

**2023 NWT CROSS COUNTRY CHAMPIONSHIPS – FORT PROVIDENCE NWT
OCTOBER 6, 2023 – SCHEDULE OF EVENTS**

Time	Event	Comments
10:45 AM	Team Registration Starts in the community hall (aim to arrive any time between 10:45 and 11:30)	Coaches (or parents) bring each participants' release form to the registration table. Participants wait in the arena if another adult is available to supervise.
11:30 AM	Coaches Meeting	An announcement will be made for the coaches' meeting. It will be in the community hall (next to the arena). This is for all coaches (one per team is fine) and parents who brought their children independently. Please leave at least one adult with your team to supervise.
1:00 PM	<p><u>Races Begin</u> - Ensure that your runners are ready for the following times, keeping in mind it takes about 10min to get to the start.</p> <p><u>At the Finish</u> – Runners must return their timing chips before leaving the finish area.</p>	<p><u>Order of Races:</u></p> <p>1:00 – U6 Boys & Girls (1km) 1:05 – U8 Boys (1.5 km) 1:10 – U8 Girls (1.5 km) 1:15 – U18 Boys & Girls (5km), Senior (7 km) Men & Women 1:20 – U10 Boys (2 km) 1:25 – U10 Girls (2 km) 1:30 – U16 Boys & Girls (4.5 km) 1:35 – U14 Boys (3.5km) 1:36 – U14 Girls (3.5 km) 1:45 – U12 Boys (2 km) 1:50 – U12 Girls (2km)</p>
12:30 to 2:30 pm	Lunch	Lunch will be served in the community hall on a continuous basis. Please have participants return to the arena when they are done eating.
3:00 pm (or as soon as all races are complete and results are tallied)	Medal and Banner Presentations	Medals presented outside the arena, beginning with youngest age category and working up to the seniors. Team banner for aggregate winner will be announced.
3:30 PM	Closing Remarks and Event Conclusion	Thank you for coming!!