



Canadian Nuclear Laboratories Kitchissippi Ridge Invitational Pre-OFSAA 2017 Cross Country Race



Hosted by
Valour, Jeanne Lajoie, Mackenzie CS
Madawaska Valley DHS, Fellowes HS, Equinoxe

Convenors: Rick Schroeder, Gary Serviss, JP Sauve

Date: Thursday, October 5th, 2017

Location: Petawawa Golf Club
3 Festubert Blvd.,
Garrison Petawawa, Petawawa, Ontario, K8H 2X3

Directions: From the south take Highway 17 north. Turn right onto Paquette Road. Go straight through the lights, Paquette Road turns into Festubert Blvd. Go through one stop sign past the Tim Horton's and the golf course is on the left just past the church.

Parking: Parking for OFSAA Participants (teams, individuals)
Please refer to map
Lot Numbers for cars: # 3, # 4, # 5
Lot Numbers for buses:#6

Registration Deadline: Monday, October 2nd, 2017 – 12:00 noon

Course: The course is **challenging** with rolling grassland and trails, including large steep hills on an escarpment. It is an excellent course for spectators to view the races. Spiked shoes are appropriate footwear.

Note: Runners should arrive dressed ready to run. Coaches, please be diligent in supervising your runners and keeping everyone off the greens and tee boxes. The golf course club house will be open for coffee and food.

Order and Time of Events:

10:15 am – (3.1 km) Para Race	
11:00 am – (3.98 km) Midget Girls	11:45 am - Midget Boys
12:30 am – (5.39 km) Junior Girls	1:15 pm – Junior Boys
2:00 pm – (6.18 km) Senior Girls	2:45 pm – Senior Boys

Entries: You may enter an unlimited number of eligible runners, however, students can only race in one event. All runners on a team must wear identical school tops when competing. **All runners must be wearing their assigned competitor number.**

Entries will be done through Trackie.reg

The entry fee will be \$10.00 per runner to an overall team maximum of \$300.00.

Bring your cheques with you to the meet and you will receive a receipt in your package.

Please note, make your cheques out to “Valour JK to 12 School”.



OFSAA Parking Petawawa 2017