

******IMPORTANT DATE CHANGE TO WEDNESDAY OCTOBER 19TH DUE TO NEW DATE OF LITERACY TEST THIS YEAR******

Craig Kielburger Spartan's Presents the "Invitational Cross Country Meet"

Date: Wednesday October 19, 2016

Location: Hilton Falls Conservation Area and **location of
this years' GHAC cross country race** (Thursday October 27, 2016)

Address: 4985 Campbellville Rd, Campbellville, ON L0P 1B0,
(905) 854-0262

Race Terrain and highlights:

The race will wind its way through the enchanted forests of Hilton Falls Conservation Area. The trails are well maintained and unbelievably scenic. Surfaces vary from limestone and tar to loose gravel to well packed dirt. The races begin with some challenging uphill's but the racers are rewarded with a downhill cruise to the finish line. At this time of the year it is a natural treat for the athletes as they race through the trails enhanced by the blazing colours of fall and the beauty of the lake the competitors will run around. After the race or as a pre-race warm-up the athletes can make their way to the viewing station at the falls where there will be a fire going and your athletes will soak in the intrinsic beauty of a 10-metre waterfall that cascades over the Niagara Escarpment and the mysterious mill ruins that surround it. Furthermore the Picnic areas are abundant to help cap off a great day of competition. **Finally this race will give your athletes an excellent opportunity to become familiar with the GHAC course that we are hosting at Hilton Falls a week later on Thursday October 27, 2016**



Entry Fee: \$12 per runner, \$350 max per team. **Please note if you registered an athlete you will have to pay the entry fee regardless if they run the race or not.** Please be sure before you enter your athletes

Register @: <https://onlineregistrations.ca/ckss/>

Deadline for entries: Monday October 17, 2016 - 4 pm

Schedule:

9:30am Coaches' Meeting (Last minute instructions and picking up bibs)

10:00 am MIDGET GIRLS 3KM

10:30 am MIDGET BOYS 5KM

11:10 am JUNIOR GIRLS 4KM

11:45 am JUNIOR BOYS 6KM

12:30 pm SENIOR GIRLS 5KM

1:15 pm SENIOR BOYS 7KM

Awards: Top 3 in each race per category will receive a medallion (Gold, Silver, Bronze) and overall top 2 teams will win gold and silver championship Plaque

Any questions please email Kevin Houldcroft (houldcroftk@hdsb.ca)