

# Vermilion's Autumn Pre Provincial Cross Country Running Challenge

## Thursday, September 20, 2018

---

Hosted by J.R. Robson School

**Located at Vermilion Provincial Park Soccer Fields**

**Optional Course Walk through at 11:30 am**

**Race Times:**

**High School**

Junior Boys and Girls	12:40 pm	4 km
Int. Boys, Girls & Sr. Girls	1:20 pm	5 km
Sr. Boys	2:00 pm	6 km

**Elementary**

Grade 4 - 6 Girls	2:40 pm	2 km
Grade 4 - 6 Boys	3:10 pm	2 km

**Junior High**

Grade 7 - 9 Girls	4:00 pm	3 km
Grade 7 - 9 Boys	4:30 pm	3 km

➤ Entry Fee: **\$5.00 per athlete**. **Cheques** made out to **J. R. Robson School**, please bring with you on the day.

➤ **Ribbon ceremony (places 1-6) to follow immediately after each race.**

➤ **Registrations must be received by 4:00 p.m. September 18<sup>th</sup>, 2018.**

➤ **E-mail attached entry form to [lindsey.bates@btps.ca](mailto:lindsey.bates@btps.ca) at J. R. Robson School. Phone 780 853 4177**

➤ **Outdoor washrooms available at the site, no refreshments available.**

➤ **If you have high school runners the walkthrough is optional and athletes can arrive 20 minutes before their race. Coaches check in for your package upon arrival.**

➤ **Times are approximate and may move ahead based on prior race completion.**

➤ **Please remind athletes to bring a sufficient supply of liquids as limited water is available on site.**