



# MIRAMICHI

## TRACK & FIELD

### X-Country at the COVE

**Sunday October 5<sup>th</sup> 5:00pm**

**French Fort Cove – Curling Rink Parking lot**

**Registration 4:30 – 5:00pm** (or at least 30 minutes before your category – see below)

**Middle School and High School levels** – see schedule below

**Fee \$3/participant**

**Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> finishers in each category**

#### **Schedule**

5pm – 1.5km, Gr. 6 F & M

5:20pm – 2km, Gr. 7 F & M

5:40pm – 2.5km, Gr. 8 F & M

6pm – 3km, Gr. 9 & 10 Females

6:20pm – 4km, Gr. 9 & 10 Males, Gr. 11 & 12 Females

6:40pm – 5km, Gr. 11 & 12 Males

