



2023 SJHS Invitational
Middle & High School Cross Country Meet
 Wednesday, September 20th, 4:30 – 6:30 pm
 Hosted by the Saint John High Cross Country Team



Sponsored by the Saint John Reds Track & Field Club & UNBSJ Cross Country/Track

Team Location: Wolatoq, Lancaster Avenue, West Saint John



Course Description: All events will take place on a well marked course around the perimeter of the park on a mix of grass and trail. This course is made up of a combination of 1.1 km and 1.6 km loops, providing a fast and challenging course. Thank you to J.D. Irving Limited for use of the park.



Registration Information: There is no registration fee but schools are encouraged to confirm attendance in advance at saintjohntrack@gmail.com. Individual and team entries are welcome. All athletes on a team must attend the same school and each team must have one adult in charge of check-in and recording. Registration will occur on site 3:30-4:00 pm. Athletes can walk the course up until 4:15 pm.

Parking: Limited parking is available in the park but overflow is available nearby.

Events: Participants are expected to meet at the start line just prior to race.

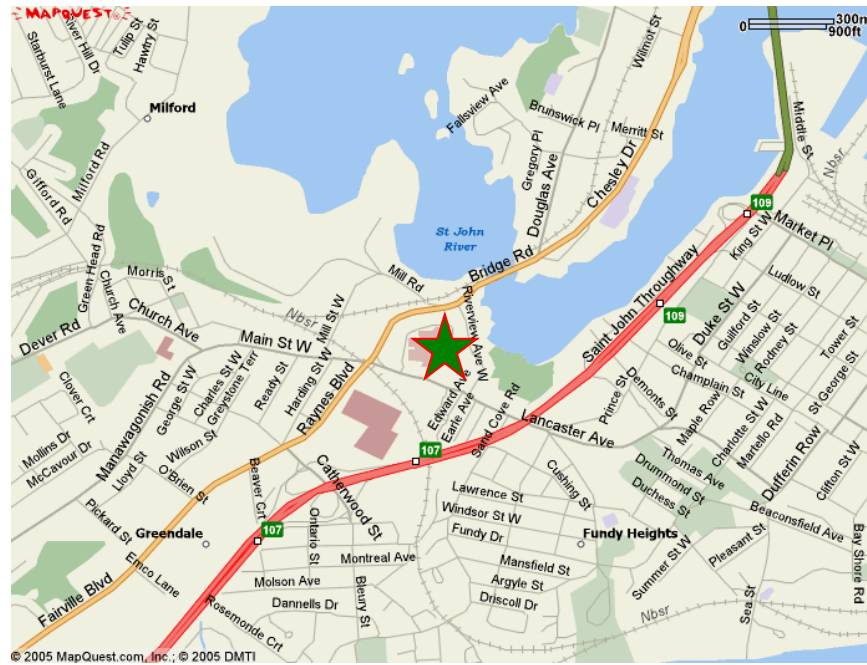
Events will run in the order listed below, with the first race starting at approximately 4:15

Division	Distance	Course
Grade 6 Boys & Girls	1100m	1 x 1.1 km loop
Grade 7 Boys & Girls	1100m	1 x 1.1 km loop
Grade 8 Boys & Girls	2200m	2 x 1.1 km loop
High School - Junior Boys & Girls	3300m	3 x 1.1 km loop
High School - Senior Boys & Girls	4400m	4 x 1.1 km loop

Awards: The top 6 individuals in each race will receive ribbons.

For More Information: Bill MacMackin – SaintJohnTrack@gmail.com
 (w) 647-4931 (h) 847-0610

The park entrance is across from the Bowlarama, 248 Lancaster Ave.
Please avoid parking in the bowlarama parking area.



Race Courses



1.1 km Loop