

# 2021 SSSAD Cross Country Season

## Race 1 - September 10, 2021 – 4:15 Start Time

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### WJL Harvey Park

Senior – 16 and over as of August 31, 2021

Junior – under 16 as of August 31, 2021

Intermediate - under 15 as of August 31, 2021

#### Race Distances:

Senior Boys – 4000 m

Senior Girls – 2000 m

Junior Boys – 4000 m

Junior Girls – 2000 m

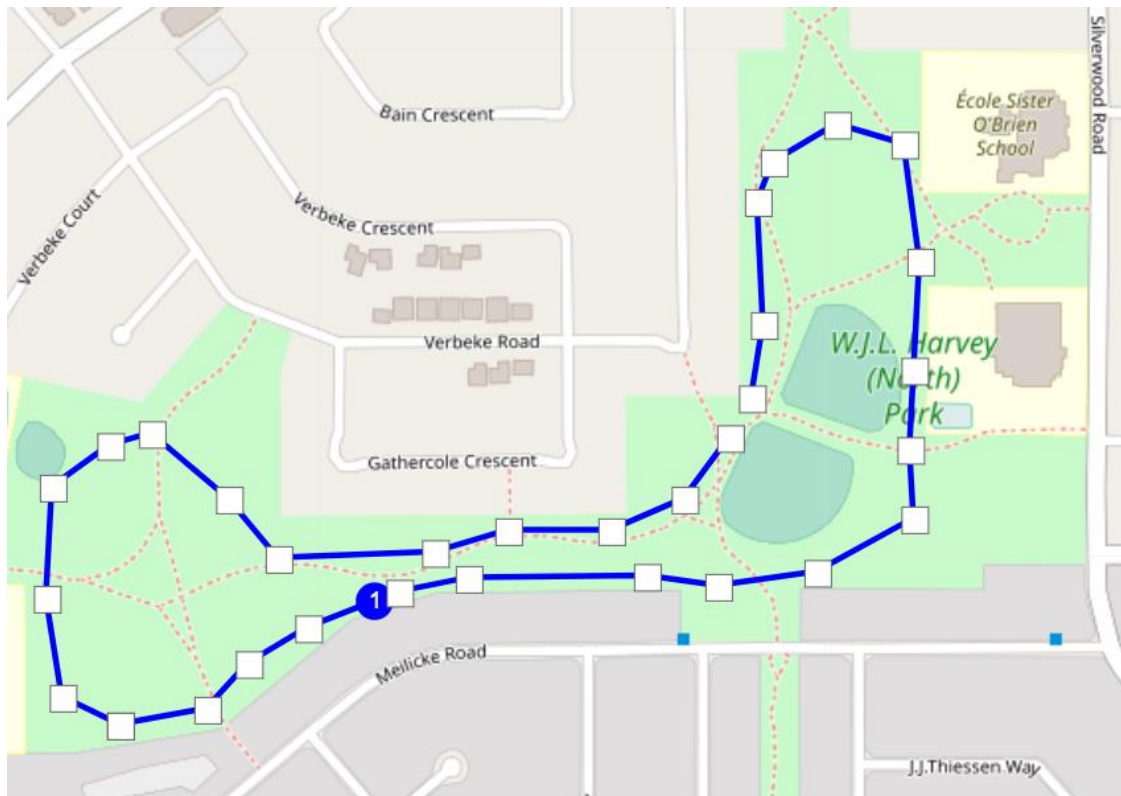
Intermediate Boys – 2000 m

Intermediate Girls – 2000 m

#### Race order

IB, IG, JB, JG, SB, SG

#### WJL Harvey Park Map – Racers go clockwise (2K loop)



# Race 2 - September 15, 2021 – 4:15 Start Time

## Deifenbaker

Senior – 16 and over as of August 31, 2021

Junior – under 16 as of August 31, 2021

Intermediate - under 15 as of August 31, 2021

### Race Distances:

Senior Boys – 5000 m

Senior Girls – 4000 m

Junior Boys – 4000 m

Junior Girls – 4000 m

Intermediate Boys – 3000 m

Intermediate Girls – 3000 m

### Race order

IB, IG, JB, JG, SB, SG

### Deifenbaker Map



# Race 3 - September 21, 2021 – 4:15 Start Time

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## Victoria

Senior – 16 and over as of August 31, 2021

Junior – under 16 as of August 31, 2021

Intermediate - under 15 as of August 31, 2021

### Race Distances:

Senior Boys – 5000 m

Senior Girls – 4000 m

Junior Boys – 4000 m

Junior Girls – 4000 m

Intermediate Boys – 3000 m

Intermediate Girls – 3000 m

### Race order

IB, IG, JB, JG, SB, SG

### Victoria Map





# Race 4 - September 29, 2021 – 4:15 Start Time

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## Lakewood

Senior – 16 and over as of August 31, 2021

Junior – under 16 as of August 31, 2021

Intermediate - under 15 as of August 31, 2021

### Race Distances:

Senior Boys – 5000 m

Senior Girls – 4000 m

Junior Boys – 4000 m

Junior Girls – 4000 m

Intermediate Boys – 3000 m

Intermediate Girls – 3000 m

### Race order

IB, IG, JB, JG, SB, SG

### Lakewood Map



# Race 5 – October 6, 2021 – 4:00 Start Time

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## Lakewood

Senior – 16 and over as of August 31, 2021

Junior – under 16 as of August 31, 2021

Intermediate - under 15 as of August 31, 2021

### Race Distances:

Senior Boys – 5000 m

Senior Girls – 4000 m

Junior Boys – 4000 m

Junior Girls – 4000 m

Intermediate Boys – 3000 m

Intermediate Girls – 3000 m

### Race order

IB, IG, JB, JG, SB, SG

### Lakewood Map

