

5th Annual Birchmount Park Cross Country Invitational
Tuesday, October 7, 2025

- Location:** Ashtonbee Park – Scarborough, Ontario
Ashtonbee Park is located next to Centennial College – Ashtonbee Campus and is very accessible by TTC
- Convenor:** Glenn Duncan
glenn.duncan@tdsb.on.ca
(416) 396-6704 ext. 20247
- Course:** The course is primarily grass with some dirt paths and moderate hills.
- Entry Fee:** \$12.00 / athlete – with \$360.00 team max. Entry fee cheques should be made payable to Birchmount Park C.I. (please do not mail ahead of time). TDSB schools, please note your method of payment in notes on last page.
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- Entry Deadline:** Sunday, October 5th at 6:00pm. Entries will be done online via Track Database at www.trackdatabase.com. Meet code is 4QWXU7.
- Post entries will be accepted on the day at double the entry fee with no team max.
- Future Correspondence:** Please register on Track Database with an e-mail address you check regularly.
- Awards:** Spike bags to the top three finishers in each race. T-Shirts to the top three teams (4 runners) in each division.
- First Aid:** Trained first aid personnel will be on site.

Time of Event	Event	Details
10:45 am	Coaches Meeting	Registration Tent
11:15 am	Novice Girls/Para Girls	4000m
11:55 am	Novice Boys/Para Boys	4000m
12:25 pm	Junior Girls	5000m
1:05 pm	Junior Boys	5000m
1:35 pm	Senior Girls	6000m
2:15 pm	Senior Boys	6000m

3:00 pm	Awards	Registration Tent
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A Few Things to Keep in Mind

1. This is a high school event. Athletes must be entered by their school and a teacher from the athlete's school must be present at all times throughout the duration of the event.
2. Team packages WILL NOT be given out unless entry fee has been received! Cheques are to be made out to "Birchmount Park Collegiate Institute"
 - ☐ Bring payment on day of meet. Please DO NOT send through the mail
 - ☐ TDSB schools, please note we cannot accept a cheque from another TDSB school. Please do a journal entry using CC# 11130081 & GL# 33050 (your budget secretary will know what this is)
3. Staking is not permitted at Ashtonbee Park. Please find another means to weigh-down your tent/canopy.
4. Coaches are asked to check e-mail the day before meet for last minute reminders, notices, etc.