

«First_Name» «Last_Name»

WARRIOR CROSS COUNTRY TEAM MEET ENTRY FORM

Banting XC Invitational – Springbank Park, London, Ontario

Banting XC Invitational

<u>DATE:</u>	Thursday, September 29 th , 2022
<u>LOCATION:</u>	Near Stone Cottage in Springbank Park off Commissioners Rd. See www.warriorcross.ca for more directions. (1040 Flint Ln, London, ON N6K 1C6)
<u>DEPARTURE:</u>	The bus will leave the school at 10:00 a.m. (you will be dismissed at 9:45 a.m.)
<u>RETURN:</u>	We should return to the school around 6:00 p.m. (This is only an estimate of our arrival time - we may arrive before or after this time. If you have to arrange a ride home, either call from the school or make a call from London) (we will not be stopping for food)

RACE TIMES AND DISTANCES:

**1:00 Novice Boys
1:30 Novice Girls
2:00 Junior Boys
2:30 Junior Girls
3:00 Senior Boys
3:30 Senior Girls**

UPCOMING EVENTS:

Sept 29:	Springbank Park (9:45 – 6)
Oct 4:	Pat Cook Run at St. Michael (we act as Rabbits and Turtles – 2:45 – 5:30)
Oct 7:	March for Mikes – cross-country runners may choose to run the 8 km march)
Oct 12:	Small group of qualified athletes – PRE-OFSAA - Uxbridge
Oct 13:	Springwater Conservation Area (9:45 – 6:00)
Oct 20:	HP – St. Annes (9:00 – 6:00 p.m.)
October 27:	WOSSAA - Springbank Park. (must qualify from HP)
November 5th:	OFSAA - Dagmar Ski Resort, Uxbridge, ON. (must qualify from WOSSAA)

To register for this meet – go to
www.warriorcross.ca and find the registration
link for the Springbank Meet. Entries are due
by Monday, September 26th, 2022