

FREDERICTON HIGH SCHOOL – CROSS COUNTRY MEETS

Race 1 – October 5 – Middle School Start at 5:30 PM and High School races to follow

1. Registration: Will occur on site – No cost for Registration
2. Location: Odell Park - Fredericton
3. Athletes and Coaches are able to walk the course prior to the beginning of the event- Should arrive no later than 5:00 to do this
4. Distances
 - a. **4km for High Schoolers. All divisions may run at the same time. Race results will be recorded separately by division, i.e. Male/Female for Junior and Senior**
 - b. **2 km for Middle Schoolers in grade 6, 7&8. Again based on numbers all may run at the same time with results recorded separately.**
5. Questions contact Andrea McMullin at andrea@amcqc.ca

Race 2 – October 10th, Middle School Start at 5:30 PM and High School races to follow

1. Registration: Will occur on site – No cost for Registration
2. Location: Odell Park - Fredericton
3. Athletes and Coaches are able to walk the course prior to the beginning of the event- Should arrive no later than 5:00 to do this
4. Distances
 - a. **4km for High Schoolers. All divisions may run at the same time. Race results will be recorded separately by division, i.e. Male/Female for Junior and Senior**
 - b. **2 km for Middle Schoolers in grade 6, 7&8. Again based on numbers all may run at the same time with results recorded separately.**
5. Questions contact Andrea McMullin at andrea@amcqc.ca