

2019 Cross Country Running Program Information

(This is a 2 page document)

- Start Date:** Saturday September 7th, 2019.
The fall Calendar on the website has further dates. Take note of the No Practice dates and the TBA Practice dates.
Join us any of the Saturdays listed on the Club Calendar.
Athletes are welcome any time 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:** \$10.00

******* The Saturday morning practices are designed to enhance the cross country runner's fitness for the cross country running season. Here is what is offered for each grade level:

Grades 4, 5, and 6

- The athletes are provided with extra training over and above what their school offers.

Grades 7 & 8

- The athletes are provided with extra training over and above what their school offers.
- Athletes may sign up for races with NBLTC in addition to what is being offered from their schools cross country running program. The meets are outlined on the calendar. Email Coach Faucon to get registered for these meets.
- Any additional meet information will be available at practices.
- Athletes may continue to train if competing at the Athletics Ontario Provincial Championships. Information is on page 2 of this email.

Grades 9 to 12

- The high school runners have a full schedule of practices and meets with their schools. The Saturday morning practices are optional to the high school athletes. They are to talk to their school coach as to what is best for their training. Once OFSAA is over, athletes attending the Athletics Ontario Provincials are required to be at the NBLTC practices.
- Some of the high school meets are on the NBLTC Calendar. Each high school athlete has a compliment of meets that they will attend with their school.
- Once OFSAA is over, athletes who want to continue training for the Athletics Ontario Provincials may find the practices listed on the website calendar.
- Athletes may continue to train if competing at the Athletics Ontario Provincial Championships. Information is on page 2 of this email.
- Any additional meet information will be 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 with Athletics Ontario.
- The registration cost for the membership fee for September to December to Athletics Ontario is posted on the Club's website. The athlete covers the cost.
- Email Jan at: jan@nbltc.ca to get registered for a membership. Make a cheque out to NBLTC for the amount listed for your specific age group and submit it to Jan Faucon at one of the practices.

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.
- This meet is in Abbotsford, British Columbia the costs for this meet are covered by the Club and the athlete.