



6th Annual North Dundas Cross-Country Invitational



Friday October 13, 2023

North Dundas District High School
12835 County Road 43, Chesterville, ON

Start times:

10:30am – Intermediate (Gr. 7/8) Girls (2.6 km)

11:00am – Intermediate (Gr. 7/8) Boys (2.6 km)

11:40am – Novice/Junior Girls (4 km)

12:10pm – Novice/Junior Boys (4 km)

12:40pm – Senior Girls 6 km)

1:20pm – Senior Boys 6 km)

NEW LOCATION This year the race will be held at North Dundas D.H.S., which is located just east of Winchester.

Terrain/Footwear: Runners will enjoy cruising through the cut grass trails and paths. Running shoes/flats or spikes are all suitable footwear. This course is spectator friendly.

Course maps will be available to coaches on trackie and on race day.

Awards: Medals for placers 1st to 3rd place finishers and free t-shirts for randomly selected athletes as well.

All runners will receive FREE chocolate milk at the end of their race!

Entries: You may enter an unlimited number of athletes, however only one race per athlete. All athletes should wear similar school tops when competing.

Fees: High School runners...\$5.00; team max of \$125.

Elementary School runners...\$2.00; team max of \$60.

Payment: Please make cheques payable to: North Dundas District High School. Bring on race day.

Registration Deadline: Tuesday October 10 – 8:00pm. Athlete registration is through **www.trackie.com**. Then select TrackieReg...Find Event...North Dundas Invitational. Any questions – contact Joe Groeneveld 613-295-0888 or joe_groeny99@hotmail.com.

Facilities: The school bathrooms on the east wing (next to the cafeteria) will be open to coaches and athletes. Next to the tennis courts is where buses should drop off athletes since that is where the start/finish line is located. School tents can go in the soccer field.

Pick up athlete bibs inside the school cafeteria (east wing of the school) beginning at 9:00am.