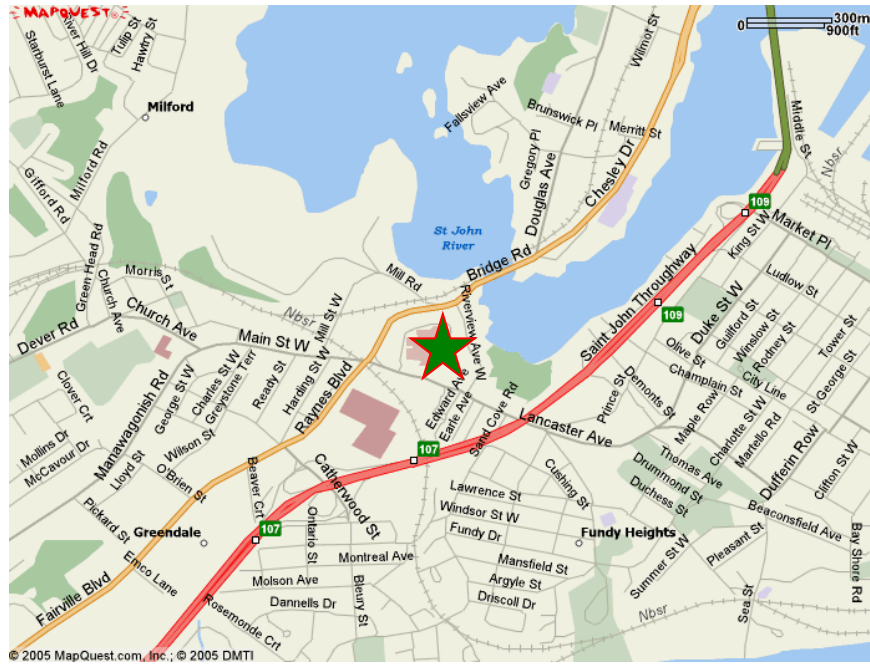
***This event is being held after an Elementary school meet. High School races will follow immediately after.***

Events will run in the order listed below, with the first race starting approximately between 4:45-5:00

Division	Distance	Course
High School - Junior Boys & Girls	3300m	3 x 1.1 km loop
High School - Senior Boys & Girls	4400m	4 x 1.1 km loop

**For More Information: For More Information:** [SaintJohnTrack@gmail.com](mailto:SaintJohnTrack@gmail.com), Oy Akinola at 204-998-0743, Bill MacMackin at 506-647-4931

The park entrance is across from the Bowlarama, 248 Lancaster Ave.  
Please avoid parking in the bowlarama parking area.



Race Courses



1.1 km Loop