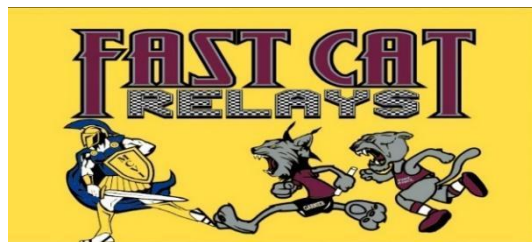


**Date: Wednesday October 15th 2025**



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

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

**email - [Amanda.milesberry@ddsb.ca](mailto:Amanda.milesberry@ddsb.ca)**

**Time: 12:00pm to 3pm**

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

**DISTANCES AND TIMES FOR EACH RACE**

**12pm Novice Girls/Boys 2 x 2900m Relay (grade 9 – Born in 2008)**

**Novice Girls and Boys will run simultaneously**

**1pm Open Girls 2 x 2900m Relay**

**1:45pm Open Boys 2 x 2900m Relay / OPEN COED 2 x 2900m Relay**

**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 in each division.**

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

**Meet Name: Fast Cat Relays**

**Meet Code: W8GMX**

**Meet Date: October 15th, 2025**

**Entry Close Date: October 13, 2025 @ 3 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.**



## DISTANCES AND TIMES FOR EACH RACE

- 12:00pm - Novice Girls and Novice Boys run together
- 1:00pm - Open Girls and Open COED
- 1:45pm - Open Boys

