

LKSSAA CROSS COUNTRY 2024

DATE: Wednesday, October 16, 2024

LOCATION: Canatara Park, Sarnia

RACE ORDER & STARTING TIMES

12:00	Coaches Meeting	
12:15	Para	4km
12:45	Novice Boys	4km
1:15	Novice Girls	4km
1:45	Junior Boys	5km
2:20	Junior Girls	5km
3:00	Senior Boys	6km
3:40	Senior Girls	6km
4:30	Awards	

COURSE MAPS

- Will be posted at <https://lkssaa.ca/index.php/cross-country-running/> by October 1, 2024
- Please print off or download maps for your team prior to the meet

START LINE

- Each school may have up to 4 athletes on the start line

SWOSSAA QUALIFICATION

- Top ten teams in each division and those individuals, not on teams, **finishing in the top 30 in each race** qualify for SWOSSAA
- SWOSSAA information will be posted at <https://lkssaa.ca/index.php/cross-country-running/> and sh.triton.net

ENTRIES

- Entries are due by Friday, October 11 at 2pm and must be completed on trackie.
- The meet will be posted on trackie no later than October 1.

- If the person completing the entries is different from the name you have submitted, please send an additional name and email as soon as possible to avoid any delays with your entries.