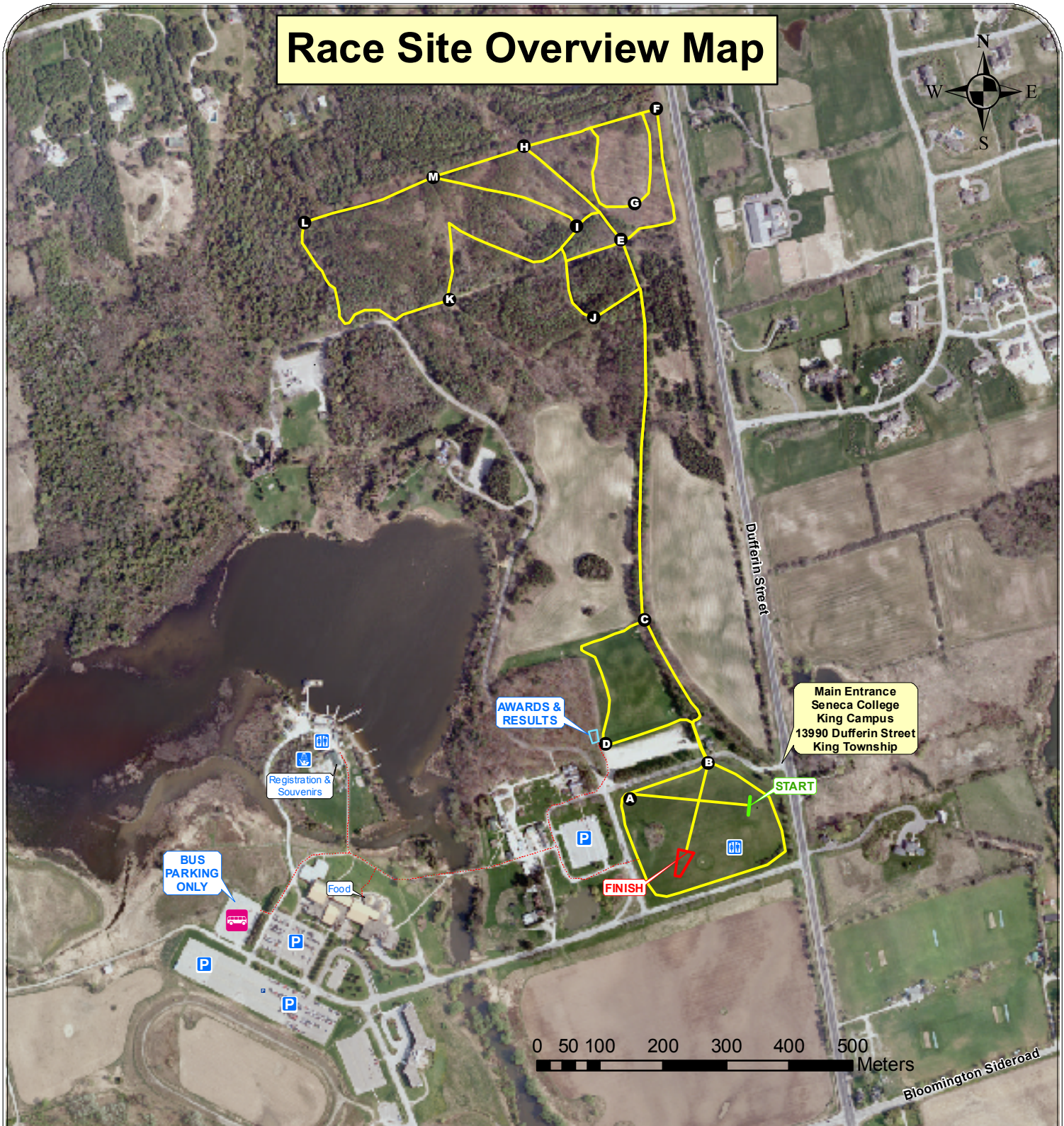


2009 ONTARIO CROSS COUNTRY CHAMPIONSHIPS

Seneca College, King Campus

November 15, 2009

Race Site Overview Map



Race Day Schedule



9:30 am	Bantam Girls 3000m Born in 1996 / after
9:45 am	Bantam Boys 3000m Born in 1996 / after
10:10 am	Midget Girls 4000m Born in 1994/95
10:30 am	Midget Boys 4000m Born in 1994/95
10:30 am	Awards Ceremony for BG, BB, and MG
10:55 am	Youth Girls 5000m Born in 1992/93
11:25 am	Ontario Masters 5000m (30 years old +)

12:05 pm	Junior Women 5000m Born in 1990/91
12:35 pm	Youth Boys 6000m Born in 1992/93
12:35 pm	Awards Ceremony for MB, YG, OM, JW
1:10 pm	Senior Women 6000m Open
1:45 pm	Junior Men 8000m Born in 1990/91
2:25 pm	Senior Men 10000m Open
3:15 pm	Awards Ceremony for YB, SW, JM, SM

