

## **Metro Cross Country Championship Series 2015**

Metro and Regional Coordinator: Jodie Joudrey ([jjoudrey@hrsb.ca](mailto:jjoudrey@hrsb.ca); 902-222-4483(c))

### **Race Schedule:**

**Meet 1** Thursday Sept. 24, 2015 Inglis St School / Goresbrook School Field

**Meet 2** Thursday Oct. 1, 2015 Point Pleasant Park (Sailor's Memorial)

**Meet 3** Thursday, Oct. 8, 2015 Hemlock Ravine (Bedford Highway to Kent Ave.)

**Regional Championships** Thursday Oct. 15, 2015 Point Pleasant Park

**Provincial Championships** Monday Oct. 26, 2015 Point Pleasant Park –

The following **start times** are presented as a guideline. Please arrive at least thirty minutes before the times indicated as the schedule may be altered on the day of the race.

<b>Inglis St.</b>	<b>Point Pleasant</b>	<b>Hemlock Ravine</b>
4:10 Coaches Meeting	4:10 Coaches Meeting	4:10 Coaches Meeting
4:20 Intermediate Girls	4:20 Intermediate Girls	4:20 Intermediate Girls
4:40 Intermediate Boys	4:40 Intermediate Boys	4:40 Intermediate Boys
5:00 Senior Girls	5:00 Senior Girls	5:00 Senior Girls
5:20 Senior Boys	5:20 Senior Boys	5:20 Senior Boys