

2022 SSSAD Cross Country Season

Race 1 - September 9, 2022 – 4:15 Start Time

Harold Tatler Park

Senior – 16 and over as of August 31, 2022

Junior – under 16 as of August 31, 2022

Intermediate - under 15 as of August 31, 2022

Race Distances:

Senior Boys – 4000 m

Senior Girls – 2000 m

Junior Boys – 4000 m

Junior Girls – 2000 m

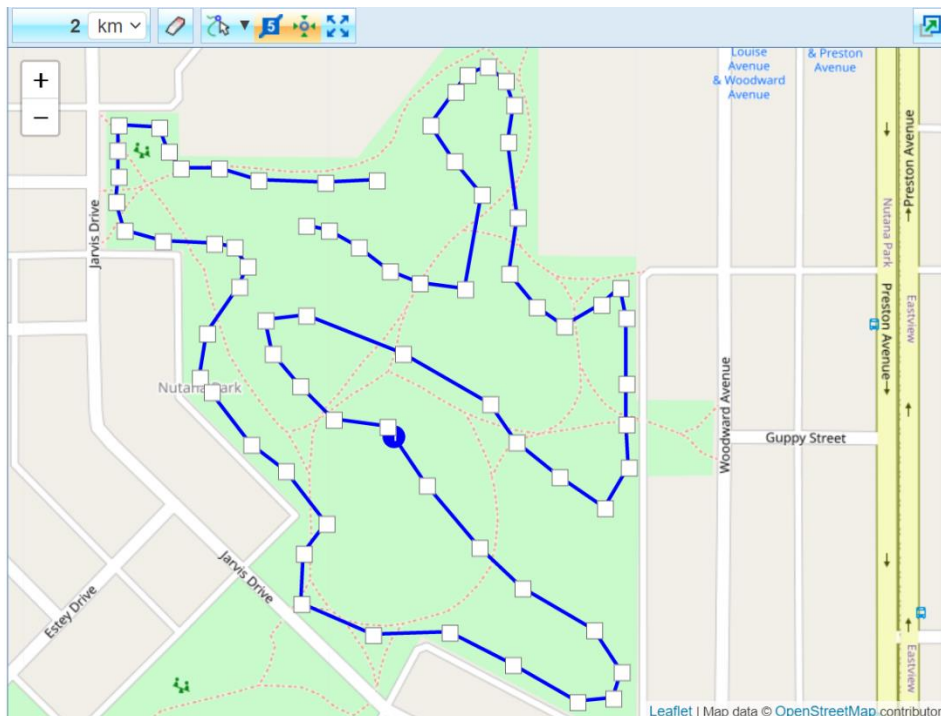
Intermediate Boys – 2000 m

Intermediate Girls – 2000 m

Race order

IB, IG, JB, JG, SB, SG

Harold Tatler – Racers go clockwise (2K loop)



Race 2 - September 14, 2022 – 4:15 Start Time

Diefenbaker

Senior – 16 and over as of August 31, 2022

Junior – under 16 as of August 31, 2022

Intermediate - under 15 as of August 31, 2022

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

Diefenbaker Map



Race 3 - September 20, 2022 – 4:15 Start Time

Lakewood

Senior – 16 and over as of August 31, 2022

Junior – under 16 as of August 31, 2022

Intermediate - under 15 as of August 31, 2022

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 4 - September 28, 2022 – 4:15 Start Time

Victoria

Senior – 16 and over as of August 31, 2022

Junior – under 16 as of August 31, 2022

Intermediate - under 15 as of August 31, 2022

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 5 – October 5, 2022 – 4:00 Start Time

Victoria

Senior – 16 and over as of August 31, 2022

Junior – under 16 as of August 31, 2022

Intermediate - under 15 as of August 31, 2022

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

