



The Dundas Valley Gryphon Meet(Pre-SOSSA)

Wednesday, September 25, 2024

Dear Cross Country Coach:

Please accept this invitation to take part in the Gryphon XC Meet at the Christie Conservation Area in Dundas on **Wednesday, September 25, 2024**- site of the 2018 OFSAA Championship. The course is varied, covering grassy terrain, hilly woodland trails and graveled paths. This will offer a great warm up for teams and runners hoping to compete in Ottawa this November. We sincerely look forward to hosting you at this event and look forward to seeing you in September.

Convener: Michael Smith - (905)628-2203 or msmith@hwdsb.on.ca

Location: Christie Lake Conservation Area- Hamilton, Ontario

The Conservation Area is located at 1000 Highway #5, right across from Flamborough Downs, west of Highway #6 and only minutes from Hamilton, Burlington and Cambridge.

Entry Fees: **\$12.00 per competitor to a maximum of \$400 per school.** All cheques should be made payable to Dundas Valley secondary school. The cut off for entries will be Monday, Sept.23 at Noon. There is the possibility of an earlier time if numbers exceed capacity.

You can register at www.xcrunner.ca .

Schedule:

Coaches Meeting: 9:45

NB- 3km : 10:15

NG- 3km : 10:45

JB- 4km : 11:15

JG- 4km : 11:50

SB- 5km : 12:25

SG- 5Km : 1:00

Scoring: the placing of the top four runners will determine each team's score. In the event of a tie, the team whose 4th runner finishes nearer to first will decide the issue.

Awards: T- shirts will be given to the TOP THREE FINISHERS in each race.

Team awards: Prizes will be awarded to the first-place team in each race.