



HAMPTON HIGH SCHOOL CROSS COUNTRY TRACK & FIELD



Hampton Cross Country Running Series

Meet #3 – Region 2 (Saint John) only exhibition meet.

(NBIAA High School Athletes only)

Friday, October 15, 2021 @ 5:30 pm

Welcome to the 3rd and final meet of the Hampton XC 2021 Cross Country series.

This season the Hampton XC Running Club, Hampton High and Hampton Middle Schools have jointly hosted two events that have been well attended. These events have provided the High School crew chances to fulfill the 2 race requirement in order to compete at the Regional competitions. These competitions have been re-scheduled to October 23rd. We are offering this 3rd race for Region 2-Saint John High School athletes only. The objective is to provide a competition to stay trained for the Regional and to offer another last chance for athletes who still need to do a meet to qualify for the Regional.

1. Location is at Hampton Middle School Field/Elementary School), Race Start Time: 5:30 pm
2. **Athletes must be double vaccinated in order to compete per NBIAA Guidelines.**
3. Registration: is on site. Cost is \$5:00 per athlete.
4. One Port-a-John will be on site.
5. There will be no official walk-thru for the course. Athletes and Coaches are able to walk the course prior to the beginning of the event provided they maintain a physical distance of 2 metres at all times and are wearing a face covering.
6. There will only be one race. 3.5km. All divisions will run at the same time as numbers are expected to be low. Race results will be recorded separately by division.
7. **More Covid Protocols: School Teams should stay with their own groups only. Social Distancing is always encouraged. Masks are encouraged when engaging the registration table. Let's all do our part to take care of each other.**
8. Racers- times will be recorded and posted to the ANB site

Race Director: John Herron – john.herron@nbeub.ca. cell is 506-650-1372

Hampton XC Running Club wishes to thank the Town of Hampton for their constant help and support. There will be a Middle School District meet wrapping up prior so this NBIAA High School event will follow immediately afterwards. event