

COUGAR STORM XC

Date: Wednesday Sept 18th, 2024

Location: Pine Ridge SS (2155 Liverpool Rd, Pickering ON L1X 1V4 – Beverley Morgan Park)

Meet Organizers: Nick Kolodzie (ND), Dan Heron (DOC), Craig Burrell (JCR)

Email: nicholas.kolodzie@dcdsb.ca

Schedule	10am - Registration
Athletes, regardless of age, can enter either the beginner or open 5k. For example, a grade 12 girl who is just starting to run can enter the beginner 3k and a grade 9 boy who is strong should enter the open 5k.	11am - Beginner girls 3k
	1130am - Beginner boys 3k
	12pm - Open girls 5k <i>Recommended that girls can are able to run sub 30 for 5k. Otherwise, enter them in the beginner 3k</i>
	1230pm - Open boys 5k <i>Recommended that boys can run sub 25 for 5k. Otherwise, enter them in the beginner 3k</i>
	www.trackdatabase.com code
Entry Deadline	CPLZR
Cost	9/16/2024 - 4pm
Make cheques to:	\$7/ runner; no max
Location	Notre Dame CSS
Contact	Pickering - Pine Ridge SS
	2155 Liverpool Rd, Pickering, ON L1X 1V4
	Nick Kolodzie nicholas.kolodzie@dcdsb.ca

Terrain: flat grass and dirt trail (7 to 9mm spikes recommended)

Notes:

- Coaches are encouraged to run in either the beginner or open races.
- You must pay for all athletes you enter regardless of who shows up. Fees must be paid at registration on race day.
- WASHROOM facilities will be available within Pine Ridge S.S. Visiting athletes cannot roam the school beyond the designated washroom access.