

## WINTER PROGRAMS 2019

### Cross Country Program A

12:30pm	Course Open for inspection	
1.00pm	U7 Girls	1000m
1.10pm	U7 Boys	1000m
1.20pm	U8 Girls	1000m
1.30pm	U8 Boys	1000m
Officials change from 1000m to 1500m course		
1.50pm	U9 Girls	1500m
2.00pm	U9 Boys	1500m
2.10pm	U10 Girls	1500m
2.20pm	U10 Boys	1500m
30 min break to walk course		
3.00pm	U11 Girls	2000m
3.10pm	U11 Boys	2000m
3.20pm	U12 Girls	2000m
3.30pm	U12 Boys	2000m
Officials change from 2000m to 3000m course		
3.40pm	U13 + U14 Girls	3000m
3.55pm	U13 + U14 Boys	3000m
4.10pm	U15-U17 Girls	3000m
4.25pm	U15-U17 Boys	3000m

### Cross Country Program B

12:30pm	Course Open for inspection	
1.00pm	U11 Girls	2000m
1.10pm	U11 Boys	2000m
1.20pm	U12 Girls	2000m
1.30pm	U12 Boys	2000m
Officials change from 2000m to 3000m course		
1.40pm	U13 + U14 Girls	3000m
1.55pm	U13 + U14 Boys	3000m
2.10pm	U15-U17 Girls	3000m
2.25pm	U15-U17 Boys	3000m
30 min break to walk course		
3.05pm	U7 Girls	1000m
3.15pm	U7 Boys	1000m
3.25pm	U8 Girls	1000m
3.35pm	U8 Boys	1000m
Officials change from 1000m to 1500m course		
3.55pm	U9 Girls	1500m
4.10pm	U9 Boys	1500m
4.25pm	U10 Girls	1500m
4.35pm	U10 Boys	1500m

### Road Walking Program A

12:30pm	Course Open for inspection	
1.00pm	U12 - U14 Girls	2000m
1.15pm	U12 - U14 Boys	2000m
1.30pm	U15 - U17 Girls	2000m
1.45pm	U15 - U17 Boys	2000m
30 min break to walk course		
2.30pm	U9 Girls	1000m
2.45pm	U9 Boys	1000m
Officials change from 1200m to 1500m course		
3.05pm	U10 + U11 Girls	1500m
3.20pm	U10 + U11 Boys	1500m

### Road Walking Program B

12:30pm	Course Open for inspection	
1.00pm	U9 Girls	1000m
1.15pm	U9 Boys	1000m
Officials change from 1200m to 1500m course		
1.35pm	U10 + U11 Girls	1500m
1.50pm	U10 + U11 Boys	1500m
30 min break to walk course		
2.35pm	U12 - U14 Girls	2000m
2.50pm	U12 - U14 Boys	2000m
3.05pm	U15 - U17 Girls	2000m
3.20pm	U15 - U17 Boys	2000m

### Qualification for Championships

#### Cross Country

Athletes must compete in a minimum of 4 from the 7 possible Cross Country events in order to attend the Championships Event in August.

#### Walks

Athletes must compete in a minimum of 4 from the 7 possible Road Walkes events in order to attend the Championships Event in August.

