

48th Annual Thunderwolves Mid-Canada

Elementary Schools Run



Date: Monday October 21st, 2019

Times (Updated):

- 12:00pm: Fun Run (all ages and genders)
- 12:20pm: Junior Girls (Grade 6 and under)
- 12:35pm: Junior Boys (Grade 6 and under)
- 12:50pm: Senior Girls (Grade 7 and 8)
- 1:15pm: Senior Boys (Grade 7 and 8)
- 1:30pm: Awards (all ages and gender except fun run)

Course: The course will start on the Lakehead University Fieldhouse soccer field and proceed onto the Thunder Bay CC golf course.

Distances:

Junior: About 2km

Senior: About 3km

Fun Run: About 1km

Registration: Please fill in the attached entry form and e-mail it back to Kip Sigsworth (KJSigsw@Lakeheadu.ca) by Friday October 18th at 6pm.

Registration deadline: Friday October 18th at 11:59pm.

All entries must be done by the school representative.

Race package pick up: LU Fieldhouse starting at 11:00am race day (a designated school representative must be present to pick up the package – one package will be handed out per school.)

Cost: Free for all Lakehead Public Board Schools, otherwise \$15 per athlete. Please pay by cheque (made out to Lakehead Running) or cash when you pick up your race package.

Awards: Right by the race start line at 1:30pm. We encourage all teams to attend and support the award winners regardless of whether your team is receiving an award or not.

Team Scoring and Details:

1. Schools may enter as many athletes per team as they want (no limit on team size) – the top 5 of these athletes will count towards the team's score.
2. If you have less than a full scoring team (5) you may still enter these runners as individuals.

For more information e-mail KJSigsw@Lakeheadu.ca or visit <http://thunderwolves.ca/varsity/cross-country/>