



Date: Wednesday October 16<sup>th</sup>, 2024

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

Meet Organizers: Rob Grepe (MCVI) / Mike Pichette (Garnier) / Amanda Miles-Berry (Pine Ridge SS)

Email: [amanda.milesberry@ddsbc.ca](mailto:amanda.milesberry@ddsbc.ca)

Time: 12:00pm to 3pm

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

DISTANCES AND TIMES FOR EACH RACE

- 12:00pm *Novice Girls/Boys* 2 x 2900m Relay (grade 9 – Born in 2010)  
→ Novice Girls and Boys will run simultaneously
- 1:00pm *Open Girls* 2 x 2900m Relay
- 1:45pm *Open Boys* 2 x 2900m Relay / OPEN MIXED 2 x 2900m Relay (NEW DIVISION)

Coaches are encouraged to run on an open team or form a team of coaches from other schools ... show that the older cats still have it !!!!!!! – Teams with coaches cannot win awards.

Races will be run in a relay format; each team must consist of 2 different runners. No runner may win an award running for two different teams.

Awards to the winning team and coach in each division.

All entries will be done at: <http://www.trackdatabase.com/>

Meet Name: Fast Cat Relays    Meet Code: TAYWL9    Meet Date: Oct. 16<sup>th</sup>

**Entry Close Date: October 14, 2024 @ 6 pm**

Entry fees: \$15 per team to a maximum of \$300 per school by the entry deadline. Post entries will be \$20 with no max. **Please make cheques payable to Pine Ridge Secondary School.** 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.

