

ROPSSAA CROSS COUNTRY CHAMPIONSHIP INFORMATION

Date: Thursday Oct. 29, 2009

Location: Heart Lake Conservation Area

Registration: 10:00am to 11:00am

Coaches Meeting: 11:30am

Event:	Chip Pickup Time	Race Start Time
Midget Girls	10:30 – 11:15am	12:00noon
Midget Boys	11:15 – 12:00noon	12:30pm
Junior Girls	12:00noon – 12:45pm	1:00pm
Junior Boys	12:45 – 1:15pm	1:30pm
Senior Girls	1:00 – 1:45pm	2:05pm
Senior Boys	1:15 – 2:30pm	2:45pm

Awards Presentation: 3:45pm