



PSAA Cross Country Meet - October 11th, 2022

Heart Lake Conservation Area



Coaches Package

***Please also see Rules and Regulations ***

Welcome to the 2022 Annual PSAA Cross Country Meet! Thank you for your help in making this a great day for all of our young runners.

School Marshals are asked to meet Clayton from HNMCS by 10:15am at the start/finish area.

Venue: Heart Lake Conservation Area, 10818 Heart Lake Rd, Brampton, ON.
(Directions: Take the 410N toward Brampton. Exit at Sandalwood Parkway. Turn right onto Sandalwood Parkway East. Turn right onto Heart Lake Road.)

Additional Fees: Remind parents that there is a **\$6.50 charge** for adults entering the park.

Parking: Please park in designated parking spots only.

Course: grass, pavement, dirt or muddy paths. Athletes should be prepared for all weather.

Divisions: Ages are based on the child's age as of Dec. 31st, 2022 for the 2022/2023 season (see rules and regulations for more details).

U10 - 1.5 km.

U 11 and U12 - 2 km.

U 13 and U14 - 2.5 km.

Schedule: Please note that the meet may run ahead of/behind schedule. Please advise parents that **this schedule is only a rough guide.**

- 8:30am – Volunteers required to help set up course in order to be ready by 10:00am
- 10:15am - School Marshalls meet convenor to begin duties
- 11:00 U10 Girls
- 11:15 U10 Boys
- 11:30 U11 Girls
- 11:45 U11 Boys
- 12:00 U12 Girls
- 12:20 U12 Boys
- 12:40 U13 Girls
- 1:00 U13 Boys
- 1:20 U14 Girls
- 1:40 U14 Boys
- 2:00 - Cleaning of park
- 2:15 - Results Announced at results area (if possible)
- 2:30 - Departure