



# Thames Valley Regional Athletics

## TVRA TRI-COUNTY

**CROSS COUNTRY CHAMPIONSHIPS**

**WEDNESDAY, OCT 19, 2016**

***POLISH CANADIAN RECREATION CENTRE***

**NILESTOWN – 2776 Hamilton Road**

## SCHEDULE:

<b>9:00</b>	<b>Registration and Course Tours</b>
<b>10:30</b>	<b>Coaches Meeting</b>
<b>11:00</b>	<b>Midget Girls      3000m</b>
<b>11:30</b>	<b>Junior Girls      4000m</b>
<b>12:00</b>	<b>Senior Girls      5000m</b>
<b>12:40</b>	<b>Midget Boys      5000m</b>
<b>1:20</b>	<b>Junior Boys      6000m</b>
<b>2:05</b>	<b>Senior Boys      7000m</b>
<b>2:45</b>	<b>Awards Ceremony</b>