

SPORT. EDUCATION. PRIDE.



G M A A

Greater Montreal Athletic Association – 5925 Monkland Ave, Suite 101, H4A 1G7
Phone: 514-482-8555 Fax: 514-487-0121 Email: gmaa@gmaa.ca Website: www.gmaa.ca

GMAA CROSS COUNTRY RUN – GENERAL INFORMATION

Race date: Thursday, October 10th, 2024.

Location: Mount Royal Park, directly behind the Beaver Lake Pavilion

Cost: \$3.00 per runner

Team and Player Registrations are due by Friday, September 23rd at 11:59pm on S1. A team may enter any number of athletes per category. Only the grade 6 races are eligible to compete for the team banner.

CHECK IN: Coaches must check in at the GMAA tent upon arrival and they will be given their race packages.

Walk Around: 9:30 am – Race maps will be posted on the Cross-Country Site.

A representative will lead the group around the route and another person will be stationed midway to give instructions to those who are near the back of the group.

Race times and Distances:

10:00am	Inclusive Race	1 km
10:15am	Grade 4-5 Girls	2 km
10:30am	Grade 4-5 Boys	2 km
10:45am	Grade 6 Girls	2 km
11:00am	Grade 6 Boys	2 km

Handbook Guidelines

Staff Member – For a school to compete, a staff member must be with the team and remain with the team for the entire time the school is competing.

Eligibility – Students may be registered in an older category but can only compete in one category.

Uniform – School shirt must be worn as the outer layer with the race numbers pinned to the front. Please bring your own pins for the numbers.

First Aid Policy – GMAA will supply 2 Athletic Therapists for the race.

Awards: Ribbons will be awarded to the top 6 runners in each race. A championship banner will be awarded to the winning team in each grade 6 race.