

2018 Cross Country Running Program Information

Start Date:	Saturday September 8 th , 2018 The fall Calendar on the website has further dates. Please join us <u>any</u> of the Saturdays listed on the Club Calendar. Athletes are welcome <u>any time</u> over the cross country season.
Location:	Lee Park at the building structure with the Gateway to the North Arch on Memorial Drive.
Age Group:	Grades 4 to Grade 12
Time:	9:30 am to 11:00 am
Cost:	\$20.00

The Saturday morning practices are designed to enhance the cross country runner's competiveness for the upcoming cross country running season.

The grades 4 to 8 runners are offered extra training in addition to what their elementary schools are already offering. The grade 7 & 8 runners are also offered races with NBLTC in addition to what their school may not be going to. The meets are outlined on the calendar.

The high school runners, grades 9 to 12 have a full schedule of practices and meets with their schools. Many of the high school meets are on the NBLTC Calendar. Athletes attending a high school that is going to limited meets may be entered with NBLTC, in the high school division, at the meets the grades 7 & 8's are going to.

All entry, and most travel and accommodation costs to the meets are covered by the club. Any additional meet information is available at practices.

Athletics Ontario Provincial Cross Country Running Championships

- This meet is open to the grades 7 to 12 athletes (possibly competitive gr. 6's). Runners wishing to compete at this meet must be registered and pay for a membership with Athletics Ontario. Email Jan at: jan@nbltc.ca to get this done. The registration fee schedule for September to December to Athletics Ontario is posted on the Club's website.

Canadian Cross Country Running Championships

- The Coaching Staff determines who is eligible for this meet. Selection is based on performances at the OFSAA Championships and the AO Provincials.