

2024 NWT CROSS COUNTRY CHAMPIONSHIPS – FORT PROVIDENCE NWT
September 27th, 2024 – SCHEDULE OF EVENTS

Time	Event	Comments
10:45 AM	Team registration starts in the school library (aim to arrive any time between 10:45 and 11:30)	Coaches (or parents) bring each participants' release form to the registration table. Participants wait in the school gym if another adult is available to supervise.
11:30 AM	Coaches Meeting	An announcement will be made for the coaches' meeting. It will be in the school library. This is for all coaches (one per team is fine) and parents who brought their children independently. Please leave at least one adult with your team to supervise. The walk-through will be right after the meeting.
1:00 PM	<p><u>Races Begin</u> - Ensure that your runners are ready for the following times, keeping it mind it takes about 10min to get to the start.</p> <p><u>At the Finish</u> – Stay at the finishing line until the volunteers let you know</p>	<p><u>Order of Races:</u></p> <p>1:00 – U6 Boys & Girls (1km) 1:05 – U8 Boys (1.5 km) 1:10 – U8 Girls (1.5 km) 1:15 – U18 Boys & Girls (5km), Senior (7 km) Men & Women 1:20 – U10 Boys (2 km) 1:25 – U10 Girls (2 km) 1:30 – U16 Boys & Girls (4.5 km) 1:35 – U14 Boys (3.5km) 1:36 – U14 Girls (3.5 km) 1:45 – U12 Boys (2 km) 1:50 – U12 Girls (2km)</p>
12:30 to 2:30 pm	Lunch	Lunch will be served in the school kitchen on a continuous basis. Please have participants return to the school gym when they are done eating.
3:00 pm (or as soon as all races are complete and results are tallied)	Medal and Banner Presentations	Medals presented in the school gym, beginning with youngest age category and working up to the seniors. Team banner for overall winner and aggregate winner will be announced at the end.
3:30 PM	Closing Remarks and Event Conclusion	Thank you for coming!!