



2017 Gryphon Open Cross Country Meet

Wed., Sept. 27th, 2017
Terry Fox Athletic Facility,
Ottawa, ON



Schedule of Events (please note new starting times)

10:30	Elementary Boys	3,000 m
11:00	Elementary Girls	3,000 m
11:40	Midget Girls (born in '03)	4,000 m
12:10	Midget Boys (born in '03)	4,000 m
12:40	Junior Girls (born in '02)	4,950 m
1:20	Junior Boys (born in '02)	4,950 m
1:55	Senior Girls (born '01-97)	5,950 m
2:30	Senior Boys (born '01-97)	5,950 m

** Also note all Midget Runners must be in grade 9

Entries: ALL ENTRIES MUST BE DONE ONLINE at trackiereg.com/17GOXC
by Monday, Sept. 25th at 4:00pm.
Please e-mail kirk.dillabaugh@ocdsb.ca if you are having trouble with entries
\$5 / athlete, maximum \$100 / team. Late entries \$10 / athlete (no max).
Entry fees can be paid at registration.
Make cheques payable to: Glebe Collegiate Institute.

Course Description: The course consists of grass and sand, with the occasional paved bike path to be crossed. Runners will be required to run approx. 100 m on sandy beach.

Awards: Medals will be awarded to the top 3 individual finishers in each category, with ribbons for 4th – 10th. Individual awards will be handed out at the finish line and team awards awarded at the results table once results are finalized.

Results will be available on-line at: www.nhighschoolxc.blogspot.com

Team Scoring: 1st - 10 points, 2nd - 8 points, 3rd - 6 points, 4th - 4 points, 5th - 2 points, 6th - 1 point.

Facilities: Terry Fox Athletic Facility has bathrooms and change rooms. Athletes are asked to please stay off the track and soccer fields.

Terry Fox Athletic Facility is located at 2960 Riverside Dr., Ottawa (at Mooney's Bay).